

# Relationship Between Sleep and Self-Control

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**Abstract:- Previous research has validated that mindfulness positively correlates with favorable sleep excellently, but the underlying mechanisms are in large part unknown. We extend this research by means of moving beyond exhaustion to study a more nuanced, procedure-based view of strength of mind. Similarly, sleep first-class has been determined to be negatively associated with suspending work tomorrow. Preceding research has proven that sleep quality is an important variable for daily work behaviors, including overall performance, safety, fitness, and attitudes along with work engagement. Willpower is typically necessary to avoid midnight distractions and temptations that put off bedtime and to downregulate arousing emotions that make it hard to go to sleep and stay asleep. We discover the moderating impact of characteristics of strength of mind.**

**Keywords:- Sleep, Self Control, Work Management.**

## I. INTRODUCTION

The literature below shows the connection between sleep and strength of will. Some studies have proven that there may be a courting between sleep and strength of mind. Whilst people now do not sleep sufficient, difficulties with willpower arise. These problems are due to altered dreams and temptations that represent a strength of will quandary, as well as deterioration inside the underlying cognitive and emotional elements that aid the workout of strength of will. Willpower is normally essential to avoid midnight distractions and temptations that delay bedtime and to down regulate arousing emotions that make it tough to fall asleep and stay asleep.

## II. SIGNIFICANCE

Sleep and strength will play a prime position in daily lifestyles. The literature below indicates the relationship among sleep and self-discipline. It suggests how lack of sleep or excess sleep affects the strength of will in our lives. A person who is sleep-disadvantaged and has depleted the sources important for self-discipline is at an expanded chance of succumbing to impulsive goals, bad attentional overall performance, and impaired choice making. The intention of this evaluation is to explore the connection among sleep habits and strength of mind and to inspire researchers to awareness of a brand new place of studies that integrates the presently largely separate fields of psychology and human neuroscience.

## III. RESEARCH ARTICLES

JUNE J PILCHER (2015) carried out a look at the interactions among sleep and self-discipline. In this look at, he tested that suitable sleep behavior and effective willpower are vital components of a hit functioning. Unfortunately, chronic sleep loss and impaired strength of mind are commonplace for plenty of human beings, that may lead to problems with ordinary self-control, such as resisting impulses and retaining attentive conduct. It's essential to recognize how strength of will depletes and the way true sleep conduct can assist repair and preserve the capacity to workout strength of will. Someone who is sleep-deprived and has depleted the sources important for willpower is at accelerated danger of succumbing to impulsive dreams, terrible attentional overall performance, and impaired decision making. To date, few studies have examined how sleep and self-discipline are related. The aim of this mini-evaluation is to explore the connection among sleep behavior and willpower and to inspire researchers to cognizance of a brand new area of studies that integrates the currently largely separate fields of psychology and human neuroscience.

Ryan C. Meldrum (2013) performed a study on sleep deprivation, low willpower, and delinquency. His paintings supplied evidence that sleep deprivation is definitely associated with delinquency. In this take a look at, he relied on Baumeister and co-workers' strength version of strength of will to endorse a reason for this courting. Mainly, he argued that low strength of will is the assemblage that bridges the relationship among sleep deprivation and delinquency. To check the proposed version, he tested survey statistics from a longitudinal, multicity cohort taking a look at youth observed from birth to age 15 (N = 825; 50% woman; 82% non-Hispanic white, fifty nine% - discern nuclear family). Consequences from regression fashions using latent factors display that sleep deprivation is positively associated with low self-discipline, that low self-control is definitely related to delinquency, and that the relationship between sleep deprivation and delinquency is oblique and operates thru low strength of will. Impressively, these relationships persist even after accounting for potential background resources of spuriousity, which includes community, depressive symptoms, parenting practices, unstructured peer interaction, and earlier delinquency. Implications and instructions for destiny studies are mentioned.

