Dataset name: insi_v1.2



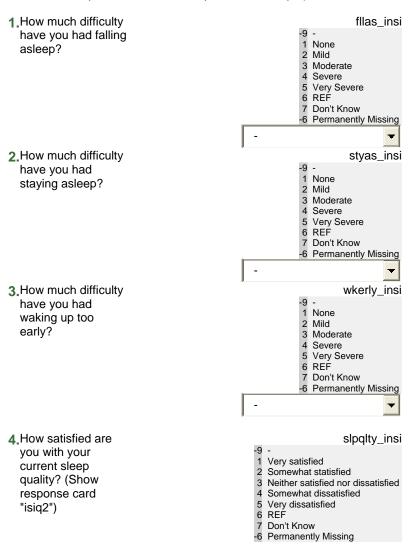
INSOMNIA SEVERITY INDEX (ISI)

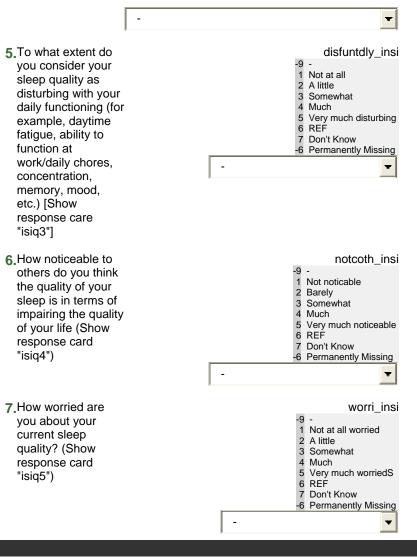
CRF 1.2

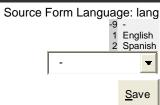
"I now would like to ask you some questions regarding the quality of your sleep over the past 2 weeks. I will ask you three questions about your sleep pattern on an average night over the past two weeks."

(Interviewer note: If the participant specifically requests guidance as to what constitutes "difficulty":Q1 would be defined by a sleep latency from light out > 30 minutes.Q2 by > 2 awakenings per night or wake-time after sleep onset > 30 minutes.Q3 by a final awakening prior to 5 AM)

On an average night over the past two weeks? (Interviewer note: repeat stem for each question and show response card "isiq1".)







	LIFE	Acrostic	
Participant ID (affix ID label here)	Interviewer Date of Visit	Visit Code wear	

INSOMNIA SEVERITY INDEX (ISI)

"I now would like to ask you some questions regarding the quality of your sleep over the past 2 weeks. I will ask you three questions about your sleep pattern on an average night over the past two weeks." (Interviewer note: If the participant specifically requests guidance as to what constitutes "difficulty":Q1 would be defined by a sleep latency from light out > 30 minutes.Q2 by > 2 awakenings per night or wake-time after sleep onset > 30 minutes.Q3 by a final awakening prior to 5 AM)								
we	an average night over the past two eks (Interviewer note: repeat stem for each estion and show response card "isiq1".)	None	Mild	Moderate	Severe	Very Severe	REF	Don't Know
1.	How much difficulty have you had falling asleep?							
2.	How much difficulty have you had staying asleep?							
3.	How much difficulty have you had waking up too early?							
		Very satisfied	Somewhat satisfied	Neither satisfied nor dissatisfied	Somewhat dissatisfied	Very dissatisfied	REF	Don't Know
4.	How satisfied are you with your current sleep quality? (Show response card "isiq2")							
		Not at all disturbing	A little	Somewhat	Much	Very much disturbing	REF	Don't Know
5.	To what extent do you consider your sleep quality as disturbing with your daily functioning (for example, daytime fatigue, ability to function at work/daily chores, concentration, memory, mood, etc.) [Show response care "isiq3"]							

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	Not at all noticeable	Barely	Somewhat	Much	Very much noticeable	REF	Don't Know
6. How noticeable to others do you think the quality of your sleep is in terms of impairing the quality of your life (Show response card "isiq4")							
	Not at all worried	A little	Somewhat	Much	Very much worried	REF	Don't Know
7. How worried are you about your current sleep quality? (Show response card 'isiq5")							