



**UNIVERSITY OF  
PENNSYLVANIA  
HEALTH SYSTEM**

*Behavioral Sleep Medicine Program, Suite 670, 3535 Market Street, Philadelphia, PA 19010*

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July 18, 2021

Re: SBSM Fellow Status

To whom it may concern:

I am writing this letter in support of Dr. Daniel Taylor's nomination to be a fellow of the SBSM. His contributions to the field, and to the society, have been (and will continue to be) formative and critical.

His body of clinical research has set new standards for the conduct and communication of CBT-I RCTs. His exceptional work includes:

- Development of sleep health screening;
- Designing and testing on-line training for CBT-I providers;
- Evaluating delivery formats for CBT-I (e.g., iCBT-I [on-line unguided] vs. in-person treatment); and
- Assessing CBT-I efficacy in military personnel

His efforts on behalf of the society started with his being one of the "gang of five" (one of the original five founders of the SBSM [also incl. Christina McCrae, Michael Smith, Kenny Lichstein, and myself]). This group arranged for a consensus conference in 2009 (Ponte Vedra) that led to the initiative to have a society dedicated to behavioral sleep medicine.

Daniel is clearly deserving of the honor of receiving Fellow status with the SBSM based on his record of outstanding and sustained contributions to both the field of behavioral sleep medicine and to the SBSM. As a further testament to his contributions, I am attaching his CV.

I hope the committee will join with me, as the founding president of the SBSM, in celebrating Daniel's contributions by making him a fellow of the SBSM.

Sincerely,

A handwritten signature in black ink, appearing to read "Michael Perlis", followed by a horizontal line.

Associate Professor, Psychiatry & Nursing  
University of Pennsylvania

Director, Behavioral Sleep Medicine Program  
University of Pennsylvania

Penn Websites: <https://www.med.upenn.edu/cbti/> & [www.med.upenn.edu/bsm](https://www.med.upenn.edu/bsm)

Professional Website: <https://www.michaelperlis.com>

Email: [mperlis@upenn.edu](mailto:mperlis@upenn.edu)

Phone: 215-746-3577