Qing-QiLiua (2018) conducted a study on mindfulness and sleep pleasantness in teens: analysis of rumination as a mediator and willpower as a moderator. Previous studies have tested that mindfulness undoubtedly correlates with favorable sleep, however the underlying mechanisms are in large part unknown. The present take a look at tested the mediating role of rumination and the moderating role of willpower with regards to the affiliation between mindfulness and sleep. A pattern of 1196 teenagers finished a sequence of questionnaires that assessed mindfulness, rumination, self-control and sleep satisfaction, in addition to demographic facts. Results showed that in addition to the negative affiliation among mindfulness and bad sleep high-quality, there was additionally a negative association among mindfulness and rumination, which in flip was positively associated with terrible sleep first-class. The direct affiliation among mindfulness and negative sleep great and the oblique affiliation thru rumination have been moderated by using self-control. Each of those effects had been greater reported in youth with low self-control than in those with high strength of will. These consequences are steady with the adverse interplay of speculation of the protection model and recommend that mindfulness and willpower, as crucial protective elements for adolescents, might also atone for each other. Boundaries and implications are discussed.

David T.Welsha(2018) condensed studies on overcoming the results of sleep deprivation on unethical conduct: An extension of the theory of incorporated strength of mind preceding research has used an ego-depletion perspective to set up a self-regulatory model linking sleep deprivation thru exhaustion to unethical behavior (Barnes, Schaubroeck, Huth, & Ghumman, 2011; Christian & Ellis, 2011; Welsh, Ellis, Christian, & Mai, 2014). We make this research bigger by using shifting past exhaustion to take a look at a greater nuanced, system-primarily based view of strength of will. We draw on the integrative strength of will idea (Kotabe & Hofmann, 2015) to identify two crucial moderators of the connection between sleep and unethical behavior. While previous research has centered more often than not on the dangerous effects related to reduced potential to manipulate -including sleep deprivation- we suggest that factors influencing manage motivation and control effort are also an crucial issue of the self-regulatory process. First, we take a look at the function of manipulating motivation and hypothesize that a perceived feel of power moderates the connection between sleep deprivation and exhaustion with the aid of motivating action-oriented, aim-directed behavior that mitigates the exhaustive consequences of sleep deprivation. 2d, we recollect the role of manipulation attempt and hypothesize that contemplation moderates the relationship between exhaustion and unethical behavior, such that exhausted individuals are less likely to act unethically whilst contemplation is excessive. 3 studies-one wherein sleep deprivation was manipulated in the laboratory and two in which herbal versions in sleep first-rate and amount have been used-propose regular assist for our extended model combining mediation and moderation and advancing self-regulatory

studies in the dating among sleep deprivation and unethical conduct.

Floor M. Kroese (2014) carried out studies on pre-sleep procrastination: A self-regulation angle on sleep deprivation within the standard population.

Inadequate sleep has severe results for mental and bodily health. The cutting-edge look at is the primary way to study insufficient sleep from a self-regulatory perspective through examining the phenomenon of bedtime procrastination: going to bed later than meant for no external reason. Records from a representative sample of Dutch adults (N = 2431) showed that a huge share of the general populace is sleep-disadvantaged and regularly goes to the mattress later than they would like to. Most significantly, a relationship between self-law and inadequate sleep was found to be mediated via pre-bedtime procrastination.

Alexander T. Vazonayi (2018) carried out an examination on sleep, low self-regulation, and deviance: Direct and oblique institutions among Immigrant businesses and Socioeconomic Strata. Sleep conduct is concurrently and longitudinally associated with norm-violating behavior; but, the precise correlates contributing to those associations stay unknown. Moreover, regardless of the average variations in sleep feature among immigrant and nonimmigrant teens and socioeconomic strata, it is basically unknown whether the institutions among sleep and norm-violating behaviors vary throughout groups. The modern study examined the direct consequences of sleep issues and quantity of sleep on measures of deviance, in addition to indirect institutions through low strength of will. Similarly, the moderating results of immigrant and SES agencies, as indicated with the aid of parental schooling, on associations and imply-degree variations in sleep behavior were examined. Results from structural equation modeling based totally on move-sectional information from a national probability sample of Swiss children (N = 6,866) furnished evidence of each direct and oblique associations between sleep and deviance through low strength of will. Notwithstanding mean-level variations, the tested institutions between immigrant and SES corporations have been unchanged, with a modest exception in impact size.

