

Perceived Sleep Quality and REM are Integral to Emotion Regulation

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INTRODUCTION

- Emotion regulation (ER) is important in helping individuals cope with and respond to challenges¹, and its dysfunction is closely related to many mental disorders²
- Sleep loss and poor sleep quality impair ER^{3,4}
- Few existing studies have examined the relationship between REM, perceived sleep quality, and ER in a daily life setting^{5,6}

METHODS

- Participants (N=51) completed 1 week of sleep-monitoring with commercially available devices and sleep diaries
- Completed Brief Irritability Test (BITE), State Impulsivity Questionnaire (STIMP), and State Difficulties in Emotion Regulation Scale (S-DERS) each morning
- GLMMs with Poisson distribution used to determine relationship between sleep variables and ER

RESULTS

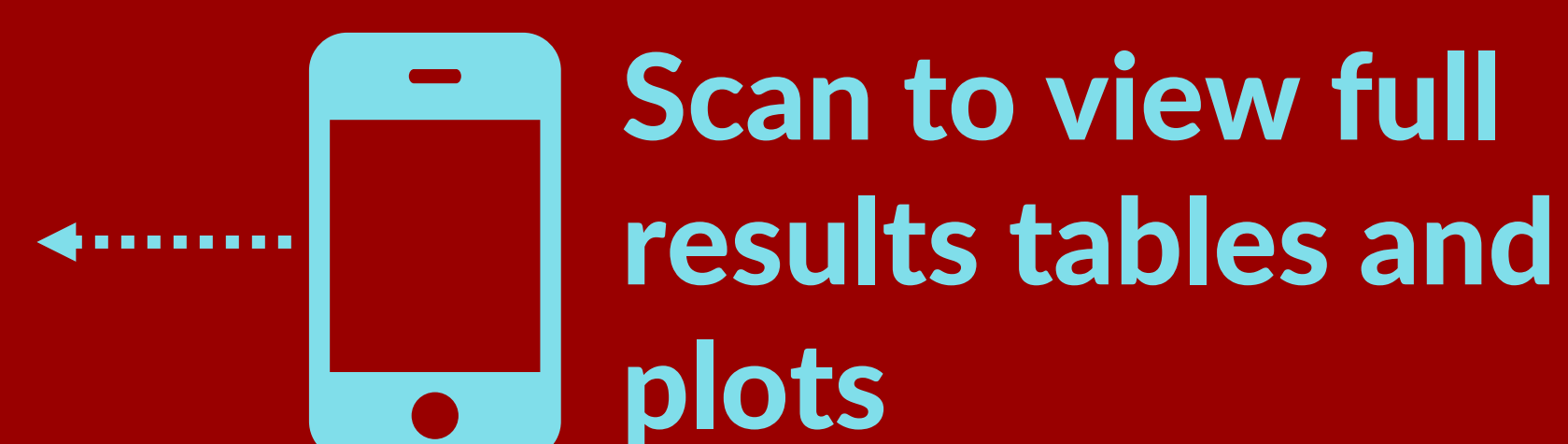
- Poor sleep quality was significantly associated with increased morning reports of irritability ($\beta=-0.16$, $p<.001$), impulsivity ($\beta=-3.35$, $p<.001$), and emotion dysregulation ($\beta=-0.04$, $p=.002$)
- Decreased TST was significantly associated with increased irritability ($\beta=-0.05$, $p=.002$) and impulsivity ($\beta=-1.34$, $p=.002$)
- Decreased REM time was significantly associated with increased irritability ($\beta=-0.12$, $p<.001$) and impulsivity ($\beta=-2.44$, $p=.022$)
- Baseline depressive symptom severity was significantly associated with all measures of emotion regulation ($ps<.001$)

DISCUSSION

- Confirms the association between decreased sleep quality and impaired emotion regulation and extends findings to an everyday setting
- Supports the importance of reframing maladaptive cognitions surrounding sleep to enhance well-being

Decreased REM time and TST are significantly associated with increased next-day irritability and impulsivity.

