Topics to include in assessment of insomnia:

1) Sleep problems and patterns
   - Tell me about your sleep…
   - Trouble falling asleep? Staying asleep? Going back to sleep in morning?
   - How many nights per week?
   - Time to bed? Time to rise?
   - Hours asleep?
   - Do you snore?
   - Other sleep concerns?
   - Is your sleep different if you are away from home?
   - How do sleep concerns affect you?
   - When did sleep concerns start? What was happening at that time?

2) Sleep habits
   - Do you drink, smoke, eat, exercise before bed?
   - Tell me about habits/issues of anyone who sleeps in your bed with you?
   - Do you work, watch TV, etc in bed?
   - What is your bed and bedroom like?
   - How does your work schedule (or other responsibilities) impact your sleep?
   - If you can’t sleep, what do you do?

3) Sleep attitudes
   - Do you look forward to sleep? Dread it?
   - What’s going through your mind when you lie down to go to bed?

4) Related difficulties – screen for / assess:
   - PTSD and nightmares
   - Anxiety
   - Stress
   - Depression
   - Bipolar disorder
   - Other mental health concerns
   - Chronic pain
   - Other medical conditions

Predisposing factors:

Precipitating factors:

Perpetuating factors: