

Relationship Between Emotional Intelligence and Sleep Quality Among Adults: A Cross-Sectional Correlational Study

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Abstract: Sleep is a fundamental component of psychological well-being and plays an important role in emotional processing, cognitive functioning, and everyday adaptation. Emotional intelligence refers to an individual's ability to perceive, understand, and regulate emotional experiences and may therefore be closely connected with sleep quality. The present study examined the relationship between emotional intelligence and sleep quality among adults using a quantitative, cross-sectional correlational design. A sample of 100 adults participated in the study and completed demographic information together with self-report measures of emotional intelligence and sleep quality. Descriptive statistics, reliability analysis, and Pearson's Product-Moment Correlation were used to examine the study variables. The study focuses on the psychological processes that may connect emotional functioning with restorative sleep and contributes to the literature on emotion regulation, psychological well-being, and sleep health.

Keywords: emotional intelligence; sleep quality; emotion regulation; psychological well-being; adults; sleep health

1. Introduction

Sleep is an essential biological and psychological process that supports emotional regulation, memory, attention, learning, and overall well-being. Sleep quality is multidimensional and includes subjective sleep quality, sleep latency, duration, efficiency, disturbances, use of sleep medication, and daytime functioning. The Pittsburgh Sleep Quality Index developed by Buysse et al. provides a widely established framework for assessing these dimensions.

Emotional intelligence represents an important dimension of psychological functioning. Ability-based models describe emotional intelligence in terms of the perception, use, understanding, and regulation of emotion. Individuals who can identify emotional experiences accurately and regulate distress may be better able to manage daily stress and reduce emotional arousal before bedtime.

The connection between emotional functioning and sleep is potentially reciprocal. Emotional stress, worry, and repetitive thinking may interfere with the transition to sleep, whereas inadequate or disturbed sleep may impair emotional regulation and increase reactivity to everyday stressors. Research on sleep and emotion regulation has increasingly highlighted the importance of understanding these processes together rather than examining sleep as an isolated behavioural outcome.

Although substantial research has examined sleep in relation to stress, mood, and psychological health, the relationship between emotional intelligence as a broader psychological capacity and sleep quality remains an important area of investigation. The present study therefore examines the association between emotional intelligence and sleep quality among adults.

2. Aim and Objectives

Aim: To examine the relationship between emotional intelligence and sleep quality among adults.

Objectives: (1) to assess emotional intelligence; (2) to assess sleep quality; (3) to determine the direction and strength of their relationship; and (4) to examine relevant demographic characteristics where appropriate.

3. Hypothesis

There will be a statistically significant relationship between emotional intelligence and sleep quality among adults.

4. Method

Research Design: A quantitative, cross-sectional correlational research design was adopted.

Participants: The study comprised 100 adults.

Sampling: Convenience sampling was used.

Variables: Emotional intelligence was the principal psychological variable and sleep quality was the sleep-related variable; demographic characteristics were considered for descriptive and comparative purposes.

Instruments and Procedure: Participants completed demographic questions and self-report measures assessing emotional intelligence and sleep quality. Participation was voluntary and based on informed consent. Responses were treated confidentially and analysed in accordance with the study protocol.

Statistical Analysis: Descriptive statistics and reliability analysis were used to summarise and evaluate the study measures. Pearson's Product-Moment Correlation was used

to examine the principal association between emotional intelligence and sleep quality. Appropriate demographic comparisons were considered where supported by the study data.

5. Results

The analysis was structured around the central hypothesis concerning the relationship between emotional intelligence and sleep quality. Descriptive statistics characterised the study variables, reliability analysis examined internal consistency, and Pearson's correlation assessed the direction and magnitude of the association. Final statistical coefficients and significance values should correspond exactly to the completed analysis of the study dataset.

6. Discussion

The relationship between emotional intelligence and sleep quality is theoretically meaningful because both variables are closely connected with emotional regulation. Individuals who can recognise emotional states, understand their causes, and regulate negative affect may be better able to disengage from stressful experiences at the end of the day. Effective emotional regulation may consequently reduce pre-sleep cognitive and emotional arousal and support more favourable sleep experiences.

The relationship may also operate in the opposite direction. Repeated sleep disruption can affect mood, attention, impulse control, and the ability to respond adaptively to stressful situations. From this perspective, emotional intelligence and sleep quality may be linked through shared processes involving stress management and emotional regulation.

The present study is relevant to psychological research because it considers sleep within a broader framework of emotional functioning. However, the cross-sectional nature of the design means that an observed association cannot establish causality or determine the temporal direction of the relationship. Other factors, including stress, lifestyle, physical health, and psychological well-being, may also contribute to both emotional functioning and sleep.

7. Conclusion

The present study examines an important intersection between emotional functioning and sleep among adults. By considering emotional intelligence alongside sleep quality, the study contributes to a more integrated understanding of factors associated with restorative sleep. The findings may encourage further investigation into emotional awareness and regulation as potentially relevant components of psychological approaches to sleep health. Longitudinal and experimental research will be required to establish causal relationships and evaluate intervention effects.

8. Practical Implications

The study has potential relevance for psychological assessment, health promotion, and well-being interventions. Considering emotional functioning alongside sleep

complaints may provide a broader understanding of difficulties experienced by individuals with poor sleep. Future programmes may examine whether emotional awareness, adaptive coping, stress management strategies, and established behavioural approaches to sleep can be integrated to support overall sleep-related wellbeing.

9. Limitations and Future Directions

The cross-sectional design limits causal interpretation, and self-report measures may be influenced by recall and response bias. Convenience sampling may also limit generalisability. Future research should include larger and more diverse samples, longitudinal follow-up, and objective sleep measures such as actigraphy or polysomnography where feasible. Experimental research would be valuable in determining whether strengthening emotional regulation produces measurable improvements in sleep quality.

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