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Regensburg Insomnia Scale (RIS)

RIS · SELF-REPORT

RESPONDENT NAME _____ DATE _____ CLINICIAN _____

Instructions

Please rate the following questions for the last four weeks.

1	How many minutes do you need to fall asleep?	0 1-20 MINUTES	1 21-40 MINUTES	2 41-60 MINUTES	3 61-90 MINUTES	4 91 MINUTES AND MORE
2	How many hours do you sleep during the night?	0 7 HOURS AND MORE	1 5-6 HOURS	2 4 HOURS	3 2-3 HOURS	4 0-1 HOURS
	How often do the following occurrences happen?					
3	My sleep is disturbed.	4 ALWAYS	3 MOSTLY	2 SOMETIMES	1 SELDOM	0 NEVER
4	I wake up too early.	4 ALWAYS	3 MOSTLY	2 SOMETIMES	1 SELDOM	0 NEVER
5	I wake up from the slightest sound.	4 ALWAYS	3 MOSTLY	2 SOMETIMES	1 SELDOM	0 NEVER
6	I feel that I have not slept all night.	4 ALWAYS	3 MOSTLY	2 SOMETIMES	1 SELDOM	0 NEVER
7	I think a lot about my sleep.	4 ALWAYS	3 MOSTLY	2 SOMETIMES	1 SELDOM	0 NEVER
8	I am afraid to go to bed because of my disturbed sleep.	4 ALWAYS	3 MOSTLY	2 SOMETIMES	1 SELDOM	0 NEVER
9	I feel fit during the day.	0 ALWAYS	1 MOSTLY	2 SOMETIMES	3 SELDOM	4 NEVER
10	I take sleeping pills in order to get to sleep.	4 ALWAYS	3 MOSTLY	2 SOMETIMES	1 SELDOM	0 NEVER

Sleep depth (Items 3, 4, 5, average of circled values): _____

Sleep quantity (Items 1, 2, 6, average of circled values): _____

Fearfully focusing on insomnia (Items 7, 8, average of circled values): _____

Hypnotics and daytime functioning (Items 9, 10, average of circled values): _____

Total Score _____

Developer reference

Crönlein, T., Langguth, B., Popp, R., Lukesch, H., Pieh, C., Hajak, G., & Geisler, P. (2013). Regensburg Insomnia Scale (RIS): A new short rating scale for the assessment of psychological symptoms and sleep in insomnia; study design: Development and validation of a new short self-rating scale in a sample of 218 patients suffering from insomnia and 94 healthy controls. Health and Quality of Life Outcomes, 11, Article 65. https://doi.org/10.1186/1477-7525-11-65

Access this measure online

Score Online | View RIS details | RIS scoring information

Scan to administer the RIS online