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: _____