

# Iowa Research Online

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## Iowa Sleep Disturbances Inventory (ISDI)

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<https://iro.uiowa.edu/esploro/outputs/other/Iowa-Sleep-Disturbances-Inventory-ISDI/9983557488302771/filesAndLinks?index=0>

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Koffel, E. (2010). Iowa Sleep Disturbances Inventory (ISDI). <https://doi.org/10.17077/wkst-98n7>

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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.

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|--|-------------|--------------|
| 1. It takes me a long time to fall asleep.   | <b>TRUE</b> | <b>FALSE</b> |
| 2. Most days I feel wide awake.  | <b>TRUE</b> | <b>FALSE</b> |
| 3. I have nightmares frequently.   | <b>TRUE</b> | <b>FALSE</b> |
| 4. I usually wake up feeling refreshed and rested.                                       | <b>TRUE</b> | <b>FALSE</b> |
| 5. If I wake up during the night, I find it difficult to fall asleep again.              | <b>TRUE</b> | <b>FALSE</b> |
| 6. I rarely take naps.   | <b>TRUE</b> | <b>FALSE</b> |
| 7. My sleep is light.  | <b>TRUE</b> | <b>FALSE</b> |
| 8. I wake up most mornings at roughly the same time.                                     | <b>TRUE</b> | <b>FALSE</b> |
| 9. I sometimes have a hard time falling asleep due to uncomfortable feelings in my legs. | <b>TRUE</b> | <b>FALSE</b> |
| 10. Worries don't keep me up at night.   | <b>TRUE</b> | <b>FALSE</b> |
| 11. I move my legs or arms a lot when I sleep.   | <b>TRUE</b> | <b>FALSE</b> |
| 12. I tend to fall asleep quickly.   | <b>TRUE</b> | <b>FALSE</b> |
| 13. I usually feel tired during the day.   | <b>TRUE</b> | <b>FALSE</b> |
| 14. I don't have nightmares.   | <b>TRUE</b> | <b>FALSE</b> |
| 15. I have a hard time waking up during the week.  | <b>TRUE</b> | <b>FALSE</b> |
| 16. I sometimes wake up early and can't get back to sleep.                               | <b>TRUE</b> | <b>FALSE</b> |
| 17. I take long naps.  | <b>TRUE</b> | <b>FALSE</b> |
| 18. I am a deep sleeper.   | <b>TRUE</b> | <b>FALSE</b> |

19. My bedtime is very irregular.	<b>TRUE</b>	<b>FALSE</b>
20. I sometimes have cramps or pain in my legs during the night.	<b>TRUE</b>	<b>FALSE</b>
21. I sometimes lie awake worrying.	<b>TRUE</b>	<b>FALSE</b>
22. I don't move around much in my sleep.	<b>TRUE</b>	<b>FALSE</b>
23. I often have trouble falling asleep.	<b>TRUE</b>	<b>FALSE</b>
24. I get drowsy when I sit still during the day.	<b>TRUE</b>	<b>FALSE</b>
25. I have recurring bad dreams.	<b>TRUE</b>	<b>FALSE</b>
26. I usually feel energized after I wake up.	<b>TRUE</b>	<b>FALSE</b>
27. I wake up frequently during the night.	<b>TRUE</b>	<b>FALSE</b>
28. I can nap anywhere, in any situation	<b>TRUE</b>	<b>FALSE</b>
29. I am easily awakened by noises.	<b>TRUE</b>	<b>FALSE</b>
30. I go to sleep most evenings at roughly the same time.	<b>TRUE</b>	<b>FALSE</b>
31. I sometimes have unusual feelings in my legs at night, such as creeping, crawling, tingling burning or itching sensations.	<b>TRUE</b>	<b>FALSE</b>
32. I have trouble sleeping due to nervousness.	<b>TRUE</b>	<b>FALSE</b>
33. I am told that I kick my legs when I sleep.	<b>TRUE</b>	<b>FALSE</b>
34. I fall asleep within minutes of going to bed.	<b>TRUE</b>	<b>FALSE</b>
35. I seem to have less energy than other people I know.	<b>TRUE</b>	<b>FALSE</b>
36. My dreams often disturb me.	<b>TRUE</b>	<b>FALSE</b>
37. I feel much worse in the morning than later in the day.	<b>TRUE</b>	<b>FALSE</b>
38. When I wake up at night, it takes me a long time to get back to sleep.	<b>TRUE</b>	<b>FALSE</b>
39. I doze off while watching TV during the day.	<b>TRUE</b>	<b>FALSE</b>