Jianjun Zhu(2019) carried out a look at high Impulsivity, Low self-discipline, and complicated mobile telephone Use: The impact of negative sleep satisfaction.

To discover the formation mechanism of complex cellular telephone use (PMPU), the contemporary observer examined the mechanism via which sleep high-quality is associated with PMPU through the indirect effects of impulsivity and strength of will. The sample consisted of 513 Chinese university college students (forty eight.6% male) aged 17 to 22 years. Participants completed questionnaires assessing sleep first-rate, impulsivity, strength of will, and PMPU. Effects showed that negative sleep pleasantness was indirectly related to PMPU, in a sequential

mediation first on impulsivity after which on willpower. Further, sleep does not directly influence willpower through impulsivity. These results provide preliminary assistance for the software of the dual systems version of danger-taking to know-how PMPU. It was hoped that behavioral and psychological interventions to lessen sleep issues, lower impulsivity, and boost strength of mind can be useful strategies in running with problem mobile phone users.

Larissa okay. Barber (2010) conducted an examination on consistency-enough sleep predicts enhancements in self-discipline overall performance and intellectual strain. Sleep might also have psychological consequences at the strain system due to its effect on self-law. This examination examined the psychological blessings of sleep and the usage of an included model of self-regulatory electricity that includes resource replenishment in addition to aid enhancement. Blended with the restorative effects of ok sleep length, prolonged consistent sleep behavior may additionally enhance the ability to self-modify by way of exercising self-control. The proposed interaction among good enough sleep and consistency predicted improvements in self-regulatory overall performance and psychological distress over five days. Best individuals who acquired adequate sleep experienced an increase in self-regulatory overall performance and a lower in distress. Modifications in self-regulatory potential also anticipated adjustments in strain in the course of the week and no longer vice versa. These results had been stable even if controlling for confounding factors associated with dispositional elements, circadian rhythm disturbances, typical sleep hygiene, health behaviors, and stressors. Much like different routine sports which have been shown to boost self-regulatory energy, similarly exploration of the capacity resource enhancement aspect of normal sleep can be a promising subject matter for stress control research.

Sakari Lemola (2013) carried out a look at the connection between optimism and vanity and sleep. Effects from a large network-based total pattern.

Historical past: proof shows that fine personal tendencies which include optimism and shallowness are crucial for fitness. Less is understood approximately viable determinants of advantageous character traits.

Intention: to investigate the association of optimism and self-esteem with insomnia symptoms and sleep period.

Methods: Sleep parameters, optimism, and vanity were tested the usage of self-report measures in a network-based pattern of 1,805 adults elderly 30 to 84 years within the United states. Moderation of the association among sleep and nice developments by using gender and age, as well as a likely impact of depressive sickness on the affiliation, had been tested.

Effects: people with insomnia signs and symptoms scored lower on optimism and shallowness, in large part impartial of age and gender, after accounting for signs and symptoms of depression and sleep period. Short sleep period (< 6 h) was associated with lower optimism and self-esteem compared with individuals who slept 7-8 h, controlling for depressive symptoms. Long sleep duration (> 9 h) turned into additionally related to low optimism and vanity, independent of age and gender.

End: top and good enough sleep is related to wonderful persona trends. This affiliation is unbiased of the association among bad sleep and despair.

Wendelian van Earde (2018) carried out a study on A every day Diary examine on Sleep satisfactory and Procrastination at work: the moderating function of the trait self-control.

Heritage: This daily diary examines the relationship among sleep exceptional throughout the night and its impact on procrastination at work in the course of the subsequent workday. Preceding research has proven that sleep first-rate is an essential variable for day by day work behaviors, including performance, protection, fitness, and attitudes consisting of painting engagement. In addition, sleep first-rate has been discovered to be negatively related to suspending work the next day. But, these studies have no longer looked at variations between characteristics which can play a function. In different words, they have not examined whether or not all employees experience the effects of sleep pleasantness on procrastination in a comparable manner. We explore the moderating effect of traits of strength of will.

