

## What kind of condition is your sleep in?

To start our assessment, I want to take a quick temperature reading as it were, to see what kind of shape your sleep is in at the moment. Have a look at Figure 13. This is the sleep condition indicator or SCI for short. It is a measure I developed a number of years ago around the time the DSM-5 diagnostic criteria for insomnia disorder were published. I wanted the SCI to be able to test for insomnia, but at the same time to be as user-friendly as possible. Fill it in now. As you can see there is also a version available online. Hopefully it is fairly self-explanatory.

I expect you will have a number of items checked in the grey area to the right of the SCI because this indicates where the sleep problems lie. You will also see that items at this end are scored lower. This is because on the SCI a high total score indicates better sleep and a low total score indicates poor sleep. What is your score out of 32? You can also recalculate your SCI on a 0-10 scale. What shape is your sleep in?

OVERCOMING INSOMNIA

Item	Score				
	4	3	2	1	0
<p><i>Thinking about a typical night in the last month</i> ...</p> <p>1. ... how long does it take you to fall asleep?</p>	0–15 mins	16–30 mins	31–45 mins	46–60 mins	≥ 61 mins
<p>2. ... if you then wake up during the night how long are you awake for in total? (add all the awakenings up)</p>	0–15 mins	16–30 mins	31–45 mins	46–60 mins	≥ 61 mins
<p>3. ... how many nights a week do you have a problem with your sleep?</p>	0–1	2	3	4	5–7
<p>4. ... how would you rate your sleep quality?</p>	Very good	Good	Average	Poor	Very poor
<p><i>Thinking about the past month, to what extent has poor sleep ...</i></p> <p>5. ... affected your mood, energy or relationships?</p>	Not at all	A little	Some-what	Much	Very much
<p>6. ... affected your concentration, productivity or ability to stay awake?</p>	Not at all	A little	Some-what	Much	Very much
<p>7. ... troubled you in general?</p>	Not at all	A little	Some-what	Much	Very much

## ASSESSING YOUR INSOMNIA PROBLEM

<b>Finally . . .</b>	I don't have a problem / < 1 mo	1–3 mo	3–6 mo	6–12 mo	> 1 yr
8. . . . how long have you had a problem with your sleep?					

Scoring instructions:

Add the item scores to obtain the SCI total (minimum 0, maximum 32)

A higher score means better sleep

Scores can be converted to 0–10 format (minimum 0, maximum 10) by dividing total by 3.2

Item scores in grey area represent threshold criteria for DSM-5 insomnia disorder

A free online version, with built-in score convertor, is available at [www.sleepio.com/sleep-condition-indicator/](http://www.sleepio.com/sleep-condition-indicator/)

Figure 13: The sleep condition indicator