

August 5, 2021

Review Committee
Fellow of the Society of Behavioral Sleep Medicine

Dear Committee Members:

I am honored to write this letter of support for the Fellow application of Dr. Donna Arand. I got to know Donna from a distance over the years through her publications. We became better acquainted during her term as SBSM President during which time I served as a Director of the organization.

I thought Donna was a highly effective president. She was thoughtful, hard-working, and creative. She encouraged members of the Board of Directors to express opinions and she was responsive to new ideas. She was a pleasure to work with.

Donna is highly respected within the behavioral sleep medicine community as well as the larger sleep medicine community, as one would expect given her vita. I will comment on one aspect of her prodigious scientific contributions. She and her husband/collaborator Michael Bonnet produced a large series of empirical articles and reviews elucidating the role of physiological hyperarousal in insomnia. As much as any scientist, Donna described the physiological component to insomnia and clearly established insomnia as a 24-hour disorder with strong clinical implications.

In closing, I would like to add that Donna is a charming person and of unquestioned ethical character. The prestige of SBSM will be elevated when represented by Donna as a Fellow.

Sincerely,



Kenneth L. Lichstein, Ph.D.
Professor Emeritus