SYNTHETIC EXAMPLE

SHI

SHI - synthetic example

CLIENT
John Doe

ADMINISTERED
Example date

RESPONSE MODE
Self-report

TOTAL

3 / 52

DEMO SYNTHETIC



3/52

What this report lays out

- Source instrument: SHI
- Item count: 13 items
- Response format: Never, Rarely, Sometimes, Frequent, Always
- Respondent: Patient

CLINICIAN REVIEW REQUIRED

This document demonstrates Lirena's report design using fictional data. It does not represent a scored SHI result, cannot establish a diagnosis, and must not be placed in a clinical record.

SHI is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

A report designed for clinical review

Synthetic SHI example. The gauges and rows use this instrument's groups and range. They are not a client record.

REVIEW

Respondents rate how often each of 13 statements about sleep-related habits and surroundings applies to them, from Never (0) to Always (4).

CONTEXT

The SHI total is the sum of the 13 items, 0 to 52; higher scores indicate poorer sleep hygiene. The published index defines no cutoff score. The result supports clinician review and is not a diagnosis. Cutoff not implemented in Lirena.

BOUNDARY

SHI is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

REPORT PRINCIPLE

Show the evidence, the version, and the boundary. Leave diagnosis and formulation with the clinician.

SHI response pattern

Synthetic responses for SHI. The table uses this instrument's groups and range. It is not a client record and does not reproduce official item wording.

ITEM	GROUP	SYNTHETIC RESPONSE
1	Total	Never
2	Total	Rarely
3	Total	Sometimes
4	Total	Frequent
5	Total	Always
6	Total	Never
7	Total	Rarely
8	Total	Sometimes
9	Total	Frequent
10	Total	Always
11	Total	Never
12	Total	Rarely
13	Total	Sometimes

Synthetic SHI values only. Not a client record.

Source-led by design

Lirena separates published methodology, product implementation, and clinical approval. A citation does not by itself authorize administration or prove a software scoring rule.

INSTRUMENT

The SHI asks about habits that can affect sleep. It is not a diagnosis of insomnia or another sleep disorder, and it does not prescribe sleep-hygiene treatment.

ADMINISTRATION

Respondents rate how often each of 13 statements about sleep-related habits and surroundings applies to them, from Never (0) to Always (4).

CLINICAL BOUNDARY

SHI is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

METHODOLOGY

The SHI total is the sum of the 13 items, 0 to 52; higher scores indicate poorer sleep hygiene. The published index defines no cutoff score. The result supports clinician review and is not a diagnosis. Cutoff not implemented in Lirena.

SELECTED REFERENCES

1. Original SHI paper

Mastin DF, Bryson J, Corwyn R. Assessment of sleep hygiene using the Sleep Hygiene Index. J Behav Med. 2006;29(3):223-227.

2. Scoring source Lirena follows

Source URL recorded on the Lirena scoring verification input.