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Habitual Sleep Quality Moderated the Effects of Sleep Deprivation on Emotion Regulation by Third-Person Self Talk: Event-Related Potential (ERP) and Behavioral Findings

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Abstract

The current study investigated the impact of sleep deprivation (SD) on the use of third-person self-talk, a relatively effortless strategy, to regulate emotion. Twenty-four participants (age = 22.75 ± 2.68, 54.17% male, 33.33% good sleepers) completed a cue-picture ERP paradigm after normal sleep and SD conditions, in which they viewed negative or neutral stimuli and reflected on their feelings using either the pronoun I or their name (third-person). We calculated post-instruction late positive potential (LPP) that has been found sensitive to emotion regulation strategies and closely related to amygdala activity. While poor sleepers showed greater LPP amplitudes overall, $F(1,7) = 17.50, p = .004$, SD only increased the LPP for negative picture trials among good sleepers but not poor sleepers, $F(1,7) = 5.37, p = .054$, suggesting that the effect of SD on emotion regulation using third-person self talk was moderated by habitual sleep quality.