Iowa Sleep Disturbances Inventory (ISDI) (Expanded)

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University of Iowa
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.

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
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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  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
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<td><strong>40.</strong></td>
<td>I can sleep through loud noises.</td>
</tr>
<tr>
<td><strong>41.</strong></td>
<td>I have trouble getting my sleep into a proper routine.</td>
</tr>
<tr>
<td><strong>42.</strong></td>
<td>I cannot keep my legs still when falling asleep.</td>
</tr>
<tr>
<td><strong>43.</strong></td>
<td>Anxiety sometimes makes it hard for me to fall asleep.</td>
</tr>
<tr>
<td><strong>44.</strong></td>
<td>My legs jerk when I sleep.</td>
</tr>
<tr>
<td><strong>45.</strong></td>
<td>I often lay awake in bed for some time before I finally fall asleep.</td>
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<td><strong>46.</strong></td>
<td>I sometimes don’t have enough energy to get things done.</td>
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<td><strong>47.</strong></td>
<td>Nightmares cause me to wake up at night.</td>
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<tr>
<td><strong>48.</strong></td>
<td>I often feel more tired in the morning than when I go to sleep.</td>
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<td><strong>49.</strong></td>
<td>I have trouble staying asleep.</td>
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<td><strong>50.</strong></td>
<td>I sleep a lot during the day.</td>
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<tr>
<td><strong>51.</strong></td>
<td>People have told me that I can sleep through anything.</td>
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<tr>
<td><strong>52.</strong></td>
<td>My wake-up time is very irregular.</td>
</tr>
<tr>
<td><strong>53.</strong></td>
<td>I sometimes move my legs around to relieve uncomfortable sensations at night.</td>
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<tr>
<td><strong>54.</strong></td>
<td>My mind sometimes races when I try to sleep.</td>
</tr>
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<td><strong>55.</strong></td>
<td>I rarely have trouble falling asleep.</td>
</tr>
<tr>
<td><strong>56.</strong></td>
<td>I frequently have frightening dreams.</td>
</tr>
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<td><strong>57.</strong></td>
<td>I move around a lot in my sleep.</td>
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<td><strong>58.</strong></td>
<td>I have trouble waking up in the morning.</td>
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<tr>
<td><strong>59.</strong></td>
<td>I often wake up during the night for no particular reason.</td>
</tr>
<tr>
<td><strong>60.</strong></td>
<td>I doze off when I relax during the day.</td>
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<tr>
<td><strong>61.</strong></td>
<td>My sleep is easily disturbed.</td>
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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
82. Nightmares make it hard for me to fall asleep.  
83. I have a hard time getting comfortable in bed.  
84. I often feel sleepy during the day.  
85. Nightmares cause a physical reaction for me (e.g., sweating, pounding heart, shortness of breath).  
86. Daytime sleepiness interferes with my activities.  
87. I sometimes find that I can’t move my body when I wake up.  
88. I experiences intense, dreamlike images as I begin to wake up.  
89. I feel paralyzed when I’m falling asleep or waking up.  
90. I experience intense dreamlike images as I begin to fall sleep.  
91. My muscles sometimes feel frozen when I wake up.  
92. Lying in bed, I sense the presence of someone who isn’t actually there.  
93. When I wake up or fall asleep I am unable to move for a short time.  
94. I sometimes see or hear things that are not real when falling asleep or waking up.  
95. I have dream-like images when I awaken in the morning even though I know I am not asleep.
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