

# ATHENS INSOMNIA SCALE

isiXhosa Version

*Lemibuzo imayelana nokuthola ngenhlolo yakho ukuba yibuphi ubunzima oke wadibana nabo ngobuthongo bakho. Khetha ibenye impendulo (ngokubiyela inombolo) emayelana nesikali senkinga yobuthongo bakho, uma yenzeke kathathu kuviki, ngenyanga edlule.*

1. UKUPHATHWA WUBUTHONGO (ixesha olithatha ukuphathwa wubuthongo emuve kokucima izibani)

0	1	2	3
Andinankinga	Kuthatha ixeshana	Kuthatha ixesha	Kuthatha ixesha elide kakhulu okanye khangе ndilale

2. UKUPHUTHELWA EBUSUKU

0	1	2	3
Andinankinga	Ndinenkinga encinci	Ndinenkinga enkulu	Ndinenkinga enkulu okanye khangе ndilale

3. UKUPHELELWA WUBUTHONGO NGAPHAMBI KWEXESHA LOKUVUKA

0	1	2	3
Akubanga ngaphambi kwexesha	Kube phambi kwexesha kancinci	Kube phambi kwexesha	Kube phambi kwexesha kakhulu okanye khangе ndilale

4. IXESHA LONKE ULELE

0	1	2	3
Lanele	Alanelanga ncamu	Alanelanga tu	Alanelanga tu okanye khangе ndilale

5. IMEKO YOBUTHONGO ( noma ulale kangakanani)

0	1	2	3
Iyanelisa	Ayanelisi ncamu	Ayanelisi	Ayanelisi tu okanye khangе ndilale

6. UKUZIZWA UPHILILE EMINI

0	1	2	3
Kuqhelekile	Kunciphile kancinci	Kunciphile kakhulwana	Kunciphile kakhulu

7. UKUSEBENZISA UMZIMBA NOMQONDO EMINI

0	1	2	3
Kuqhelekile	Kunciphile kancinci	Kunciphile kakhulwana	Kunciphile kakhulu

8. UKUPHATHWA WUBUTHONGO EMINI

0	1	2	3
Akukho	Kuncinci	Kukhona kakhulwana	Kukhona kakhulu