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Iowa Sleep Disturbances Inventory (ISDI)

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Comments

For more information on the ISDI, please see: Development and initial validation of the Iowa Sleep Disturbances Inventory. Koffel, Erin; Watson, David. *Assessment*, Vol 17(4), Dec 2010, 423-439. doi: [10.1177/1073191110362864](https://doi.org/10.1177/1073191110362864)

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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.

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|--|-------------|--------------|
| 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 |

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| 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 creeping, crawling, tingling burning or itching sensations. | TRUE | FALSE |
| 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 sleep. | TRUE | FALSE |
| 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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| 62. I have woken up because of uncomfortable feelings in my legs. | TRUE | FALSE |
| 63. I sometimes have trouble sleeping because I am thinking about the day's events. | TRUE | FALSE |
| 64. I am told that I kick or punch in my sleep. | TRUE | FALSE |
| 65. I find it hard to get my body relaxed at bedtime. | TRUE | FALSE |
| 66. I have a hard time focusing during the day because I am tired. | TRUE | FALSE |
| 67. I have dreams that are so vivid they influence how I feel the following day. | TRUE | FALSE |
| 68. I drift off to sleep easily. | TRUE | FALSE |
| 69. It is difficult for me to pay attention during the day because I am so tired. | TRUE | FALSE |
| 70. My dreams often are unpleasant. | TRUE | FALSE |
| 71. I sometimes stay awake thinking about things. | TRUE | FALSE |
| 72. I usually am still tired when I wake up. | TRUE | FALSE |
| 73. I sleep very poorly. | TRUE | FALSE |
| 74. I sometimes try too hard to fall asleep. | TRUE | FALSE |
| 75. I struggle to remain alert during the day. | TRUE | FALSE |
| 76. I sometimes have a hard time sleeping due to bad dreams. | TRUE | FALSE |
| 77. It is very hard for me when I need to get up earlier in the morning. | TRUE | FALSE |
| 78. I wake up earlier than planned. | TRUE | FALSE |
| 79. I get sleepy as soon as I'm in bed. | TRUE | FALSE |
| 80. I have dreams about something bad that happened to me. | TRUE | FALSE |
| 81. I wake up before I need to | TRUE | FALSE |

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| 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