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**Insomnia Severity Index (ISI)**

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| **Availability:** | **Please email the authors for information about obtaining the instrument:** cmorin@psy.ulaval.ca |
| **Classification:** | Supplemental |
| **Short Description of Instrument:** | The Insomnia Severity Index is a brief 7 question self-report instrument that measures the patient's perception of insomnia. |
| **Scoring:** | The questionnaire includes 7 items rated on a 0-4 scale that evaluate the severity of sleep initiation, the sleep maintenance, and other aspects related to insomnia during the past two weeks. |
| **References:** | Bastien CH, Vallieres A, Morin CM. Validation of the Insomnia Severity Index as an outcome measure for insomnia research. Sleep Med 2001;2:297-307. |