

Cognitive Behavioral Therapy for Insomnia (CBT-I) Case Conceptualization Form

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.

	Answer	Plan
1. What factors weaken the sleep drive (i.e. napping)?		
2. Is there a mismatch between circadian tendency and sleep schedule?		
3. What are manifestations of hyper-arousal?		
4. What role, if any, do substances play in the presentation?		
5. What co-morbidities affect the patient presentation and how? (Consider sleep, medical and psychiatric comorbidities)		
6. Are there any predisposing factors? If so, what are they?		
7. Is there a clear precipitating event?		
8. What factors are maintaining the insomnia?		
9. What other factors are relevant to the patient's presentation?		