

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