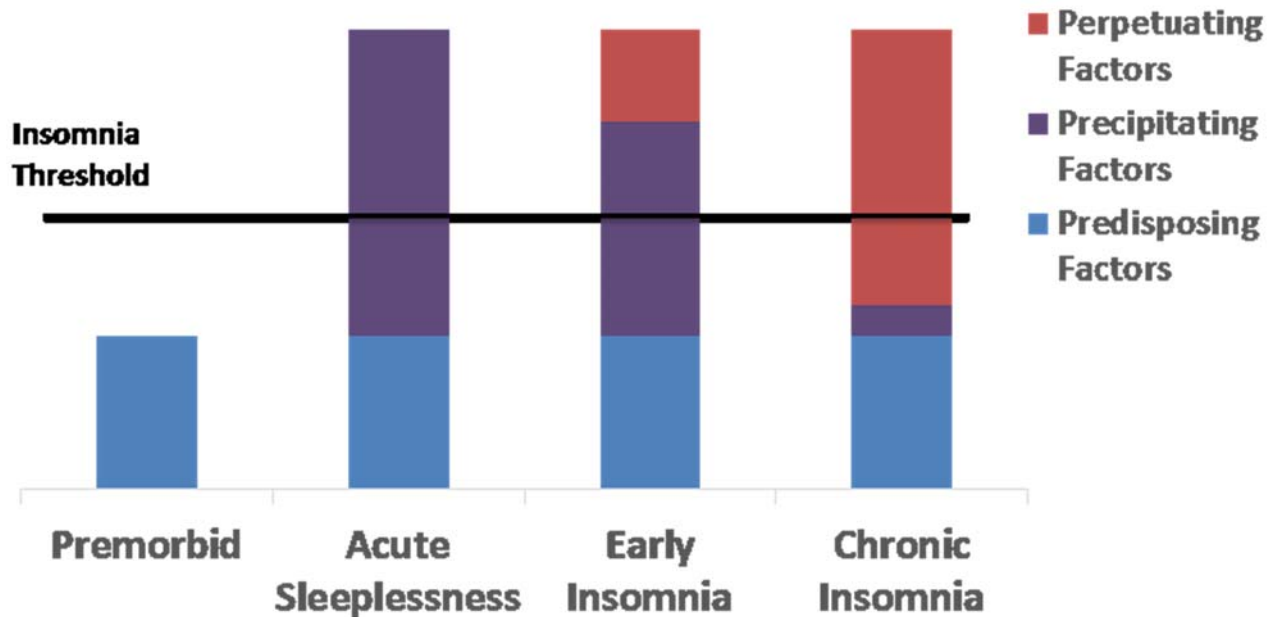


3P's Model of Insomnia



Spielman, 1987

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