

Possible Causes of Sleep Problems

Excerpted from [Coping with Sleep Issues Workbook](#)

By Ester R.A. Leutenberg and John J. Liptak, EdD

There are many possible causes for chronic sleep problems. Read this list carefully and circle those things that might pertain to you. Bring this sheet along to your next therapy appointment and discuss them with your professional.

<ul style="list-style-type: none">• Acid reflux• Allergy• Anger• Anticipation that something might happen• Certain medications• Anxiety• Bedroom cluttered• Caregiving responsibilities• Disappointments• Disease• Electronics (tablet, cell phone, games) in bedroom• Emotional stress• Family issues• Fearfulness• Friend relationships• Frustration• Grief• Guilt• Hot flashes• Hurt feelings	<ul style="list-style-type: none">• Indecisive• Isolation• Jealousy or envy• Job issues• Medical issues of self or loved one• Mental health issues• Overwhelmed• Partner• Phone use in bedroom• Physical ailment or pain• Regrets• Relatives or in-laws• Sadness• Social life• Stimulants• Substance abuse• Suspicions• Time constraints• Too warm or cool in the bedroom• Trauma• Uncomfortable bed and/or pillow
---	--