

February 27, 2019

Awards Committee
Society of Behavioral Sleep Medicine

Dear Committee members:

I am writing in support of Dr. Justin Thomas' application for the Arthur Spielman Early Career Distinguished Achievement Award. Justin was my graduate student at the University of Alabama. I directed his research, I supervised his clinical work, and I spent time with him and his family socially. I know this person well.

As a graduate student, Justin excelled in all aspects of training. He was a talented researcher, a gifted clinician, an eager volunteer for departmental service, and a fun person to spend time with. His devotion to becoming the best psychologist he could fueled all these activities.

And now as a young professional, the same characteristics that distinguished him as a student continue to flourish. He continues to excel in all aspects of professional life. Indeed, my early career accomplishments pale in comparison to Justin's. I might add that to the extent that service to SBSM is relevant for this award, Justin has made numerous, diverse, and profound contributions to the Society.

Writing this letter spurred many fond memories of Arthur Spielman. I think Justin does justice to Art's memory. I am most proud of Justin and am eager to give him my most enthusiastic endorsement for this meaningful award.

Sincerely,



Kenneth L. Lichstein, Ph.D.
Professor Emeritus