Iowa Sleep Disturbances Inventory (ISDI)

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Comments

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ISDI

These questions ask about your sleeping habits. Please circle “true” if the statement sounds like you and “false” if the statement does not sound like you.

1. It takes me a long time to fall asleep.                      TRUE   FALSE
2. Most days I feel wide awake.                               TRUE   FALSE
3. I have nightmares frequently.                             TRUE   FALSE
4. I usually wake up feeling refreshed and rested.           TRUE   FALSE
5. If I wake up during the night, I find it difficult to fall asleep again. TRUE   FALSE
6. I rarely take naps.                                       TRUE   FALSE
7. My sleep is light.                                        TRUE   FALSE
8. I wake up most mornings at roughly the same time.         TRUE   FALSE
9. I sometimes have a hard time falling asleep due to uncomfortable feelings in my legs. TRUE   FALSE
10. Worries don't keep me up at night.                        TRUE   FALSE
11. I move my legs or arms a lot when I sleep.                TRUE   FALSE
12. I tend to fall asleep quickly.                            TRUE   FALSE
13. I usually feel tired during the day.                      TRUE   FALSE
14. I don’t have nightmares.                                 TRUE   FALSE
15. I have a hard time waking up during the week.             TRUE   FALSE
16. I sometimes wake up early and can't get back to sleep.    TRUE   FALSE
17. I take long naps.                                        TRUE   FALSE
18. I am a deep sleeper.                                     TRUE   FALSE
19. My bedtime is very irregular.  TRUE    FALSE
20. I sometimes have cramps or pain in my legs during the night.  TRUE    FALSE
21. I sometimes lie awake worrying.  TRUE    FALSE
22. I don’t move around much in my sleep.  TRUE    FALSE
23. I often have trouble falling asleep.  TRUE    FALSE
24. I get drowsy when I sit still during the day.  TRUE    FALSE
25. I have recurring bad dreams.  TRUE    FALSE
26. I usually feel energized after I wake up.  TRUE    FALSE
27. I wake up frequently during the night.  TRUE    FALSE
28. I can nap anywhere, in any situation  TRUE    FALSE
29. I am easily awakened by noises.  TRUE    FALSE
30. I go to sleep most evenings at roughly the same time.  TRUE    FALSE
31. I sometimes have unusual feelings in my legs at night, such as  TRUE    FALSE
    creeping, crawling, tingling burning or itching sensations.
32. I have trouble sleeping due to nervousness.  TRUE    FALSE
33. I am told that I kick my legs when I sleep.  TRUE    FALSE
34. I fall asleep within minutes of going to bed.  TRUE    FALSE
35. I seem to have less energy than other people I know.  TRUE    FALSE
36. My dreams often disturb me.  TRUE    FALSE
37. I feel much worse in the morning than later in the day.  TRUE    FALSE
38. When I wake up at night, it takes me a long time to get back to  TRUE    FALSE
    sleep.
39. I doze off while watching TV during the day.  TRUE    FALSE
40. I can sleep through loud noises.  TRUE  FALSE
41. I have trouble getting my sleep into a proper routine.  TRUE  FALSE
42. I cannot keep my legs still when falling asleep.  TRUE  FALSE
43. Anxiety sometimes makes it hard for me to fall asleep.  TRUE  FALSE
44. My legs jerk when I sleep.  TRUE  FALSE
45. I often lay awake in bed for some time before I finally fall asleep.  TRUE  FALSE
46. I sometimes don’t have enough energy to get things done.  TRUE  FALSE
47. Nightmares cause me to wake up at night.  TRUE  FALSE
48. I often feel more tired in the morning than when I go to sleep.  TRUE  FALSE
49. I have trouble staying asleep.  TRUE  FALSE
50. I sleep a lot during the day.  TRUE  FALSE
51. People have told me that I can sleep through anything.  TRUE  FALSE
52. My wake-up time is very irregular.  TRUE  FALSE
53. I sometimes move my legs around to relieve uncomfortable sensations at night.  TRUE  FALSE
