

August 30, 2021

Kathryn Hansen, R. EEG T., CPC, BS
Executive Director
Society of Behavioral Sleep Medicine

Dear Ms. Hansen and Fellow committee,

I am writing this letter in support of the exceptional contributions that Dr. Christina McCrae has made to the Behavioral Sleep Medicine (BSM) field through her program of research and history of mentorship and training. Dr. McCrae was integral to the establishment of the Society of Behavioral Sleep Medicine (SBSM). Dr. McCrae co-chaired the Ponte Vedra Conference to establish the need and moment for Society of Behavioral Sleep Medicine and was one of the original five founders of the organization (Kenneth Lichstein, Christina McCrae, Michael Perlis, Michael Smith, and Daniel Taylor). She was also the first female president of the SBSM and has served two separate terms in this role. In sum, McCrae is the archetype for the honor of receiving Fellow status with the SBSM based on her record of outstanding, unusual, and sustained contributions to both the field of behavioral sleep medicine and to the SBSM as documented in her CV and Cover Letter. As an SBSM founder myself, I have worked closely with Dr. McCrae and am also very familiar with her contributions to the field as a researcher, clinician, and mentor and thus, am well-qualified to provide this attestation. To say she was instrumental in the development and survival of the SBSM is an understatement.

Under Dr. McCrae's leadership, the SBSM has met or is on track to meet several key milestones. She helped develop the SBSM position paper policy, publication of the first position paper on digital therapeutics, conducted a provider survey, expansion of member awards and recognition, partnership with international sleep advocacy groups, establishment of a subcommittee for equity, diversity, and inclusiveness, and the 3rd annual scientific conference including virtual interational conferences from Europe, Asia, Australia, New Zealand, and Oceania. In addition, she has chaired or been a member of multiple committees and task forces within national/international professional organizations, including American Academy of Sleep Medicine (AASM), American Board of Sleep Medicine (ABSM), and SBSM. She chaired the ABSM committee that re-wrote the certification in behavioral sleep medicine exam, and was a member of the SBSM committee that created an initial test bank for the diplomate in behavioral sleep medicine.

Clinically, Dr. McCrae founded University of Florida and University of Missouri Behavioral Sleep Medicine programs and fellowship. Through this program and her other training courses, she has mentored of hundreds of trainees in BSM science and clinical service at all levels (undergraduate through junior faculty) from various disciplines, including psychology, neuroscience, nursing, nutrition, statistics, and medicine across several institutions and universities. She was also instrumental in getting Behavioral Sleep Medicine on the council of specialties for psychology.

With respect to research, Dr. McCrae is an internationally recognized scholar in our field, particularly in the study of pain and sleep. She has 117 per-reviewed manuscripts and her work

has been cited over 14,500 times and his h-index (i.e., personal impact factor) is 37. According to Hirsh (2005), an h-index 15-20 would equate to "...Fellowship in the American Physical Society...", and > 45 would normally be associated with "...Membership in the National Academy of Sciences..." Additionally, her work has been continuously funded by numerous extramural agencies since 2005. She has also served as a study section member of multiple NIH review panels and is Associate Editor of the journals Behavioral Sleep Medicine and Journal of Clinical Sleep Medicine. So, again to say she has elevated the science of behavioral sleep medicine is an understatement.

Thus, I believe Dr. McCrae has established an international reputation in our field and has shown excellence in service, mentorship, and scholarship that makes her the personification of fellow status in our organization. There is of course much more I could say about her service, mentorship and scholarship, but I think what I have said above speaks for itself. I strongly support Dr. McCrae receiving the designation of Fellow of the Society of Behavioral Sleep Medicine.

Sincerely,

A handwritten signature in black ink that reads "Daniel Taylor". The signature is written in a cursive, flowing style.

Daniel J. Taylor, Ph.D.
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