

Restricting sleep may affect emotional reactions

April 8 2020



Credit: CC0 Public Domain

In a recent *Journal of Sleep Research* study, participants perceived pleasant and neutral pictures in a more negative way when their sleep was restricted for several nights in a row.

In the study, participants were tested the morning after 5 nights of regular sleep and after 5 consecutive nights of sleep restriction (5 hours a night).

"Insufficient sleep may impose a negative emotional bias, leading to an increased tendency to evaluate emotional stimuli as negative," said lead author Daniela Tempesta, Ph.D., of the University of L'Aquila, in Italy. She noted that the findings are especially pertinent because chronic sleep restriction is a common and underestimated health problem in the general population. "Considering the pervasiveness of insufficient [sleep](#) in [modern society](#), our results have potential implications for [daily life](#), as well as in clinical settings."

More information: Daniela Tempesta et al, The impact of five nights of sleep restriction on emotional reactivity, *Journal of Sleep Research* (2020). [DOI: 10.1111/jsr.13022](https://doi.org/10.1111/jsr.13022)

Provided by Wiley

Citation: Restricting sleep may affect emotional reactions (2020, April 8) retrieved 2 May 2024 from <https://medicalxpress.com/news/2020-04-restricting-affect-emotional-reactions.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--