



February 20, 2019

RE: Arthur Spielman Early Career Distinguished Achievement Award

SBSM Award Committee:

I am writing to nominate myself for the Arthur Spielman Early Career Distinguished Achievement Award. I am nearly 5 years removed from graduating from the University of Alabama with a PhD in Clinical Psychology with specific training in Health Psychology and BSM. Given the limited word count for this letter, I felt it might be most appropriate to bullet some of my accomplishments over the past 5 years within the field of BSM.

#### Clinical Contributions

- Founding member of the SBSM
- Completed BSM Training at the University of Alabama (Mentor: Lichstein) and University of Florida (Mentor: McCrae)
- VA Certified in CBT-I
- Developed an SBSM-Accredited BSM Clinic with 3 current graduate student trainees

#### Service

- Invited member of the SRS's Circadian Rhythm Sleep-Wake Disorders Workshop, a 20-member panel of experts developing a position paper on circadian rhythms research and clinical practice (2019)
- Member, SBSM Practice Committee (2016 – Present)
- Liaison to the SBSM Education Committee (2016 – 2018)
- APSS Session Co-Chair (2018,2019)
- Chair, SBSM Practice Committee (2018 – Present)
- Co-Chair, SBSM 2018 Fall Course
- Co-Chair, SBSM 2019 1<sup>st</sup> Annual Scientific Conference
- Multiple community and professional lectures on BSM

#### Scientific Contributions

- Developing a Sleep and Circadian Research Core at UAB
- Multiple publications (see references page) in the realm of sleep and hypertension
- Sleep Section Editor and Editorial Board Member for *Current Hypertension Reports*
- Meritorious Abstract Award for the SRS' ASCS 2019 conference
- NIH NIA GEMSTAR Study Section for sleep expertise

- Frequent reviewer for sleep and cardiovascular journals
- Current Funding
  - Co-Investigator, *Mechanisms Underlying Nocturnal Hypertension and Non-Dipping Blood Pressure*, 15SFRN2390002 from the American Heart Association
  - Principal Investigator, *Ambulatory Blood Pressure Among Individuals with Insomnia*, Jackson Heart Study Hypertension Working Group Pilot Study
  - Principal Investigator, *Central and Peripheral Circadian Mechanisms Underlying Non-Dipping Blood Pressure in Blacks*, 19CDA34660139 from the American Heart Association
- 7 grant applications under review or pending funding decisions
  - Site Principal Investigator, *Comparative Effectiveness Study of Zolpidem and Cognitive Behavioral Therapy for Insomnia (COZI)*, PCORI Multi-Site Clinical Trial, Under Review
  - Principal Investigator, *Central and Peripheral Circadian Mechanisms Underlying Non-Dipping Blood Pressure in Blacks*, NHLBI K23 Under Review
  - Principal Investigator, *Central and Peripheral Circadian Mechanisms Underlying Non-Dipping Blood Pressure in Blacks*, UAB CCTS KL2, Under Review
  - Co-Investigator, *The Impact of Insomnia on Pain, Physical Function and Inflammation in HIV*, R01HL147603, 18<sup>th</sup> percentile and pending funding
  - Co-Investigator, *Racial Differences in Circadian and Sleep Mechanisms for Nicotine Dependence, Craving, and Withdrawal*, NIDA R01, Under Review
  - Co-Investigator, CARDIA Sleep Ancillary Study, NIH, Under Review
  - Co-Investigator, *Impact of Dietary Sodium on Metabolism in Chronic Kidney Disease and Nocturnal Hypertension*, American Heart Association Collaborative Grant, Under Review

I believe that I am an ideal candidate for the 2019 Arthur Spielman Early Career Distinguished Achievement Award based on my contributions to the SBSM, my scientific contributions to the field of BSM, and my contributions in providing BSM services and training others to contribute to the field clinically and scientifically. Thank you for considering my application for this award; it would be a tremendous honor.

Sincerely,



S. Justin Thomas  
 Assistant Professor  
 Director, Behavioral Sleep Medicine Program  
 University of Alabama at Birmingham

## Peer-Reviewed Manuscripts

Sakhuja S, Booth III JN, Lloyd-Jones DM, Lewis CE, **Thomas SJ**, Schwartz JE, et al. Health behaviors, nocturnal hypertension and non-dipping blood pressure: the Coronary Artery Risk Development in Young Adults and Jackson Heart Study. *Am J Hypertens*. 2019. In Press.

Johnson DA, **Thomas SJ**, Abdalla M, Guo N, Yano Y, Rueschman M, et al. Association between sleep apnea and blood pressure control among African Americans: the Jackson Heart Sleep Study. *Circulation*. 2019. In Press.

