

Getting Curious About Sleep

Sleep will come naturally when your mind is at ease. It takes time to learn, experiment and put into practice health sleep principles. Be kind and patient with yourself.

Answer each question in the space provided, and provide a plan to address each case factor described. Write n/a if no plan is necessary.

Question	Answer	Plan
What factors may weaken my sleep drive (i.e. napping)?		
Is there a mismatch between circadian tendency (chronotype) and daily routine/sleep schedule?		
What are the manifestations of hyperarousal? E.g. racing mind, physical tension, hard to initiate/return to sleep.		

Question	Answer	Plan
<p>What role, if any, do substances play in the sleep disturbance? Consider stimulants (e.g. caffeine and nicotine) , sedatives, medications, recreational and illicit substances.</p>		
<p>What physical and mental health comorbidities affect sleep? E.g. obstructive sleep apnoea, pain, mood disturbance.</p>		
<p>Are there any predisposing factors? If so, what are they? E.g. genetics, tendency to worry, sleep schedule, environment.</p>		
<p>Is there a clear precipitating event? E.g. situational stressors, illness/injury, environmental changes.</p>		

Question	Answer	Plan
What factors are perpetuating/maintaining the sleep disturbance? E.g. maladaptive habits, beliefs, attitudes and cognitive distortions.		
What other factors are relevant to your sleep situation?		

Developed by Rachel Manber, Ph.D. and the VA CBT-I Training Development Team (2010).
Cognitive Behavioral Therapy for Insomnia Case Conceptualization Form. Washington, DC: U.S. Department of Veterans Affairs.

Find your chronotype by completing this questionnaire - [Morningness-Eveningness Questionnaire \(MEQ\) | QxMD](#)

Obstructive Sleep Apnoea: You may be interested in completing these screening questionnaires - [The Official STOP-Bang Questionnaire Website](#) and [Epworth Sleepiness Scale | QxMD](#) and seeing your GP if you have questions or concerns.