

September 13, 2021

TO: Fellow Status Committee/Sub-committee
Society of Behavioral Sleep Medicine

FROM: Christina S McCrae, PhD, CBSM
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Director, **MizZzou** Sleep Research Lab – ORCID iD 0000-0003-4313-6867

RE: Application for Fellow Status, Society of Behavioral Sleep Medicine

Dear Committee/Sub-committee Members:

This letter conveys my strong interest in Fellow status with the Society of Behavioral Sleep Medicine (SBSM) and is accompanied by my CV and two signed letters of support. I would be honored to be an SBSM Fellow and believe my record as described below and demonstrated by my CV provide strong evidence of my significant and sustained contributions to the SBSM and the field of behavioral sleep medicine (SBM). I served as a member of the steering committee of the Ponte Vedra Consensus Conference which resulted in the decision to establish the SBSM. Subsequent to that decision, I along with four other founders of the SBSM (Drs. Kenneth Lichstein, Michael Perlis, Michael Smith, and Daniel Taylor) drafted the society's first bylaws and established its first Board of Directors on which I served as the first President-Elect and second President. I am currently serving my second term as President. Over the past 20+ years, I have steadily built a growing portfolio of scientific, clinical service, training, leadership, and editorial accomplishments in the field of behavioral sleep medicine. That portfolio includes (but is not limited to) the development of a successful program of federally funded behavioral sleep medicine research, establishment of two behavioral sleep medicine training programs, leadership of multiple committees and task forces within national/international professional sleep organizations (SBSM, American Academy of Sleep Medicine [AASM]), and service as an associate editor for two sleep journals.

Presently, I am a tenured Professor and Director of the **MizZzou** Sleep Research Lab in the Department of Psychiatry within the School of Medicine at the University of Missouri-Columbia (MU). As a behavioral sleep medicine scientist, my program of research focuses on sleep and its correlates (e.g., arousal, cognition, pain, brain structure and function, inflammation, neurodegeneration, stress) in patients across the lifespan. My particular area of expertise is chronic insomnia in a variety of commonly co-occurring conditions (e.g., autism, chronic pain, cardiac disease, cancer) and populations (e.g., autism caregivers, dementia caregivers). My clinical trials typically use behavioral sleep medicine interventions (e.g., brief behavioral treatment for insomnia, BBT-I; cognitive behavioral treatment for insomnia, CBT-I; virtual reality for insomnia, iVR; family-based BBT-I and CBT-I) across multiple delivery platforms (e.g., in-person, telehealth, videoconferencing, digital) to examine sleep as a mechanism for improving a variety of health related outcomes. As a principal investigator, I have received over \$11.5 million from NIH to support my research in behavioral sleep medicine.

As a scientific leader in behavioral sleep medicine, I have brought together numerous successful multi-disciplinary collaborative research teams, and mentored hundreds of trainees at all levels (undergraduate through junior faculty) from various disciplines, including psychology, neuroscience, nursing, nutrition, and medicine across several institutions and universities. I have also actively fostered sleep-related grantsmanship in my mentees, including junior faculty, and as a result, they have earned numerous awards and grants from various organizations (e.g., NIH, American Academy of Sleep Medicine, Sleep Research Society, Society of Behavioral Sleep Medicine). As a research leader and mentor, I take a collegial approach to mentoring and strive to promote team-based clinical sleep science that is ethical, inclusive, impactful, and translatable. My track record of successfully disseminating my work in behavioral sleep medicine is strong as evidenced by my 117 peer-reviewed articles (the majority of which include my mentees as co-authors), 23 chapters, and over 170 conference abstracts (including posters, papers, symposia, workshops).

Clinically, I am a licensed psychologist with certification in behavioral sleep medicine through the American Board of Sleep Medicine and my application for diplomate certification through the Board of Behavioral Sleep Medicine is under review. I have established and directed two successful outpatient, behavioral sleep medicine clinics. Both of which were housed within accredited sleep disorders centers and involved on-going collaboration with other sleep professionals, including physicians, nurses, and polysomnographic technicians. Those clinics have provided training opportunities for over 300 trainees in the fields of clinical psychology, nursing, and medicine.

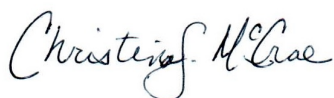
My national/international behavioral sleep medicine leadership experiences include serving as a founder and first President-Elect of the Society of Behavioral Sleep Medicine (SBSM, www.behavioralsleep.org). I am currently serving a second term as the President of the SBSM. Under my leadership this year, the SBSM either has or is on track to meet several key milestones, namely the development of the society's position paper policy, publication of its first position paper (on prescription digital therapeutics), conduction of its first provider survey, expansion of member awards and recognition, partnership with sleep advocacy groups, and the establishment of a subcommittee for equity, diversity, and inclusiveness. I have also served on the executive board of the American Board of Sleep Medicine (ABSM, www.absm.org), and I currently serve as the Society of Behavioral Sleep Medicine's representative to the American Academy of Sleep Medicine's Payer Policy Review Committee and Insomnia Collaborative Task Force. My role in SBSM service activities earned me a Distinguished Service Award in 2013.

Other national/international leadership experiences include chairing or serving (past and present) on numerous committees for the SBSM, the ABSM, and the American Academy of Sleep Medicine (AASM). In 2008, I chaired the committee that re-wrote the ABSM's behavioral sleep medicine certification exam. From 2013-2017, I served as the Vice Chair of the AASM's task force responsible for updating their *Practice Parameters for the Use of Actigraphy in the Assessment of Sleep and Sleep Disorders*. I also serve as a grant reviewer for numerous panels (i.e., NIH-various institutes, Department of Defense, American Sleep Medicine Foundation, Veterans Administration).

In terms of my editorial experience, I serve as an Associate Editor for two sleep journals - *Behavioral Sleep Medicine* and *Journal of Clinical Sleep Medicine*. For both journals, my review portfolio is focused on behavioral sleep medicine topics and spans a range of populations (i.e., healthy, medical and/or psychiatric conditions and symptoms), ages (i.e., pediatric, adult, older adult), designs (e.g., longitudinal, cross-sectional, randomized controlled trials, pilots, case studies, qualitative, reviews), methodologies (e.g., questionnaires, electronic diaries, polysomnography [traditional, ambulatory], actigraphy, Holter monitoring, neuroimaging, blood-based biomarkers, hair cortisol, quantitative sensory testing, cognitive testing/neuropsychological batteries), and analytic approaches (e.g., ANOVA/ANCOVA, t-tests, regression, moderation, multi-level modeling, generalized estimating equations). In 2017, I received the Stuart Quan Award for editorial excellence from the *Journal of Clinical Sleep Medicine*.

Overall, my scientific, clinical service, training, leadership, and editorial accomplishments in the field of behavioral sleep medicine and on behalf of the SBSM are consistent with the criteria for SBSM Fellow status. Additionally, as required, I have maintained current SBSM membership for 5 consecutive years with no more than one quarter of lapsed membership between each consecutive year of renewal and will maintain ongoing active membership status in the SBSM. The possibility of receiving Fellow status is exciting. Please do not hesitate to contact me if you have any questions regarding my application and qualifications. I can be reached at: mccraec@health.missouri.edu or 573.882.0982 (office).

Sincerely,



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