

August 30, 2021

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

Dear Ms. Hansen and Fellow committee,


It is my privilege to nominate Dr. Michael Smith for fellow status within the Society of Behavioral Sleep Medicine. Dr. Smith exemplifies what a fellow for the Society of Behavioral Medicine should look like. He is absolutely deserving of this honor and is a credit to our field.

Dr. Smith chaired the Ponte Vedra Conference to establish the need and moment for Society of Behavioral Sleep Medicine. He was a co-founder of the Society of Behavioral Sleep Medicine and has been a continuous (and one of the first) member since it was established. He served both on the founding SBSM board as Vice-president as well as serving two terms as president in the early stages of the SBSM. He also was editor of the SBSM actigraphy scoring manual. To say he was instrumental in the development and survival of the SBSM is an understatement.

Clinically, Dr. Smith founded the Johns Hopkins University Behavioral Sleep Medicine program and fellowship, which now has four doctoral level providers. Through this program and his other training courses, he has trained countless clinicians in the science and arts of behavioral sleep medicine. He was also the first director on the APA council of specialties for psychology, and currently serving on the Board of Behavioral Sleep Medicine.

With respect to research, Dr. Smith is an internationally recognized scholar in our field, particularly in the study of pain and sleep. His work has been cited over 14,500 times and his h-index (i.e., personal impact factor) is 63! According to Hirsh (1989), an h-index > 45 would normally be associated with "...Membership in the National Academy of Sciences..." Indeed, he has over 40 articles that have been cited more than 100 times, and his meta-analysis "Comparative meta-analysis of pharmacotherapy and behavior therapy for persistent insomnia." has been cited over 1000 times. Additionally, his work has been funded by numerous extramural agencies and he co-chaired the NIH task force on sleep and pain that led to the development of a specific NIH funding announcement. He is also a study section member of two chartered NIH review panels. So, again to say he has elevated the science of behavioral sleep medicine is an understatement.

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



Sincerely,

*Daniel Taylor*

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