54. My mind sometimes races when I try to sleep.  TRUE  FALSE
55. I rarely have trouble falling asleep.  TRUE  FALSE
56. I frequently have frightening dreams.  TRUE  FALSE
57. I move around a lot in my sleep.  TRUE  FALSE
58. I have trouble waking up in the morning.  TRUE  FALSE
59. I often wake up during the night for no particular reason.  TRUE  FALSE
60. I doze off when I relax during the day.  TRUE  FALSE
61. My sleep is easily disturbed.  TRUE  FALSE
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>62.</td>
<td>I have woken up because of uncomfortable feelings in my legs.</td>
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<tr>
<td>63.</td>
<td>I sometimes have trouble sleeping because I am thinking about the day’s events.</td>
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<tr>
<td>64.</td>
<td>I am told that I kick or punch in my sleep.</td>
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<tr>
<td>65.</td>
<td>I find it hard to get my body relaxed at bedtime.</td>
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<tr>
<td>66.</td>
<td>I have a hard time focusing during the day because I am tired.</td>
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<td>67.</td>
<td>I have dreams that are so vivid they influence how I feel the following day.</td>
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<tr>
<td>68.</td>
<td>I drift off to sleep easily.</td>
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<td>69.</td>
<td>It is difficult for me to pay attention during the day because I am so tired.</td>
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<tr>
<td>70.</td>
<td>My dreams often are unpleasant.</td>
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<tr>
<td>71.</td>
<td>I sometimes stay awake thinking about things.</td>
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<tr>
<td>72.</td>
<td>I usually am still tired when I wake up.</td>
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<tr>
<td>73.</td>
<td>I sleep very poorly.</td>
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<tr>
<td>74.</td>
<td>I sometimes try too hard to fall asleep.</td>
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<td>75.</td>
<td>I struggle to remain alert during the day.</td>
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<tr>
<td>76.</td>
<td>I sometimes have a hard time sleeping due to bad dreams.</td>
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<tr>
<td>77.</td>
<td>It is very hard for me when I need to get up earlier in the morning.</td>
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<tr>
<td>78.</td>
<td>I wake up earlier than planned.</td>
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<tr>
<td>79.</td>
<td>I get sleepy as soon as I’m in bed.</td>
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<tr>
<td>80.</td>
<td>I have dreams about something bad that happened to me.</td>
</tr>
<tr>
<td>81.</td>
<td>I wake up before I need to</td>
</tr>
</tbody>
</table>
82. Nightmares make it hard for me to fall asleep.  TRUE  FALSE
83. I have a hard time getting comfortable in bed.  TRUE  FALSE
84. I often feel sleepy during the day.  TRUE  FALSE
85. Nightmares cause a physical reaction for me (e.g., sweating, pounding heart, shortness of breath).  TRUE  FALSE
86. Daytime sleepiness interferes with my activities.  TRUE  FALSE
ISDI Scoring

*Reverse keyed.

Daytime Disturbances
Fatigue + Nonrestorative Sleep

Nightmares
#3, #14*, #25, #36, #47, #56, #67, #70, #76, #80, #82, #85

Initial Insomnia
#1, #12*, #23, #34*, #45, #55*, #65, #68*, #74, #79*, #83

Fatigue
#2*, #13, #24, #35, #46, #66, #69, #75, #84, #86

Fragmented Sleep
#5, #16, #27, #38, #49, #59, #73, #78, #81

Nonrestorative Sleep
#4*, #15, #26*, #37, #48, #58, #72, #77

Anxiety at Night
#10*, #21, #32, #43, #54, #63, #71

Light Sleep
#7, #18*, #29, #40*, #51*, #61

Movement at Night
#11, #22*, #33, #44, #57, #64

Sensations at Night
#9, #20, #31, #42, #53, #62

Excessive Sleep
#6*, #17, #28, #39, #50, #60

Irregular Schedule
#8*, #19, #30*, #41, #52