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 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
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
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