Table 1 Diagnostic Criteria of Insomnia in ISCD-3

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| DIAGNOSTIC CRITERIA | | YES | NO |
| 1. The patient reports, or the patient’s parents or caregivers, one or more of the following: | 1. Difficulty initiating sleep |  |  |
| 2. Difficulty maintaining sleep |  |  |
| 3. Waking up earlier than desired |  |  |
| 4. Resistance to going to bed on appropriate schedule |  |  |
| 1. Difficulty sleeping without parent or caregiver intervention. |  |  |
| 1. The patient report s, or the patient’s parents or caregives, one or more of the following: | 1. Fatigue/malaise |  |  |
| 1. Attention, concentration, or memory impairment |  |  |
| 1. Impaired social, family, occupational, or academic performance |  |  |
| 1. Mood disturbance/irritability |  |  |
| 1. Daytime sleepiness |  |  |
| 1. Behavioral problems (e.g., hyperactivity, impulsivity, aggression). |  |  |
| 1. Reduced motivation/energy/initiative. |  |  |
| 8. Proneness for errors/accidents |  |  |
| 9. Concerns about or dissatisfaction with sleep |  |  |
| C. The reported sleep/wake complaints cannot be explained purely by  inadequate opportunity (i.e., enough time is allotted for sleep) or  inadequate circumstances (i.e., the environment is safe, dark, quiet, and  comfortable) for sleep. | |  |  |
| D. The sleep disturbance and associated daytime symptoms occur at least  three times per week. | |  |  |
| E. The sleep disturbance and associated daytime symptoms have been  present for at least three months. | |  |  |
| F. The sleep/wake difficulty is not better explained by another sleep disorder. | |  |  |

Table 2 Diagnostic Criteria of Insomnia in TCM

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| DIAGNOSTIC CRITERIA | YES | NO |
| 1. The following symptoms lasting longer than 4 weeks: difficulty initiating sleep, or easy waking up during sleep and cannot fall asleep again, or worse, stay awake all night. |  |  |
| 1. Concomitant symptoms: dreaminess, anxiousness, dizziness, headache, palpitation, amnesia, fatigue |  |  |
| 1. Without other organic illness or triggers interrupting sleep |  |  |