

## Insomnia Self-Test

Is it possible that I have insomnia?

Insomnia is defined as the chronic inability to fall asleep or remain asleep for an adequate length of time. While not providing a formal **insomnia diagnosis**, the results will give you a good idea of the severity of your problem.

1. How anxious do you feel when you think about sleeplessness?
  - A. Extremely anxious
  - B. Very anxious
  - C. Somewhat anxious
  - D. A little
  - E. Not at All
2. Give your first instinctive answer to the question: Out of 10 how serious is your insomnia?
  - A. 9 or 10
  - B. 7 or 8
  - C. 5 or 6
  - D. 3 or 4
  - E. 1 or 2
3. How bad are your symptoms of insomnia?
  - A. The symptoms are really bad and I have used drugs
  - B. The symptoms are really bad but I've avoided using meds
  - C. The symptoms are uncomfortable and I've used drugs
  - D. The symptoms are uncomfortable but I've not used meds
  - E. I don't really experience significant symptoms
4. Do you dramatize situations involving sleeplessness in your mind?
  - A. Yes, all the time and the feelings are powerful
  - B. Sometimes and the feelings are bad when I do
  - C. Sometimes, but the feelings aren't *that* bad
  - D. A little
  - E. Never
5. To what degree has this issue impacted your relationship with your family, friends, and co-workers. Do you find it difficult to explain what you are going through, or even keep it a secret?
  - A. Extreme impact on relationships
  - B. Significant impact
  - C. It has made things difficult at times
  - D. A little, not too bad
  - E. None
6. Overall, when you think about the impact insomnia is having on your life, how bad is the problem?
  - A. It's ruining my life
  - B. It has considerable impact and has to be dealt with
  - C. Life would be a lot better without insomnia
  - D. It's not great but I'm OK
  - E. No impact really
7. If you were able to sleep adequately how much better would things be?
  - A. Dramatically better. This will be a huge change for me
  - B. A very big improvement
  - C. A significant relief. Insomniac situations are very uncomfortable for me
  - D. Better
  - E. It wouldn't really make much difference

Although this, or no self-test, is conclusive, if your answers cause you concern you should contact an iTherapyRX counselor or another health care professional.