

ATHENS INSOMNIA SCALE

IsiZulu Version

Loluhla lwemibuzo engezansi luqondene nokukuhlola kuze kutholakale ukuthi yibuphi ubunzima oke wabanabo mayelana nobuthongo. Khetha impendulo eyodwa ngokwenza indilinga kunombolo eqondene nesilinganiso senkinga onayo ngobuthongo, uma inkinga yenzeke okungenani kathathu ngesonto, ngenyanga eyedlule.

1. UKUZUMEKA (isikhathi esikuthathayo ukuzumeka emva kokucima izibani)

0	1	2	3
Akunankinga	Kuthatha isikhashana	Kuthatha isikhathi impela	Kuthatha isikhathi eside kakhulu noma angilalanga nhlobo

2. UKUPHAPHAMA EBUTHONGWENI EBUSUKU

0	1	2	3
Akunankinga	Kunenkingana encane	Kunenkinga enkudlwana	Kunenkinga enkulu noma angilalanga nhlobo

3. UKUPHELELWA WUBUTHONGO SINGAKAFIKI ISIKHATHI SOKUVUKA (UKUQWASHA)

0	1	2	3
Akusheshanga	Kusheshe kancane	Kusheshe kakhulu	Kusheshe kakhulu impela noma angilalanga nhlobo

4. ISIKHATHI SONKE ULELE

0	1	2	3
Sanele	Sishoda kancane	Sishoda impela	Sishoda ngokwedlulele noma angilalanga nhlobo

5. ISIMO SOBUTHONGO (noma ngabe ulale isikhathi esingakanani)

0	1	2	3
Siyagculisa	Asigculisi kancane	Asigculisi impela	Asigculisi nhlobo noma angilalanga nhlobo

6. UKUZIZWA UPHILE KAHLE EMINI

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

7. UKUSEBENZA KOMZIMBA NENGQONDO EMINI

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

8. UKOZELA EMINI

0	1	2	3
Akukho	Kuncane	Kukhona kakhudlwana	Kukhona kakhulu impela