

The Role of Sleep in Emotional Regulation: Psychological Perspectives

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Abstract. This article examines the critical role sleep plays in emotional regulation and psychological well-being. By reviewing recent research, the study highlights how sleep deprivation can lead to increased emotional instability and susceptibility to mental health disorders. The findings underscore the importance of adequate sleep for maintaining emotional balance and suggest potential therapeutic interventions to improve sleep quality in patients with emotional dysregulation.

Keywords: Sleep, Emotional Regulation, Psychological Well-being, Sleep Deprivation, Mental Health

Introduction

Sleep is an essential component of overall health, particularly in regulating emotions and maintaining psychological well-being. Recent studies have increasingly focused on understanding how sleep affects emotional regulation and the potential consequences of sleep deprivation. This article reviews current research on the subject, emphasizing the link between inadequate sleep and heightened emotional instability. The findings suggest that improving sleep quality could serve as a viable intervention for individuals experiencing emotional dysregulation. Understanding the mechanisms by which sleep influences emotions can inform therapeutic strategies aimed at enhancing mental health.

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