



**Stress**



**Irregular Sleep Schedules**



**Lifestyle**



**Mental Health Disorders**



**Physical Pain**

# What can cause Insomnia?



**Medications**



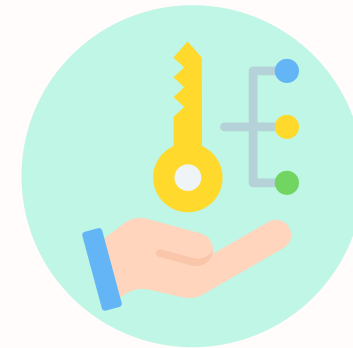
**Substance Abuse**



**Age**



**Other Sleep Disorders**



**Environmental Factors**