Strategies: Seventy-one complete-time personnel (fifty one% male) running in numerous industries, including finance or banking (17%), public provider or training (13%), creation (7%), fitness care (7%), income or advertising (6%), and others participated inside the have a look at. The average age was 35.Two decades (SD = 12.74), and the average length of carrier changed into 13.3 years (SD = thirteen.Sixteen). Contributors finished a one-time preferred electronic questionnaire (assessing self-control using a 4-point scale tailored from Tangney et al. (2004)). Finally, these employees obtained day by day electronic questionnaires assessing sleep fine (measured the usage of an object from the Pittsburgh Sleep best Index (Buysse et al., 1989) and a three-item procrastination scale (tailored from Tuckman, 1991) over the route of 10 workdays, ensuing in 465 pairs of matched morning and afternoon measurements (sixty five% reaction).

Consequences: consequences of multilevel regression analyses indicated that sleep becomes negatively related to next-day paintings procrastination. But, sleep high-quality additionally interacted with trait self-discipline in its impact on procrastination of labor, such that low sleep first-class affected

employees with low willpower but no longer people with excessive self-control.

End: The outcomes of this have a look at confirming preceding studies demonstrating the relationship between procrastination and sleep fine. We show that the relationship is the simplest gift for the ones who have low trait strength of will; personnel with excessive trait energy of will have a tendency to be proof against low sleep quality. Accordingly, fashionable recommendations or interventions to decorate sleep exceptionally may be restrained to a desire of personnel who might be actually affected.

Garrett C. Hisler (2018) researched Does pressure give an explanation for the impact of Sleep on willpower difficulties? A Month-long each day Diary look at inadequate sleep is related to prolonged stress and suboptimal energy of will; but, no research has examined strain as a cause for why sleep influences strength of will. Furthermore, it's unknown if there are private variations that make humans prone to this dynamic. Every day diary entries from 212 college college students during 30 days were utilized in a multilevel course version analyzing if stress described how earlier middle of the night sleep affected next-day energy of will issues and exploring if man or woman variations in sleep duration, pressure, or strength of will certified this effect. Increased strain in components mediated the effect of reduced sleep duration on extended next-day energy of will problem. Moreover, short sleep extended subsequent-day strain extra for humans with better traditional strain. Daylight pressure in particular amplified the power of will trouble for humans with shorter traditional sleep duration. Findings implicate pressure as a sizable thing in how sleep loss undermines the power of will and discover human beings are especially at risk of this impact.

Jinru Liu (2020) studied Sleep pleasant and strength of mind: The Mediating Roles of effective and bad results. This exam examined the mediating roles of each effective and horrific final results within the dating amongst sleep excellent and strength of will. A pattern of one,507 chinese adults (37% guys; endorse age = 32. Five years) finished self-document questionnaires measuring sleep best, effective and bad feelings, and strength of will. Negative sleep first-rate undoubtedly correlated with horrific have an effect on and negatively correlated with effectiveness have an effect on and electricity of will. Positives have an impact on becoming absolutely correlated with the energy of will, at the same time as bad have an impact on negatively correlated with the energy of will. Both effective and horrific effects substantially mediated the relationship among sleep first-class and energy of will. Enhancing people's sleep trends may additionally result in extra powerful feelings and plenty less terrible emotions, and those temper adjustments may additionally moreover increase resources of strength of will. Regulating effective and horrific effects may additionally lessen the bad outcomes of horrible sleep great on power of will.

Lillian Gombert (2018) researched defend Your Sleep while paintings is calling: How paintings-related cellphone Use all through Non-work Time and Sleep nice impact subsequent-Day willpower strategies at work. Given the speedy improvement of information and communicate technology, the prevailing exam sheds light on how painting-related cell telephone use via non-artwork time influences personnel's subsequent going for walks days. In particular, we take a look at art work-associated cell smartphone use and sleep exceptional as moderators of subsequent-day energy of will processes at paintings. Theorizing that artwork-associated mobile phone use and energy of will needs increase a common place confined regulatory useful aid, we endorse a strengthening -way interplay amongst paintings-associated cellular phone use throughout non-paintings time and next-day strength of will needs at artwork in predicting employees' ego depletion at paintings. Furthermore, in a three-way interplay, we look at whether or not or no longer this interplay is based upon employee's sleep great, assuming that when in-depth paintings-associated mobile cell phone use is located via tremendous sleep, the taxed regulatory beneficial resource can pinnacle off overnight. Consequences from our diary examine defensive 10 going for walks days (n = sixty three) endorse that when evenings with excessive art work-related cellular phone use, employees experience disproportionate stages of ego depletion while handling the energy of will wanted at art work. Sleep excellent, but, attenuates this interplay. In times of immoderate sleep nice, subsequent-day strength of will processes at art work are not suffering from artwork-associated cellphone use. Primarily based on those findings, we talk about implications for personnel and employers regarding painting-related mobile telephone use and the relevance of sleep in replenishing tired resources.