Poor perceived sleep quality is significantly associated with increased next-day emotion dysregulation.



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GLMM Results

Figure 1. Relationship between sleep variables and impulsivity.

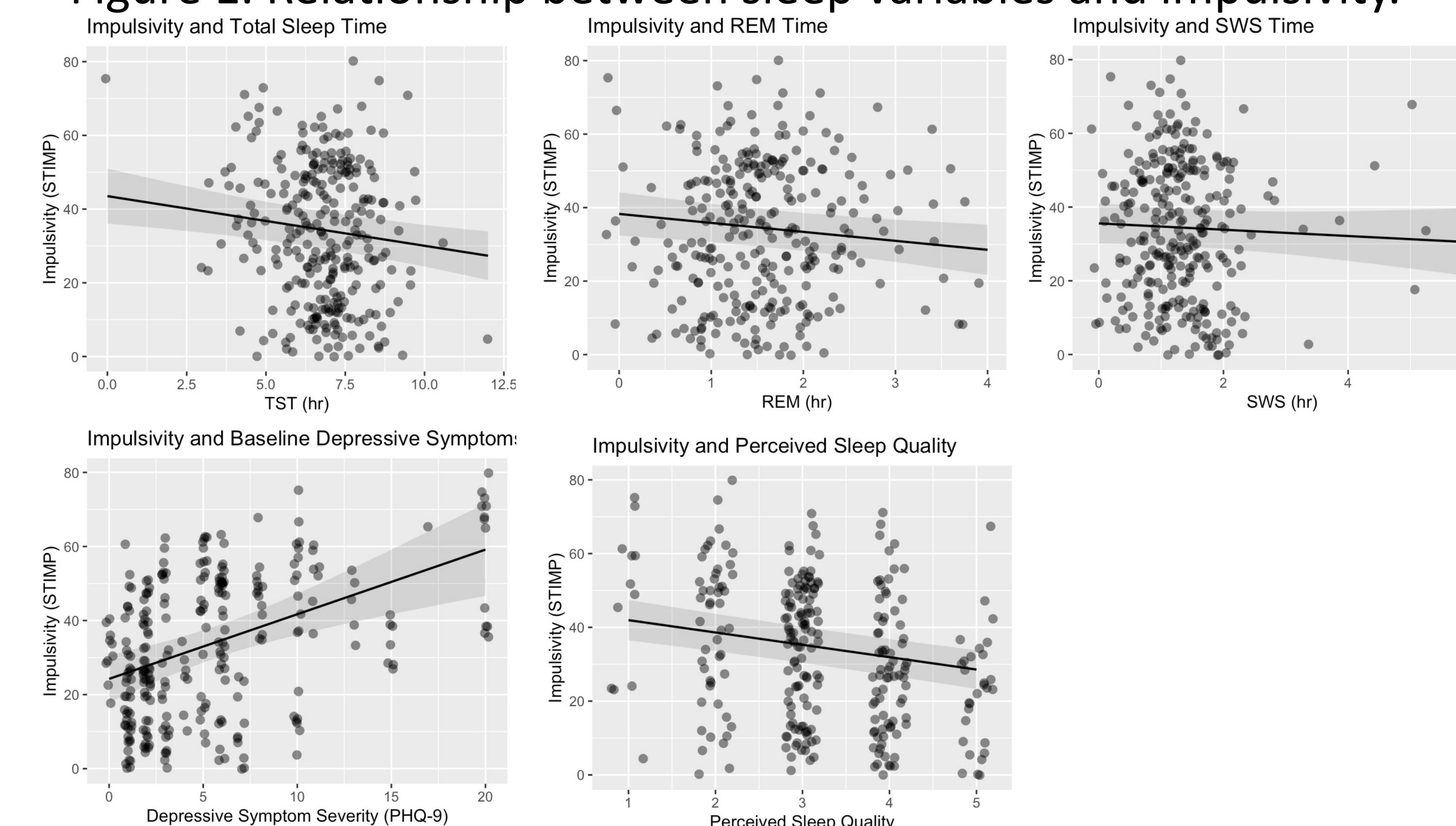
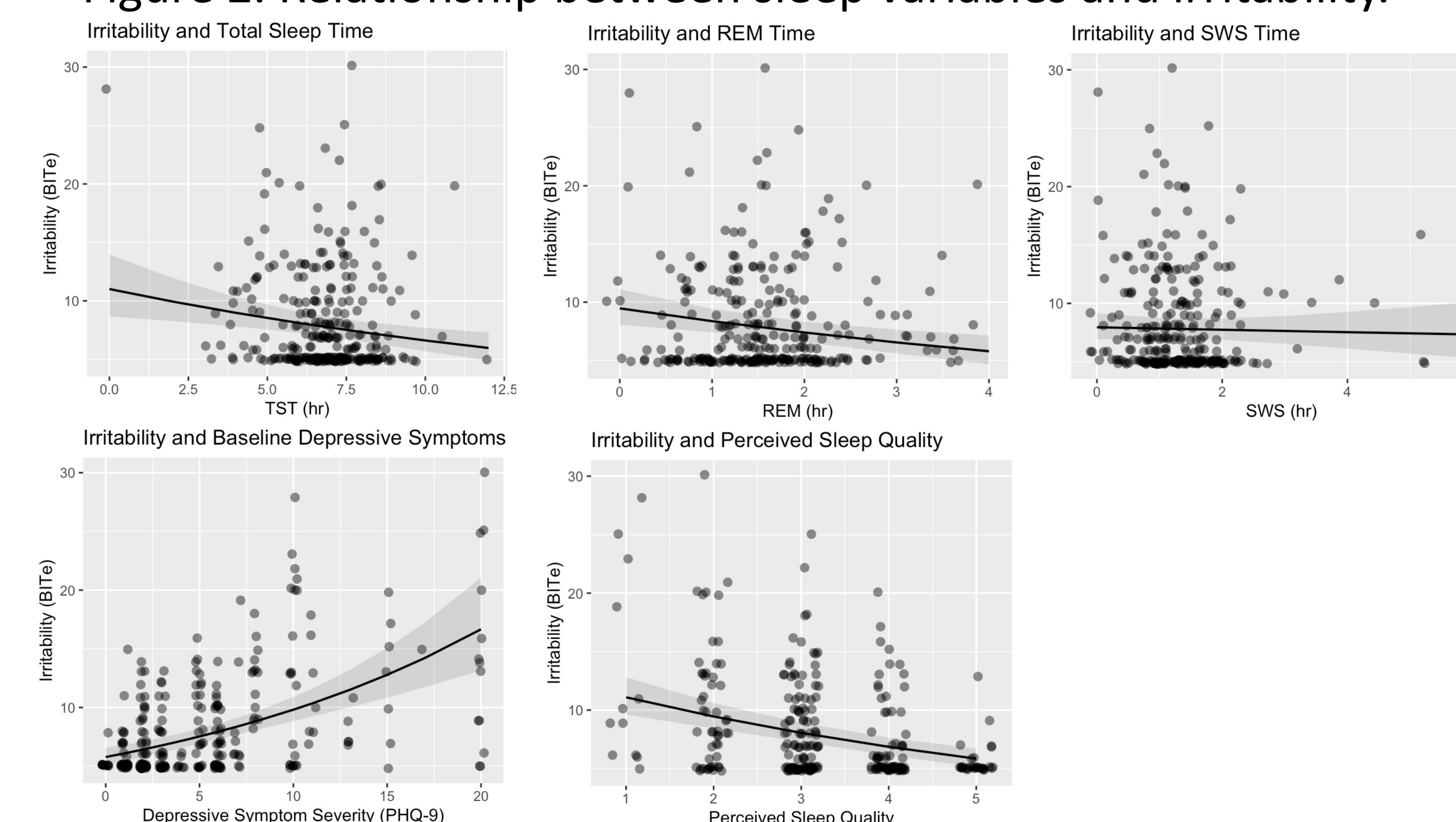


Figure 2. Relationship between sleep variables and irritability.



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