



Factors Involved in Insomnia: Behavioral Model of Insomnia

Predisposing	Precipitating	Perpetuating
<ul style="list-style-type: none">• Genetics<ul style="list-style-type: none">• Arousal level• Weak sleep generation system• Worry or rumination tendency• Sleep Schedule• Environment• Previous Episodes	<ul style="list-style-type: none">• Situational Stressors• Illness/Injury• Acute stress reaction• Environmental Changes	<ul style="list-style-type: none">• Maladaptive Habits• Dysfunctional/Alarming beliefs, attitudes and cognitions



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