Aneta Przepiórka (2019) tested The relationships between self-efficacy, the strength of will, chronotype, procrastination and sleep troubles in teenagers. The important aim of our examination is to check whether or not or not there has been a courting among intellectual developments consisting of self-efficacy, the energy of will and chronotype further to procrastination on the one hand and sleep troubles on the alternative. There had been 315 teenagers aged between 18 and 27 years (M = 20.Fifty seven). We used the overall Procrastination Scale, the overall Self-Efficacy Scale (GSES), short self-control Scale, the Composite Scale of Morningness (CSM) and the Pittsburgh Sleep exceptional Index (PSQI). Our results indicated that low self-efficacy, low power of will and eveningness have been powerful predictors of procrastination. A reciprocal courting exists between procrastination and sleep troubles. Procrastination absolutely contributed to sleep issues, at the same time as sleep issues were an awful predictor of procrastination.

Liese Exelmans(2019) examined electronic Media Use and Sleep: a self-discipline angle

#### IV. PURPOSE OF OVERVIEW

There was an exponential growth in publications on the consequences of digital media use on sleep. One of the important questions on this difficulty being counted issues the underlying mechanisms: how or why are digital media affecting sleep? This newsletter targets to refine the existing theoretical framework thru considering the location of electricity of will.

##### ➤ *Latest Findings*

Earlier research discovered the energy of will methods as part of the solution: we provide the instant gratification of leisure media at the charge of sleep. Specially, media-associated electricity of will failure is feasible to (1) postpone bedtime and reduce sleep duration and (2) cause awful cognitive-affective responses which could undermine sleep pleasantness.

##### ➤ *Summary*

This text will evaluate the relationships between the energy of will, media, and sleep and make clear how the media task the strength of will. It argues that the strength of will mind-set on media and sleep exposes complex media effect tactics that warrant unique research techniques and open up new regions of intervention.

Peggy S. Keller(2017) researched bad Sleep Is related to more Marital Aggression: The function of Self manipulate

History/objective: although sleep issues are associated with relationship problems, the mechanisms involved have now not been empirically tested. The present examines the strength of will as this sort of mechanism.

Individuals: information had been gathered from 342 predominantly white, middle-magnificence, married adults.

Method: contributors completed online questionnaires approximately sleep, marital aggression, the strength of will, and a virtual voodoo doll task.

Consequences and Conclusions: Sleep issues have been associated with better levels of aggression on all measures, and decreased power of will mediated the ones institutions. Associations did now no longer depend upon participant gender, presence of children with inside the house, profits, or length of the marriage

Gregory S. Seibert tested Self-manipulate, sleep disturbance, and the mediating role of occupational burnout in married couples

Even though the importance of occupational burnout for sleep has long been recognized, it is essentially examined as a private phenomenon. Because a majority of adults within the U.S. Percentage the bedroom with their associates, the modern

examination examines the position of occupational burnout in knowledge, the hyperlink among the energy of will and sleep disturbance in close relationships. Information from 90-six married couples were analyzed using the actor–accomplice interdependence mediation version. Both husbands’ and wives’ power of will (predictor) were associated with their levels of occupational burnout (mediator), and husbands’ sleep disturbance (outcome) thru husbands’ occupational burnout. Neither husbands’ or other halves’ strength of will nor occupational burnout rankings is associated with better halves’ sleep disturbance. Findings from the current examination find out burnout manage in husbands as a capability nonpharmacological possibility approach to deal with sleep troubles and emphasize the want to test predictors of sleep in a relational context.

