Contributions of NREM and REM Sleep to Emotion Regulation: A Sleep Microstructure-Level Study

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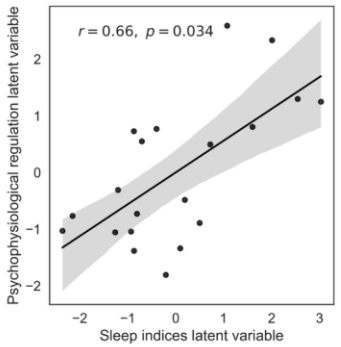
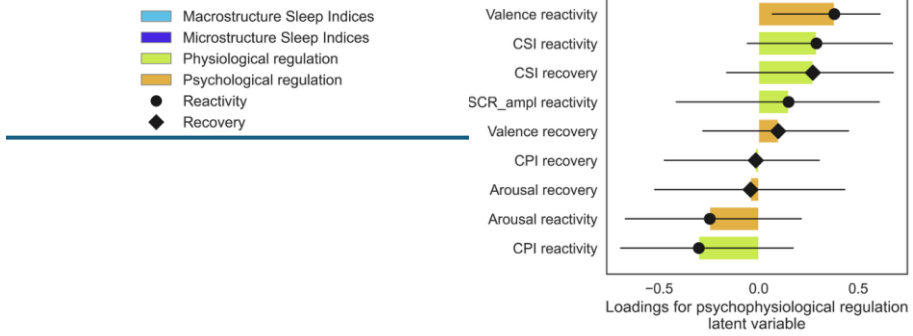
Objectives : test the sequential hypothesis : a sequential organization underlies sleep-dependent recalibration of emotional responses
Methods : comparisons between a neutral night and an emotional one / 27 participants

Pre-hypnic emotional induction →  → Post-hypnic emotional reactivation

Autonomic recording + **self-report of emotional experience** → Sleep Spindles + REM phasic activity analysis → Autonomic recording + **self-report of emotional experience**

Results





Greater spindle activity and shorter phasic REM episodes predict attenuated emotional responses the following morning.