



THE UNIVERSITY OF ARIZONA
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Psychiatry

Sleep & Health Research Program

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Dear SBSM Committee:

I am excited and honored to write this letter of support for Fellow status for Dr. Sonia Ancoli-Israel. I am also a bit amused at the irony. She, after all, wrote letters on my behalf as I applied to internships, postdocs, and career development grants. Because as a graduate student, she was one of my mentors. So I find it a little ironic that here I am writing a letter for her.

Not that I need to! Her contributions to the field of Behavioral Sleep Medicine have been many, varied, and lasting. I kind of don't even know where to begin. As a mentor, she led training programs at UCSD, leading it to be one of the premier training sites in the field. She has trained dozens of future BSM professionals, and her mentees have gone on to make major contributions to the field. Some of her other mentees include Jennifer Martin, Phil Gehrman, Tamar Shochat, Judi Profant, Lavinia Fiorentino, Ariel Niekrug, and many others.

As a researcher she has made many important contributions to the field. Her work on light and circadian rhythms in older adults helped define the field. Her work showing the benefits of CPAP in dementia care was years ahead of its time. Her studies on insomnia in breast cancer helped develop what is now a highly productive area of research. According to Google Scholar, she has over 58,000 career citations and an h-index that is stratospheric, at 132, with 8 papers with over 1000 citations each. I could go on about her contributions, but those numbers speak for themselves.

She has also contributed much in terms of representing Behavioral Sleep Medicine in the wider sleep field. She is past President of the Society for Light Treatment and Biological Rhythms, as well as the Sleep Research Society. She has contributed to and/or led many initiatives in the field, position statements, and committees, including the SBSM's own actigraphy manual.

In short, this letter hardly needs to be written, but I am honored to write it nonetheless. Dr. Ancoli-Israel has made so many important contributions to the field of Behavioral Sleep Medicine that it is hard to imagine an area in which she has not made important contributions. I should note, though, that she is an emeritus faculty. But she is still quite active in the field and fellow status would not only be fitting, but it would be a signal to the rest of the field that this is an honorific that has real value. Of course, feel free to reach out any time if you have any questions or concerns.

Sincerely,

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