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I am thrilled to strongly recommend Don Townsend for Fellow status in the Society of Behavioral Sleep Medicine. I have had the pleasure of knowing Don for the past 27 years. I met Don in 1994 during our first year of graduate school at Virginia Commonwealth University. Don is not only my colleague, he is my friend. Moreover, Don is one of a handful of people that I credit with inspiring me to go into the field of behavioral sleep medicine. On the basis of my experience with Don, I believe that he is a most excellent candidate for Fellow status in the Society of Behavioral Sleep Medicine.

Don's career is noteworthy for his exemplary accomplishments in the field of BSM, which are characterized by his sustained efforts to highlight, benefit, and improve the field. In particular, Don has been involved in teaching/mentoring, training, clinical work, writing, educating the public, and service to the SBSM. Don has successfully pursued the highest credentials available in the field of BSM. Namely, he is board certified in sleep medicine having taken the same exam as our physician colleagues. Consequently, he possesses the same sleep medicine credentials as a medical doctor. He is also certified in BSM. This is a testament to Don's passion for the field and reflects his extensive knowledge of and command of BSM principles; he is a BSM expert.

Examples of Don's many BSM accomplishments are detailed in his cover letter. Therefore, in this letter of support, I would like to focus on a particular accomplishment that I believe is emblematic of his dedication to and passion for the field of BSM. When Don moved to Arizona a few years ago, there was no BSM presence. In fact, the specialty area of sleep medicine was disjointed and underdeveloped. I know this because I was raised in Arizona and travel there yearly to visit my family. Further, my father, who is now retired, is a pediatric cardiologist who had medical privileges at various hospitals throughout the Valley of the Sun. I believe that it is especially noteworthy that since arriving in Arizona, Don started his own BSM practice, worked for an AASM accredited sleep disorder center, and was the director of clinical training at Argosy University in Phoenix. Currently, he is primarily focused on building his BSM practice, mentoring, and educating professionals and the public about BSM. In particular, Don frequently presents on various topics related to BSM at grand rounds at various hospital throughout the Phoenix metropolitan area. Don also organized a group of multidisciplinary sleep medicine professionals who meet regularly to discuss clinical cases. He also enlisted colleagues from around the country to give didactic presentations. I had the pleasure of presenting a clinical case at one of these meetings. I genuinely believe that Don's efforts have increased awareness and knowledge of BSM in Arizona both among healthcare professionals and the general public.

It has been a pleasure to have Don as a colleague. He is self-motivated, intelligent, independent, grounded, and diligent. I have also had the opportunity to interact with Don in less formal settings throughout the past 27 years. Interpersonally, Don engages well with a variety of people, all of whom enjoy their interactions with him. He is both respected and well-liked by his colleagues. Based on my experience knowing **Don Townsend**, I am honored to write a letter of support for him and believe he is an excellent

candidate for Fellow status in the Society of Behavioral Sleep Medicine because he is an amazing ambassador for the field of BSM. If you have questions that I might be able to answer regarding Don's application, please do not hesitate to contact me at (410) 550-7986

Sincerely,

A handwritten signature in cursive script that reads "Luis Buenaver".

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