

Appendix: The Sleep Condition Indicator

| Item | Score | | | | |
|---|---------------------------------|-------------|-------------|-------------|-----------|
| | 4 | 3 | 2 | 1 | 0 |
| Thinking about a typical night in the last month ... | | | | | |
| 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? (add all the awakenings 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 ... | | | | | |
| 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 ... | | | | | |
| 8. ... how long have you had a problem with your sleep? | I don't have a problem / < 1 mo | 1 – 2 mo | 3 – 6 mo | 7 – 12 mo | > 1 yr |

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 Insomnia Disorder

A free online version, with built-in score convertor can be found at www.sleepio.com/clinic