

ATHENS INSOMNIA SCALE

Siswati Version

Loluhla lwemibuto lengentasi lucondzene nokukuhlola kuze kutfolakale kutsi ngubuphi bumatima loke wabanabo mayelana nebutfongo. Khetsa imphendvulo yinye ngekwenta indilinga kulenombolo lecondzene nesilinganiso senkinga lonayo ngebutfongo, uma leyo nkinga yenteke lokungenani katsatfu ngeliviki, kulenyanga lephelile.

1. KUTUMEKA (sikhats, lesikutsatsa kutsi utumeke ngemuva kwekucina tibane)

0	1	2	3
Akunankinga	Kutsatsa sikhathana	Kutsatsa sikhatsi lesidze	Kutsatsa sikhatsi lesidze kakhulu noma ngingalali nhlobo

2. KUPHAPHAMA EBUTFONGWENI

0	1	2	3
Akunankinga	Kunenkingana lencane	Kunenkingana lenkudlwana	Kunenkingana lenkulu noma angikalali nhlobo

3. KUPHELELWA BUTFONGO SINGAKAFIKI SIKHATHI SOKUVUKA (KUQWASHA)

0	1	2	3
Akukaphangisi	Kuphangisile kancane	Kuphangise kakhulu	Kuphangise kakhulu noma angikalali nhlobo

4. SIKHATSI SONKE ULELE

0	1	2	3
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Sanele	Sishoda kancane	Sishoda kakhulu	Sishoda ngalokwendlulele noma angilali nhlobo
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5. SIMO SEBUTFONGO (noma ngabe ulele sikhathi lesingakanani)

0	1	2	3
Siyangelisa	Singanelisa kancane	Asinganelisa impela	Asinganelisa nhlobo noma angikalali

6. KUTIVA UPHILE KAHLE EMINI

0	1	2	3
Kujwayelekile	Kwehle kancane	Kwehle kakhudlwana	Kwehle kakhulu impela

7. KUSEBENTA KWEMTIMBA NENGCONDVO EMINI

0	1	2	3
Kunjengjwayelo	Kwehle kancane	Kwehle kakhudlwana	Kwehle kakhulu impela

8. KWETELA EMINI

0	1	2	3
Akukho	Kuncane	Kukhona kakhudlwana	Kukhona kakhulu impela