Assessment powered by NovoPsych

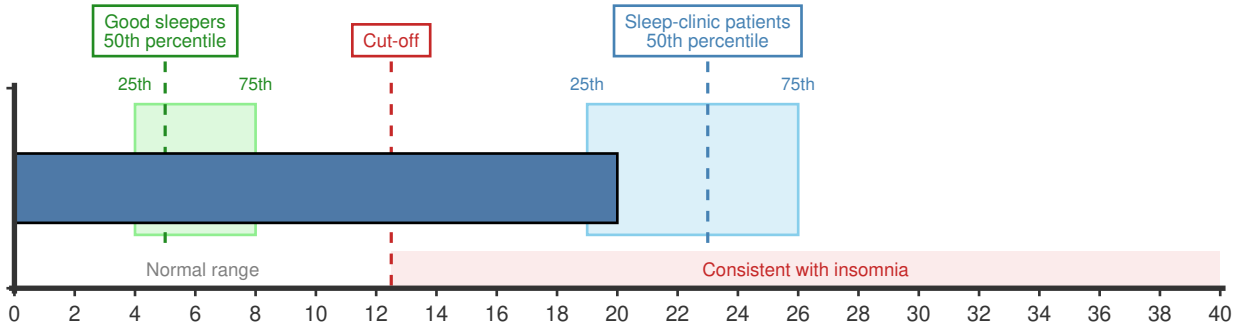
Regensburg Insomnia Scale (RIS)

Client Name	Client Generic	*Date administered*	26 Nov 2026
Date of birth (age)	1 Jan 1990 (36)	*Time taken*	23s
Assessor	Dr Emerson Bartholomew		

Total Score

	Raw Score (0 - 40)	Sleep-Clinic Percentile	Descriptor
Total Score	20	31	Consistent with insomnia

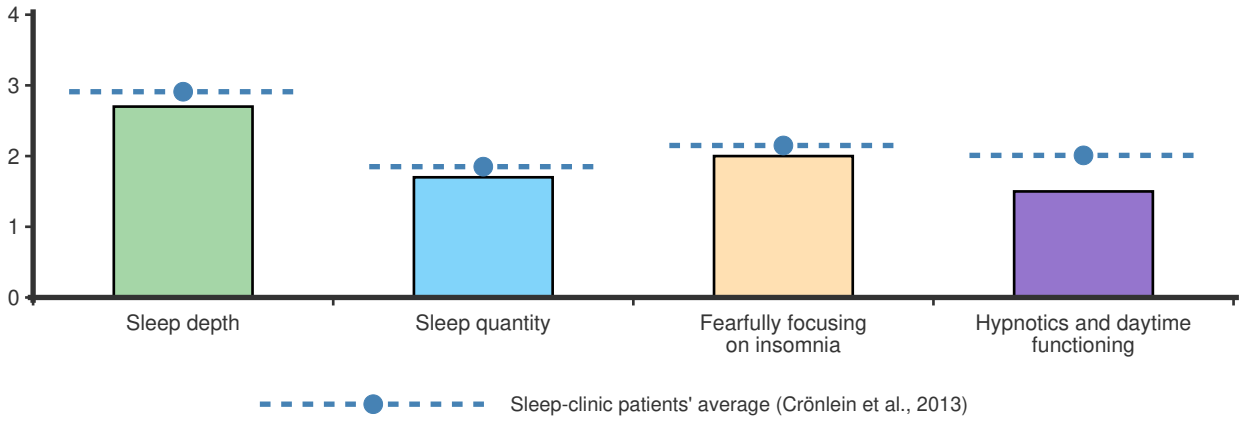
Regensburg Insomnia Scale (RIS) Insomnia Symptoms
Total Score Compared to Reference Groups



Sleep Factors

	Average (0 - 4)
Sleep depth	2.7
Sleep quantity	1.7
Fearfully focusing on insomnia	2.0
Hypnotics and daytime functioning	1.5

Regensburg Insomnia Scale (RIS) Insomnia Symptoms by Factor



Client Name	Client Generic

Interpretive Text

The Regensburg Insomnia Scale (RIS) was administered on 26 November 2026, with a total score of 20 out of 40. The total score is consistent with insomnia. Compared with adults seen for chronic insomnia at a sleep clinic, the respondent scored at the 31st percentile.

The three highest-scoring items were:
- *3. My sleep is disturbed. (Mostly)*
- *4. I wake up too early. (Mostly)*
- *7. I think a lot about my sleep. (Mostly)*

Note. Ties are broken by item number.

Scoring and Interpretation Information

For comprehensive information on the RIS (Crönlein et al., 2013), see here.

