Model of Insomnia: The 4 Factors that Cause Insomnia

1. Risk Factors

Predisposing Factors: Things that may make you more likely to develop insomnia. These include a family history of insomnia (genetics), biological factors, traits (e.g., trait anxiety), childhood trauma, etc.

Your predisposing factors include: ________________________________________________
______________________________________________________________________________

2. What starts the insomnia?

Precipitating Factors: Often, there are very understanding reasons why someone might have an acute period of insomnia. Some examples of these are financial problems, relationship problems, stress at work, daily stressors, etc.

Your precipitating factors include: ________________________________________________
______________________________________________________________________________

3. What keeps the insomnia going?

Perpetuating Factors: Things that keep the insomnia going. These often result from trying to compensate for the insomnia by doing things like, extending bedtime in the evening or morning, taking naps during the day, or lying in bed awake and frustrated.

Your perpetuating factors include: ________________________________________________
______________________________________________________________________________

4. Hyperarousal

Conditioned Arousal: All of this can lead to the bed and bedroom being associated with being awake and alert

• Your brain and body begin to connect BED = AWAKE and BED = STRESSED-OUT
• Your brain and body forget the BED = SLEEP connection
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4 FACTOR MODEL

- Conditioned Arousal
- Perpetuating
- Precipitating
- Predisposing

TARGET FOR CBT TX OF INSOMNIA

Threshold