

Restricting sleep may affect emotional reactions

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emotional reactivity, *Journal of Sleep Research* (2020). DOI: [10.1111/jsr.13022](https://doi.org/10.1111/jsr.13022)

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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

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