Iowa Sleep Disturbances Inventory (ISDI) (Expanded)

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Comments
For more information on the ISDI, please see: Further validation of the Iowa Sleep Disturbances Inventory. Koffel, Erin. Psychological Assessment, Vol 23(3), Sep 2011, 587-598. doi: https://doi.org/10.1037/a0022818

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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.  
2. Most days I feel wide awake.  
3. I have nightmares frequently.  
4. I usually wake up feeling refreshed and rested.  
5. If I wake up during the night, I find it difficult to fall asleep again.  
6. I rarely take naps.  
7. My sleep is light.  
8. I wake up most mornings at roughly the same time.  
9. I sometimes have a hard time falling asleep due to uncomfortable feelings in my legs.  
10. Worries don't keep me up at night.  
11. I move my legs or arms a lot when I sleep.  
12. I tend to fall asleep quickly.  
13. I usually feel tired during the day.  
14. I don’t have nightmares.  
15. I have a hard time waking up during the week.  
16. I sometimes wake up early and can't get back to sleep.  
17. I take long naps.  
18. I am a deep sleeper.
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
<table>
<thead>
<tr>
<th>Number</th>
<th>Statement</th>
<th>TRUE</th>
<th>FALSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>62</td>
<td>I have woken up because of uncomfortable feelings in my legs.</td>
<td></td>
<td></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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<tr>
<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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<tr>
<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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<td>71</td>
<td>I sometimes stay awake thinking about things.</td>
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<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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<td>74</td>
<td>I sometimes try too hard to fall asleep.</td>
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<tr>
<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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<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>
<td></td>
<td></td>
</tr>
<tr>
<td>81</td>
<td>I wake up before I need to</td>
<td></td>
<td></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
87. I sometimes find that I can’t move my body when I wake up.   TRUE    FALSE
88. I experiences intense, dreamlike images as I begin to wake up.   TRUE    FALSE
89. I feel paralyzed when I’m falling asleep or waking up.   TRUE    FALSE
90. I experience intense dreamlike images as I begin to fall sleep.   TRUE    FALSE
91. My muscles sometimes feel frozen when I wake up.   TRUE    FALSE
92. Lying in bed, I sense the presence of someone who isn’t actually there.   TRUE    FALSE
93. When I wake up or fall asleep I am unable to move for a short time.   TRUE    FALSE
94. I sometimes see or hear things that are not real when falling asleep or waking up.   TRUE    FALSE
95. I have dream-like images when I awaken in the morning even though I know I am not asleep.   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

Sleep Paralysis

#87, #89, #91, #93

Sleep Hallucinations

#88, #90, #92, #94, #95