Iowa Sleep Disturbances Inventory (ISDI)

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Comments

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<table>
<thead>
<tr>
<th>Question</th>
<th>TRUE</th>
<th>FALSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. It takes me a long time to fall asleep.</td>
<td></td>
<td></td>
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<tr>
<td>2. Most days I feel wide awake.</td>
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<td></td>
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<tr>
<td>3. I have nightmares frequently.</td>
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<td>4. I usually wake up feeling refreshed and rested.</td>
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<tr>
<td>5. If I wake up during the night, I find it difficult to fall asleep again.</td>
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<tr>
<td>6. I rarely take naps.</td>
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<tr>
<td>7. My sleep is light.</td>
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<tr>
<td>8. I wake up most mornings at roughly the same time.</td>
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<td></td>
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<tr>
<td>9. I sometimes have a hard time falling asleep due to uncomfortable</td>
<td></td>
<td></td>
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<tr>
<td>feelings in my legs.</td>
<td></td>
<td></td>
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<tr>
<td>10. Worries don't keep me up at night.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. I move my legs or arms a lot when I sleep.</td>
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<td></td>
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<tr>
<td>12. I tend to fall asleep quickly.</td>
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<tr>
<td>13. I usually feel tired during the day.</td>
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<td></td>
</tr>
<tr>
<td>14. I don’t have nightmares.</td>
<td></td>
<td></td>
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<tr>
<td>15. I have a hard time waking up during the week.</td>
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<td></td>
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<tr>
<td>16. I sometimes wake up early and can't get back to sleep.</td>
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<td></td>
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<tr>
<td>17. I take long naps.</td>
<td></td>
<td></td>
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<tr>
<td>18. I am a deep sleeper.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
    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
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
<table>
<thead>
<tr>
<th></th>
<th>Nightmares make it hard for me to fall asleep.</th>
<th>TRUE</th>
<th>FALSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>82</td>
<td>I have a hard time getting comfortable in bed.</td>
<td>TRUE</td>
<td>FALSE</td>
</tr>
<tr>
<td>83</td>
<td>I often feel sleepy during the day.</td>
<td>TRUE</td>
<td>FALSE</td>
</tr>
<tr>
<td>84</td>
<td>Nightmares cause a physical reaction for me (e.g., sweating, pounding heart, shortness of breath).</td>
<td>TRUE</td>
<td>FALSE</td>
</tr>
<tr>
<td>85</td>
<td>Daytime sleepiness interferes with my activities.</td>
<td>TRUE</td>
<td>FALSE</td>
</tr>
</tbody>
</table>
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