Nanette Danielsson is a health psychology researcher at the Center for Health and Medical Psychology (CHAMP) at Örebro University. She earned her Master’s degree in Psychology at Örebro University in 2006. Her main area of research is health psychology from a developmental perspective from adolescence through midlife. Thus far, the focus has been on how sleep disturbances in adolescence and adulthood may predispose, precipitate, and perpetuate emotion dysregulation. She uses both longitudinal and experimental methodologies to examine psychological processes involved in the relationship between disturbed sleep and emotions.

Sleep captivates human interest, figuring prominently in works by ancient philosophers, early folklore, and modern day pop-culture. Sleep has inspired philosophers, artists, authors, songwriters, and poets. No one watching the news, reading the newspapers or popular magazines during the past few years can have missed noticing the focus placed on sleep by the media. Growing societal interest surely reflects the relatively common experience of sleep disturbance and the growing awareness of the importance of sleep for health and well-being. Despite this, people pack in increasingly more work, social, family, and free-time activities into already constrained time schedules, often at the expense of sleep. Whether due to medical conditions, life-stressors, or lifestyle choices, sleep disturbances may predispose, precipitate, and perpetuate emotion dysregulation. The focus of this dissertation was on the influence of sleep disturbances on emotion. Sleep disturbances may act as a stressor precipitating or aggravating negative emotionality, precipitating emotion dysregulation, and involved in the perpetuation of depressive symptoms. The findings in this dissertation suggest that sleep disturbances pose risk to emotional stability over the long-term, reduce positive affect and emotions, and contribute to depressive symptoms through catastrophic worry. It appears evident that sleep disturbances pose risk for emotion dysregulation. Some aspects of sleep disturbances are self-imposed and have behavioral components, such as life-style choices. Perhaps these are modifiable targets for prevention and intervention.