Fraser N. Watts(2007) researched Insomniacs’ perceived lack of manipulating oversleeping. It's widely assumed that insomniacs have terrible self-efficacy for sleep and it's recognized that a success remedy is typically observed via stepped forward self-efficacy. But, there was little specific studies on insomnia's perceived loss of manipulation over oversleeping. Insomniacs' perceived manipulation of oversleeping itself is affected greater than their perceived manipulation over pre-sleep highbrow pastime or physical anxiety. It's been hypothesized that insomniacs would possibly diverge from controls extra of their feeling that sleep comes out in their manipulation than that sleep turns into under their manipulation, even though that is now not supported through the statistics. Additionally, there was no clean help for the idea that insomniacs' dissatisfaction with their manipulated oversleeps emerge as made from immoderate aspirations for manipulation. One aspect that looks viable to make contributions to insomniacs' lack of perceived manipulated oversleep is they now do not have as lawful a pattern of expectations of sleep, primarily based mostly on their current sample of sleep, as regular sleepers do. Insomniacs, like non-insomniacs, had the maximum viable function of horrible sleep due to outside stresses and an overactive mind. Insomniacs showed a large type of heightened emotional reactions to terrible sleep. The implications of the effects for self-regulation strategies to the treatment of insomnia are discussed.

Heather Cleland (2016) tested Sleepy teens: Social media use in youth is associated with terrible sleep quality, anxiety, despair and coffee self-esteem. This exam tested how social media use is related to sleep quality, vanity, tension and depression in 467 Scottish teens. We measured common social media use, midnight-particular social media use, emotional funding in social media, sleep fine, shallowness and degrees of tension and despair. Kids who used social media more – every traditional and at night time – and those who were extra emotionally invested in social media professional poorer sleep high-quality, lower vanity and better levels of anxiety and depression. Midnight-unique social media use expected poorer sleep best after controlling for anxiety, melancholy and

shallowness. Those findings make a contribution to the growing frame of evidence that social media use is associated with numerous elements of health in kids. In addition, our effects advise that nighttime-unique social media use and emotional funding in social media are important factors that gain similar research in terms of adolescent sleep and health.

Liese Exelmans (2018) tested Self-control depletion and sleep length: the mediating function of tv viewing

Goal: Sleep insufficiency has been related to the strength of will failure: humans fail to go to mattresses in time and end up sleep deprived. The position of a country's energy of will in predicting bedtime and sleep period has now not been investigated. Primarily based on research claiming an overlap among depleted electricity of will sources and fatigue, the strength of will depletion can also moreover foster in advance bedtimes. Conversely, the strength of will depletion additionally will grow the propensity to procrastinate bedtime thru giving in to the spontaneous gratification of the past due to middle of the night entertainment. This exam therefore looked at procrastinatory television viewing and its intermediary function withinside the association amongst kingdom power of will and bedtime. The results for sleep length are tested.

Layout: First-year university college students (N = 234) participated in a web survey. Using the Day Reconstruction technique, they charted their sports and tales at some point of the day before today and next bedtime.

Results: Self-control depletion becomes at once related to earlier bedtimes, which we described through its similarity to fatigue. This becomes related to an extended sleep duration. Self-control depletion has become not without delay associated with later bedtimes because it prolonged the propensity to procrastinate through watching television. This will become related to shorter sleep length.

Conclusion: This exam exposes a dual pathway between the strength of will depletion and sleep duration, wherein procrastinatory tv viewing can also additionally lessen sleep period.

## V. CONCLUSION

Those difficulties are because of altered goals and temptations that represent a self-control predicament, as well as deterioration within the underlying cognitive and emotional factors that guide the workout of willpower. The purpose of this mini-review is to discover the connection among sleep behavior and strength of will and to inspire researchers to attention on a brand new place of studies that integrates the currently in large part separate fields of psychology and human neuroscience. Consequences from regression fashions the usage of latent factors display that sleep deprivation is positively related to low willpower, that low willpower is positively associated with

delinquency, and that the relationship among sleep deprivation and delinquency is oblique and operates through low willpower. The prevailing study tested the mediating role of rumination and the moderating function of self-discipline in terms of the association among mindfulness and sleep greatly.

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