

February 28, 2019

Awards Committee
Society of Behavioral Sleep Medicine

Dear Committee members:

I am writing to nominate Dr. Daniel Buysse for the Peter Hauri Career Distinguished Achievement Award. I have known Dan for over 20 years. I am trying to recall how we first met, but that escapes me. We have published together, been on committees together, and have socialized. I know Dan well and offer the following comments with a high degree of confidence.

It may not be obvious to the casual observer, but Dan is a physician. Indeed, he is a psychiatrist, and psychiatry has sometimes assumed an adversarial position with respect to psychology. Which is exactly why I have sometimes kidded Dan that he must have a personality defect to have been so exceptionally supportive of behavioral sleep medicine in general and of psychology in particular.

In 2000, when Dan was president of the American Academy of Sleep Medicine, he exercised his prerogative to create a temporary committee (that survived for many years) titled Behavioral Sleep Medicine. There is some ambiguity as to the origin of the term behavioral sleep medicine, but Dan can claim part of this ownership. Dan charged the committee to more clearly define this emerging discipline, to invent a certification exam, and to create accreditation standards for behavioral sleep medicine training programs. Not only did this committee accomplish its goals, but it spurred a series of events that directly led to the creation of the Behavioral Sleep Medicine journal (an assertion that I can address with some authority) and to the creation of the Society of Behavioral Sleep Medicine (another assertion that I can address with some authority). I cannot name another individual who has had as great a political impact on the field of behavioral sleep medicine as Dan.

Dan's scholarly contributions have been immense. I have not seen his vita in recent years, so I am writing from memory. I did see his vita perhaps 5 years ago when I wrote a letter of support for his nomination as an endowed chair at the University of Pittsburgh. I don't recall how many hundreds of articles, chapters, and books Dan has produced, but

suffice it to say it's a lot. If he did nothing besides first author the publication of the PSQI, he would be highly qualified for this award. The Pittsburgh Sleep Quality Index is so widely used with its 3,730 PubMed citations, the acronym PSQI needs no explanation. But well beyond the PSQI, Dan has been a scholarly leader in developing diagnostic criteria for insomnia, standardizing insomnia assessment, establishing psychophysiological bases for sleep disturbance, creating novel treatment approaches (e.g., brief behavioral treatment for insomnia, BBTI), exploring circadian science, untangling sleep and depression, illuminating sleep and aging, and most recently, declaring that sleep health is a distinct discipline. The scientific discipline of behavioral sleep medicine owes a tremendous debt to Dan.

And did I forget to mention that he is the consummate mentor (by the account of several of his mentees) and a nice guy. Dan is one of my scholarly heroes. It is my privilege to nominate Dan for this award.

Sincerely,

A handwritten signature in black ink, appearing to read "Ken Lichstein". The signature is written in a cursive, flowing style.

Kenneth L. Lichstein, Ph.D.
Professor Emeritus