

Using the 3P Model to Examine how your Insomnia Developed

Check all that apply

Predisposing Factors: Things that were present even before insomnia started

- Family members with sleep or psychiatric disorders
- Prior history of being a light sleeper
- Chronic pain
- Busy, active brain
- Tendency to worry, ruminate
- History of depression
- History of trauma
- Being a “type A” person
- Shift work
- Having a spouse that works shifts
- Other factors: _____

Precipitating Factors: What may have started or triggered this insomnia episode

- Medical problems
- New medication
- Stopping a medication
- Work stress, job insecurity
- Death of family member or close friend
- Onset of psychiatric disorder
- Childbirth
- Perimenopause
- Having a child, partner, family member who disrupts sleep
- Moving
- Divorce/end of romantic relationship
- Financial concerns
- Getting married
- New job or new position at work
- Other factors _____

Perpetuating Factors: What you have tried and may still be doing to cope with poor sleep

- Napping
- Going to bed early in hope of falling asleep
- Laying in bed later in morning or attempt to sleep later in hope of catching up on sleep
- Attempt to sleep in later on weekends to “catch up”

- Spend more time in bed at night (or during the day)
- Drink caffeine/take stimulants to cope with fatigue
- Use electronics/phone at night when unable to sleep
- Dread the nighttime as it comes closer
- Watching the clock/time during the night
- Using the snooze alarm or turning off alarm clock
- Take OTC or prescription sleep medications
- Drink alcohol to help you sleep
- Avoid or cancel activities that might be perceived as difficult after a poor night's sleep (such as exercise, work meetings, driving)
- Avoid nighttime activities out of fear that they will be too stimulating, or you won't have energy to do them
- Tell people you haven't slept well as a subtle sign for them not to expect too much from you
- Other factors _____