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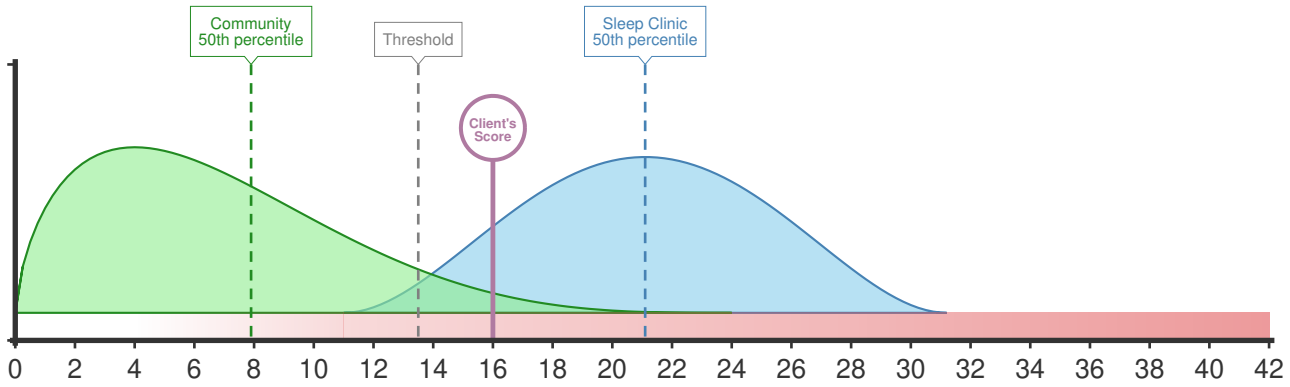
Bergen Insomnia Scale (BIS)

Client Name	Generic Client	*Date administered*	12 Nov 2026
Date of birth (age)	17 Feb 1975 (51)	*Time taken*	22s
Assessor	Dr David Hegarty		

Results

	Raw Score (0 - 42)	Symptom Categories (0 - 2)	Descriptor
Total Score	16	2	Consistent with insomnia

BIS Total Score Compared with Community Adults and Sleep Clinic Patients



Interpretation

The Bergen Insomnia Scale (BIS) was administered on 12 November 2026, with a total score of 16 out of 42. The respondent reported symptoms in both symptom categories on 3 or more days a week. Night-time symptoms were reported with daytime impairment and dissatisfaction with sleep. With a total score at or above the threshold of 14, this is consistent with insomnia.

On 3 or more days a week in the past month, the respondent reported:
- *1. More than 30 minutes to fall asleep (3 days)*
- *2. Awake more than 30 minutes between periods of sleep (3 days)*
- *3. Woke more than 30 minutes earlier than wished (3 days)*
- *5. So sleepy or tired it affected school, work, or private life (3 days)*
- *6. Dissatisfied with sleep (3 days)*

These items correspond to the DSM-5-TR frequency criterion for insomnia disorder (3 or more days a week). The duration criterion (3 months) is not assessed.

Scoring and Interpretation Information

For comprehensive information on the BIS, see here.

BIS Scoring

Client Name	Generic Client

The BIS produces a total score and a count of symptom categories. Higher scores mean more insomnia symptoms, or symptoms on more days.

- Total score (6 items; items 1–6; range 0 to 42): the sum of the days a week each symptom occurred in the past month (Pallesen et al., 2008).
- Symptom Categories (5 items; items 1, 2, 3, 5, and 6; range 0 to 2): the number of categories with at least one item answered on 3 or more days a week. The categories are night-time symptoms (items 1 to 3) and daytime impairment or dissatisfaction with sleep (items 5 and 6). A score of 2 meets the DSM-5 algorithm. Item 4 (not feeling rested) is in neither. The response table marks every item answered on 3 or more days a week, and the interpretation lists each one with its number of days.

BIS Descriptor

The descriptor combines the DSM-5 algorithm with a total-score threshold of 14. The algorithm is at least one night-time symptom (items 1 to 3: trouble falling asleep, staying asleep, or waking too early) with daytime impairment or dissatisfaction with sleep (item 5 or 6), each on 3 or more days a week. The BIS does not assess the DSM-5-TR 3-month duration.

There are four possible descriptions in a report:

- Consistent with insomnia: the algorithm is met and the total is 14 or more. The symptoms fit the diagnostic criteria and occur often.
- Possible insomnia: only one of the two is met, so the results conflict. The algorithm may be met with a total under 14, as the symptoms occur on only a few days. The total may be 14 or more without the algorithm, for example with frequent night-time symptoms but no daytime impairment or dissatisfaction with sleep, or daytime symptoms without a night-time symptom. The symptoms listed in the report show which part is missing.
- Some insomnia symptoms: symptoms in 1 of the 2 symptom categories, and a total under 14. Symptoms are present, but neither method indicates insomnia.
- No insomnia symptoms: no symptoms in either symptom category, and a total under 14. Not feeling rested (item 4) is in neither category, so the report may still list it.

BIS Graphs

At the first administration, the report shows the total score (0 to 42) against two samples from the development study (Pallesen et al., 2008): community adults and patients referred to a sleep clinic. Simplified curves show where each sample's scores mostly fall. Dashed lines mark each sample’s 50th percentile, the median (7.9 and 21.1), estimated from its published average and SD (Pallesen et al., 2008). A bar along the x-axis shades from white to red as scores rise, as a visual guide to severity. A grey dashed line marks the total-score threshold of 14. From the second administration, the report plots the total score over time (0 to 42) with the same line, then each item's days a week (0 to 7) with a line at the 3-day item threshold.

BIS Change Score Interpretation

A change of 10 or more points in the total score is a significant reduction or increase in insomnia severity, and a change of fewer than 10 points may be interpreted with caution. The threshold is a reliable change index calculated from the community sample’s SD (9.73) and internal consistency (alpha = .87; Pallesen et al., 2008). The report compares the total with the first

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administration and, from the third, with the most recent one.

Client Responses

Night-time Symptoms

		0	1	2	3	4	5	6	7
1	During the past month, how many days a week has it taken you more than 30 minutes to fall asleep after the light was switched off?	**0**	**1**	**2**	(3)	**4**	**5**	**6**	**7**
2	During the past month, how many days a week have you been awake for more than 30 minutes between periods of sleep?	**0**	**1**	**2**	(3)	**4**	**5**	**6**	**7**
3	During the past month, how many days a week have you awakened more than 30 minutes earlier than you wished without managing to fall asleep again?	**0**	**1**	**2**	(3)	**4**	**5**	**6**	**7**

Daytime Impairment and Dissatisfaction with Sleep

		0	1	2	3	4	5	6	7
5	During the past month, how many days a week have you been so sleepy/tired that it has affected you at school/work or in your private life?	**0**	**1**	**2**	(3)	**4**	**5**	**6**	**7**
6	During the past month, how many days a week have you been dissatisfied with your sleep?	**0**	**1**	**2**	(3)	**4**	**5**	**6**	**7**

Not a DSM-5-TR Criterion

		0	1	2	3	4	5	6	7
4	During the past month, how many days a week have you felt that you have not had enough rest after waking up?	**0**	(1)	**2**	**3**	**4**	**5**	**6**	**7**

Shaded: 3 or more days a week, the authors' threshold for a symptom.