Booth III JN, Anstey DE, Bello NA, Jaeger B, Pugliese D, **Thomas SJ**, et al. Race and sex differences in sleep blood pressure: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *J Clin Hypertens*. 2019. In Press.

**Thomas SJ**, Booth III JN, Dai C, Li X, Allen N, Calhoun D, et al. Cumulative incidence of hypertension by 50 years of age: the CARDIA study. *J Am Heart Assoc*. 2018;7(14). doi:10.1161/JAHA.117.007988.

Scogin F, Lichstein K, DiNapoli EA, Woosley J, **Thomas SJ**, LaRocca MA, et al. Effects of integrated, telehealth delivered cognitive-behavioral therapy for depression and insomnia in rural, older adults. *J Psychother Integr*. 2018;28(3):292-309. doi:10.1037/int0000121.

Bromfield SG, Booth III JN, Loop M, Schwartz JE, Seals SR, **Thomas SJ**, et al. Evaluating different criteria for defining a complete ambulatory blood pressure monitoring reading: data from the Jackson Heart Study. *Blood Press Monit*. 2018;23(2):103-111. doi:10.1097/MBP.0000000000000309.

**Thomas SJ**, Booth III JN, Bromfield S, Seals S, et al. Prevalence of ambulatory blood pressure monitoring phenotypes in a community-based sample of African Americans: the Jackson Heart Study. *J Am Soc Hypertens*. 2017;11(4):204-212. doi:10.1016/j.jash.2017.02.001.

**Thomas SJ**, Calhoun DA. Sleep, insomnia, and hypertension: Current findings and future directions. *J Am Soc Hypertens*. 2017;11(2):122-129. doi:10.1016/j.jash.2016.11.008.

Muntner P, Becker RC, Calhoun D, et al. Introduction to the American Heart Association's hypertension strategically focused research network. *Hypertension*. 2016;67(4):674-680. doi:10.1161/HYPERTENSIONAHA.115.06433.

Lichstein KL, Scogin FR, **Thomas SJ**, DiNapoli EA, Dillon HR, McFadden A. Telehealth cognitive behavior therapy for co-occurring insomnia and depression symptoms in older adults. *J Clin Psychol*. 2013;69:1056-65.

Lichstein KL, **Thomas SJ**, Woosley JA. Co-occurring insomnia and obstructive sleep apnea. *Sleep Med*. 2013;14:824-9.

**Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, gender, and ethnicity. *Behav Sleep Med.* 2013;12:169-82.

Dillon HA, **Thomas SJ**, Lichstein KL. Cognitive arousal and sleep complaints in chronic pain. *Cognit Ther Res.* 2012;36:149-55.

Gaddam K, Pimenta E, **Thomas SJ**, Cofield SS, et al. Spironolactone reduces severity of obstructive sleep apnea in patients with resistant hypertension: A preliminary report. *J Hum Hypertens.* 2010;24:532-37.

Gonzaga CC, Gaddam K, Ahmed MI, Pimenta E, **et al.** Severity of obstructive sleep apnea is related to aldosterone status in subjects with resistant hypertension. *J Clin Sleep Med.* 2010;6:363-68.

### Book Chapters and Other

**Thomas SJ**, Gamble K. Overview of actigraphy. UpToDate. 2017.

**Thomas SJ**, Avis KT, Lichstein KL. *Behavioral sleep medicine: Training, credentialing, and the role in sleep laboratories.* In A. Wolfson & H. Montgomery-Downs (Eds.), *The Oxford Handbook of Infant, Child, and Adolescent Sleep: Development and Problems.* Oxford Press. 2013.

Moore D, **Thomas SJ.** *Multiple sleep latency test and maintenance of wakefulness test.* In C. Mattice, R. Brooks, & T. Lee-Chiong (Eds.), *Fundamentals of Sleep Technology, 2<sup>nd</sup> Edition* (pp. 467-473). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. 2012.

Lichstein KL, Taylor DJ, McCrae CM, **Thomas SJ.** *Relaxation for insomnia.* In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions.* (pp. 45-54). Burlington, MA: Academic Press. 2011.

Lichstein KL, **Thomas SJ**, McCurry SM. *Sleep compression.* In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions.* (pp. 45-54). Burlington, MA: Academic Press. 2011.

**Thomas SJ.** *Multiple sleep latency test and maintenance of wakefulness test.* In N. Butkov & T. Lee-Chiong (Eds.), *Fundamentals of Sleep Technology* (pp. 406-412). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. 2007.

**Thomas SJ.** The basic principles of polysomnography including electrical concepts. *Respir Care Clin N Am.* 2005;11:587-95.