

Pivot Behavioral Health

3Ps Model

Instructions: Take a read through the following list and check all that apply to you. **Predisposing factors** are those that have been around or occurred prior to the onset of your insomnia and that put you at an increased risk for developing insomnia. **Precipitating factors** are those events that may have started or triggered an insomnia episode. **Perpetuating factors** are the things that you have tried and may still be doing to cope with poor sleep. These factors can unintentionally maintain insomnia.

Date: _____

Predisposing Factors:

- 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:

- 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:

- Napping
- Going to bed early in hope of falling asleep
- Laying in bed later in the morning to try to sleep more
- 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

See next page for more perpetuating factors

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- 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 over-the-counter 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
- 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: _____