Scoring

The RIS produces a total score, the sum of the ten items, ranging from 0 to 40, with higher scores indicating more severe insomnia symptoms (Crönlein et al., 2013). NovoPsych reports each factor as the average of its items:

Sleep depth (3 items; items 3, 4, and 5; average ranging from 0 to 4): disturbed sleep and waking.
Sleep quantity (3 items; items 1, 2, and 6; average ranging from 0 to 4): falling asleep, hours slept, and sleeplessness.
Fearfully focusing on insomnia (2 items; items 7 and 8; average ranging from 0 to 4): worry about sleep.
Hypnotics and daytime functioning (2 items; items 9 and 10; average ranging from 0 to 4): daytime fitness and sleeping pills.

Cut-off

Two descriptors are applied to the total, at the developers' cut-off (Crönlein et al., 2013). They describe the score, not a diagnosis.

0 to 12 - Normal range. Few insomnia symptoms.
13 to 40 - Consistent with insomnia. Symptoms in the range of adults seen for insomnia.

Percentile Context

The report compares the respondent with two groups from the developers' study. Both groups were assessed with the German original, in Germany (Crönlein et al., 2013). The sleep-clinic patients are 218 adults diagnosed with psychophysiological insomnia at the Center for Sleep Medicine in Regensburg, as inpatients or outpatients. They had had insomnia for 9.5 years on average, and their average total was 22.6 (Crönlein et al., 2013). The good sleepers are the 94 healthy controls, recruited from patients' relatives, hospital staff, and staff relatives in several German cities. Anyone with a current or past complaint of disturbed sleep or excessive daytime sleepiness was excluded, as were shift workers, people taking sleeping pills, and people with a severe physical or mental disorder (Crönlein et al., 2013). Their median total was 5, and the

middle half scored from 4 to 8 (determined from Crönlein et al., 2013). This screening makes them a group of very good sleepers rather than a community sample. In a population-based cohort in southern Germany, nearly 1 in 4 scored 13 or more (Nieters et al., 2019), against about 2% of the good sleepers (Crönlein et al., 2013).

The Sleep-Clinic Percentile compares the respondent's total with the sleep-clinic patients (Crönlein et al., 2013). A percentile of 50 matches that group's average. Because the group scored high, a respondent can score in the Consistent with insomnia range and still sit at a low percentile.

Factor Interpretation

The total is the main score. NovoPsych includes each factor's average score (ranging from 0 to 4) in the Sleep Factors table; the factor averages have no cut-offs or percentiles of their own. The factor chart marks the sleep-clinic patients' average on each factor (determined from Crönlein et al., 2013). A factor score that is different from the sleep-clinic average shows how that sleep problem compares with the sleep-clinic patients. It can also show how the factor contributes to the total score, and point to which individual item ratings to look at in Client Responses. For example, Hypnotics and daytime functioning averages two items that measure separate things, daytime fitness (item 9) and sleeping-pill use (item 10), which may change at different rates. On a repeat administration, the report shows the items with larger changes.

Graphs

On first administration, a horizontal bar chart displays the total score (0 to 40) against the middle half and 50th percentile of two groups from the developers' study, the good sleepers and the sleep-clinic patients. Shading marks the Consistent with insomnia range. A bar chart shows the four factor averages (0 to 4), with the sleep-clinic averages marked. Multiple administrations will provide a line graph of the total with the same shading, and a small line graph for each factor average with its sleep-clinic average. The normal range is unshaded, as a low score reflects few insomnia symptoms.

Change Score Interpretation

On a repeat administration, the report compares the total with the previous and first administrations. A change of 9 or more points is a significant improvement or deterioration, calculated from the reliability and spread of scores among the sleep-clinic patients (Crönlein et al., 2013), so a change this large is unlikely to reflect measurement error alone. A change of 9 or more that crosses the cut-off in either direction is a clinically significant improvement or deterioration. A change of less than 9 that crosses the cut-off is reported as a move into the Normal range or the Consistent with insomnia range, as a sleep trial counted these moves as clinically relevant change (Vollert et al., 2023).

Client Name	Client Generic

Client Responses

		1-20 minutes	21-40 minutes	41-60 minutes	61-90 minutes	91 minutes and more
1	How many minutes do you need to fall asleep?	**0**	**1**	**2**	**3**	**4**
		7 hours and more	5-6 hours	4 hours	2-3 hours	0-1 hours
2	How many hours do you sleep during the night?	**0**	**1**	**2**	**3**	**4**
		Always	Mostly	Sometimes	Seldom	Never
3	My sleep is disturbed.	**4**	**3**	**2**	**1**	**0**
4	I wake up too early.	**4**	**3**	**2**	**1**	**0**
5	I wake up from the slightest sound.	**4**	**3**	**2**	**1**	**0**
6	I feel that I have not slept all night.	**4**	**3**	**2**	**1**	**0**
7	I think a lot about my sleep.	**4**	**3**	**2**	**1**	**0**
8	I am afraid to go to bed because of my disturbed sleep.	**4**	**3**	**2**	**1**	**0**
9	I feel fit during the day.	**0**	**1**	**2**	**3**	**4**
10	I take sleeping pills in order to get to sleep.	**4**	**3**	**2**	**1**	**0**