



Regensburg Insomnia Scale (RIS)

Instructions:

Please rate the following questions for the last four weeks.

		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	Please read the following statements and rate how often the following occurrences happen. 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

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(1), 1-8.

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