

Sleep, Connection, And Emotional Skills In Addiction Prevention



Topic	Key Points	Supporting Evidence
Sleep and Addiction Prevention	Sleep regulates dopamine and stress hormones, which affect cravings and self-control. Sleep deprivation weakens decision-making, increasing vulnerability to substance use.	MDPI Behavioral Sciences (2025) highlights disrupted dopamine signaling and decreased prefrontal cortex function with sleep loss.
Protective Relationships	Strong social connections provide accountability and emotional support, reducing stress and lowering addiction risk.	A study (Ogungweru & Elisha, 2025) found peer support participants reported lower substance use and better mental health outcomes.
Emotional Intelligence	Building emotional awareness and coping skills helps prevent impulsive decisions and reduces substance use reliance.	Research (Lunga, Dina, & Rada, 2025) found therapies like Cognitive Remediation and Dialectical Behavior Therapy improve emotional regulation and reduce substance use.
Integrated Prevention Strategy	Combining sleep protection, social support, and emotional skills creates a comprehensive prevention approach.	Organizations promoting schedules, peer connection, and stress management foster natural prevention environments.