40. I can sleep through loud noises.	<b>TRUE</b>	<b>FALSE</b>
41. I have trouble getting my sleep into a proper routine.	<b>TRUE</b>	<b>FALSE</b>
42. I cannot keep my legs still when falling asleep.	<b>TRUE</b>	<b>FALSE</b>
43. Anxiety sometimes makes it hard for me to fall asleep.	<b>TRUE</b>	<b>FALSE</b>
44. My legs jerk when I sleep.	<b>TRUE</b>	<b>FALSE</b>
45. I often lay awake in bed for some time before I finally fall asleep.	<b>TRUE</b>	<b>FALSE</b>
46. I sometimes don't have enough energy to get things done.	<b>TRUE</b>	<b>FALSE</b>
47. Nightmares cause me to wake up at night.	<b>TRUE</b>	<b>FALSE</b>
48. I often feel more tired in the morning than when I go to sleep.	<b>TRUE</b>	<b>FALSE</b>
49. I have trouble staying asleep.	<b>TRUE</b>	<b>FALSE</b>
50. I sleep a lot during the day.	<b>TRUE</b>	<b>FALSE</b>
51. People have told me that I can sleep through anything.	<b>TRUE</b>	<b>FALSE</b>
52. My wake-up time is very irregular.	<b>TRUE</b>	<b>FALSE</b>
53. I sometimes move my legs around to relieve uncomfortable sensations at night.	<b>TRUE</b>	<b>FALSE</b>
54. My mind sometimes races when I try to sleep.	<b>TRUE</b>	<b>FALSE</b>
55. I rarely have trouble falling asleep.	<b>TRUE</b>	<b>FALSE</b>
56. I frequently have frightening dreams.	<b>TRUE</b>	<b>FALSE</b>
57. I move around a lot in my sleep.	<b>TRUE</b>	<b>FALSE</b>
58. I have trouble waking up in the morning.	<b>TRUE</b>	<b>FALSE</b>
59. I often wake up during the night for no particular reason.	<b>TRUE</b>	<b>FALSE</b>
60. I doze off when I relax during the day.	<b>TRUE</b>	<b>FALSE</b>
61. My sleep is easily disturbed.	<b>TRUE</b>	<b>FALSE</b>

62.	I have woken up because of uncomfortable feelings in my legs.	<b>TRUE</b>	<b>FALSE</b>
63.	I sometimes have trouble sleeping because I am thinking about the day's events.	<b>TRUE</b>	<b>FALSE</b>
64.	I am told that I kick or punch in my sleep.	<b>TRUE</b>	<b>FALSE</b>
65.	I find it hard to get my body relaxed at bedtime.	<b>TRUE</b>	<b>FALSE</b>
66.	I have a hard time focusing during the day because I am tired.	<b>TRUE</b>	<b>FALSE</b>
67.	I have dreams that are so vivid they influence how I feel the following day.	<b>TRUE</b>	<b>FALSE</b>
68.	I drift off to sleep easily.	<b>TRUE</b>	<b>FALSE</b>
69.	It is difficult for me to pay attention during the day because I am so tired.	<b>TRUE</b>	<b>FALSE</b>
70.	My dreams often are unpleasant.	<b>TRUE</b>	<b>FALSE</b>
71.	I sometimes stay awake thinking about things.	<b>TRUE</b>	<b>FALSE</b>
72.	I usually am still tired when I wake up.	<b>TRUE</b>	<b>FALSE</b>
73.	I sleep very poorly.	<b>TRUE</b>	<b>FALSE</b>
74.	I sometimes try too hard to fall asleep.	<b>TRUE</b>	<b>FALSE</b>
75.	I struggle to remain alert during the day.	<b>TRUE</b>	<b>FALSE</b>
76.	I sometimes have a hard time sleeping due to bad dreams.	<b>TRUE</b>	<b>FALSE</b>
77.	It is very hard for me when I need to get up earlier in the morning.	<b>TRUE</b>	<b>FALSE</b>
78.	I wake up earlier than planned.	<b>TRUE</b>	<b>FALSE</b>
79.	I get sleepy as soon as I'm in bed.	<b>TRUE</b>	<b>FALSE</b>
80.	I have dreams about something bad that happened to me.	<b>TRUE</b>	<b>FALSE</b>
81.	I wake up before I need to	<b>TRUE</b>	<b>FALSE</b>

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|--|-------------|--------------|
| 82. Nightmares make it hard for me to fall asleep.   | <b>TRUE</b> | <b>FALSE</b> |
| 83. I have a hard time getting comfortable in bed.   | <b>TRUE</b> | <b>FALSE</b> |
| 84. I often feel sleepy during the day.  | <b>TRUE</b> | <b>FALSE</b> |
| 85. Nightmares cause a physical reaction for me (e.g., sweating, pounding heart, shortness of breath). | <b>TRUE</b> | <b>FALSE</b> |
| 86. Daytime sleepiness interferes with my activities.  | <b>TRUE</b> | <b>FALSE</b> |

## 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