

## **Abstract**

This thesis concerns itself with the relationship between sleep and emotional regulation. Sleep is a significant state that plays a role in both physical and mental health. This thesis especially deals with the regulation of two positive self-conscious emotions, authentic and hubristic pride, in adult non-clinical population. The theoretical part introduces basic theories, knowledge and relevant research connecting sleep and emotional regulation. Through quantitative research with repeated measurements and multiple groups, the empirical part examines the relationship between sleep and the regulation of authentic pride, hubristic pride, and potential changes in the valency, arousal and dominance of the emotion. The emotion was induced by positive feedback to the participants' performance in cognitive tests. The analysis of variance (ANOVA) showed that the participants who were asleep between expositions marked the emotional intensity as significantly lower than those who stayed awake ( $F(1,34) = 5,99, p = 0,020$ ). The size of the effect was large ( $\eta^2_p = 0,150$ ). The other variables did not show a significant interaction between the measurement and group. These findings may help with further studies of sleep and emotional regulation, especially regulation of positive self-conscious emotions.

**Key words:** Sleep; emotional regulation; self-conscious emotions; authentic pride; hubristic pride