Instructions for using the Sleep Condition Indicator (SCI):

Please read the items carefully, then circle the most accurate of the five responses given for each item

| | Item/ score | 4 | 3 | 2 | 1 | 0 |
|---|---|---|---|---|---|---|
| | ***Thinking about a typical night in the last month …*** <br> 1. … how long does it take you to fall asleep? | 0 – 15 min | 16 – 30 min | 31 – 45 min | 46 – 60 min | ≥ 61 min |
| | 2. … if you then wake up during the night … how long are you awake for in total? <br> (add all the wakenings up) | 0 – 15 min | 16 – 30 min | 31 – 45 min | 46 – 60 min | ≥ 61 min |
| * | 3. … how many nights a week do you have a problem with your sleep? | 0 - 1 | 2 | 3 | 4 | 5 - 7 |
| | 4. … how would you rate your sleep quality? | Very good | Good | Average | Poor | Very poor |
| | ***Thinking about the past month, to what extent has poor sleep …*** <br> 5. … affected your mood, energy, or relationships? | Not at all | A little | Somewhat | Much | Very much |
| | 6. … affected your concentration, productivity, or ability to stay awake | Not at all | A little | Somewhat | Much | Very much |
| * | 7. … troubled you in general | Not at all | A little | Somewhat | Much | Very much |
| | **Finally …** <br> 8. … how long have you had a problem with your sleep? | I don't have a problem / < 1 mo | 1 – 3 mo | 3 – 6 mo | 6 – 12 mo | > 1 yr |

Guidelines for scoring the Sleep Condition Indicator (SCI-08: full scale):

a. Add the item scores to obtain the SCI total (minimum 0, maximum 32)
b. Scores can be converted to 0 – 10 format (minimum 0, maximum 10) by dividing total by 3.2

Guidelines for scoring the Sleep Condition Indicator (SCI-02: short-form):

a. Add scores for items 3 and 7 [marked *] (minimum 0, maximum 8)
b. Scores can be converted to 0 – 10 format (minimum 0, maximum 10) by dividing total by 0.8

Interpretation of the SCI:

a. A higher score means better sleep
b. SCI-08 cut-off for possible insomnia disorder = 16; SCI-02 cut-off for possible insomnia disorder = 4
c. Item scores in the grey area represent threshold criteria for DSM-5 Insomnia Disorder

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