



THE UNIVERSITY OF ALABAMA AT BIRMINGHAM
SCHOOL OF MEDICINE
Department of Psychiatry and Behavioral Neurobiology

August 4, 2021

RE: FSBSM cover letter

Dear colleagues,

As a graduate student in Kenny Lichstein's laboratory, I was a founding member of the Society of Behavioral Sleep Medicine (SBSM) following the initial planning meeting in Ponte Vedra, FL and have maintained continuous membership without lapses since its inception. It has been exciting to not only observe the evolution of BSM but, more recently, feel as if I've been an integral part of this growth.

As highlighted in my CV, I have made significant contributions to the SBSM and the field of BSM at a national/international level. Importantly, these contributions are in multiple domains – clinical service, teaching, and research. I will highlight each of these areas briefly to support my consideration for Fellow status in the SBSM. I have also included letters from Drs. Michael Nadorff and Christina McCrae to further support my application.

Upon joining faculty at the University of Alabama at Birmingham (UAB), I quickly established a BSM Clinic and Training Program integrated in the UAB Sleep Wake Disorders Center and had the BSM Program accredited by the SBSM. Throughout my career, I have received formal training in BSM across the lifespan – childhood through adulthood – and, therefore, currently provide both pediatric and adult clinical services and training. I feel this makes my BSM Program unique in that I receive referrals from both pediatric and adult Sleep Centers and have graduated both pediatric and adult-focused trainees.

In addition to my accredited BSM Training Program, I teach courses on sleep and circadian rhythms and mentor all levels of trainees at UAB ranging from undergraduate neuroscience students learning to conduct circadian rhythm protocols to junior faculty developing independent lines of research. I also teach courses nationally/internationally and provide mentorship to individuals outside of UAB. For example, I recently began mentoring an individual who is the Chairperson in a Department of Psychology in New York as part of the SBSM Research Mentoring Program.

A majority of my effort (85%) is currently devoted to research endeavors. I hold funding from the American Heart Association (AHA), the National Institutes of Health (NIH), and the Patient Centered Outcomes Research Institute (PCORI) and regularly present sleep/circadian research at a variety of national/international conferences. In fact, I am the moderator and a presenter of a symposium (other panelists are Dan Buysse, Daniel Taylor, and Jennifer Sculley) titled "The COZI Study: A Lesson in Patient-Centered

Outcomes Research and Stakeholder Engagement” at the upcoming 3rd Annual SBSM Scientific Conference. I have also received internal funding to develop a Sleep and Circadian Research Core and currently serve as Co-Director. I am also one of a few SBSM members who conduct research using advanced circadian rhythms protocols to directly examine the impact of sleep and circadian rhythms on a variety of health outcomes, including hypertension and chronic pain. Last year, I was awarded the Arthur J. Spielman Early Career Distinguished Achievement Award for my scientific and clinical contributions to BSM.

Lastly, I have made significant contributions to the SBSM, serving as a member of the Practice Committee, Chair of the Practice Committee, Co-Chair of the 2018 Fall Conference, Co-Chair of the 1st Annual Scientific Conference, and currently serve on the Board-of-Directors as an At-Large Member. I feel these contributions demonstrate my commitment to the SBSM and being included in this initial class of Fellows of the SBSM would be a tremendous honor.

Sincerely,

A handwritten signature in black ink, appearing to read "S. Justin Thomas", with a long horizontal line extending to the right.

S. Justin Thomas, PhD, DBSM
Assistant Professor
Director, Behavioral Sleep Medicine Program
Co-Director, Sleep and Circadian Research Core
Department of Psychiatry and Behavioral Neurobiology
University of Alabama at Birmingham