

## Contributor Information

**Editorial Scope:** *Behavioral Sleep Medicine (BSM)* addresses behavioral dimensions of normal and abnormal sleep mechanisms and the prevention, assessment, and treatment of sleep disorders and associated behavioral and emotional problems. Standards for interventions acceptable to this journal are guided by established principles of behavior change. Intending to serve as the intellectual home for the application of behavioral/cognitive science to the study of normal and disordered sleep, the journal paints a broad stroke across the behavioral sleep medicine landscape. Its content includes scholarly investigation of such areas as normal sleep experience, insomnia, the relation of daytime functioning to sleep, parasomnias, circadian rhythm disorders, treatment adherence, pediatrics, and geriatrics. Multidisciplinary approaches are particularly welcome. The journal's domain encompasses human basic, applied, and clinical outcome research. *BSM* also embraces methodological diversity, spanning innovative case studies, quasi-experimentation, randomized trials, epidemiology, and critical reviews.

**Audience:** Psychologists, physicians, nurses, and other health care researchers and clinicians who prize knowledge of normal and disordered sleep from the perspective of behavioral/cognitive science.

**Manuscript Preparation:** All manuscripts submitted must contain material that has not been published and is not being considered for publication elsewhere. Manuscripts should be prepared in accordance with the *Publication Manual of the American Psychological Association (APA; 5th ed.)*. The manual sets forth guidelines for referencing, preparation of abstracts (maximum 120 words), bias-free language, margins (1 in., 2.54 cm, on four sides), formatting tables and figures, etc. Double space all text and number all pages consecutively. On the first page, indicate the title of the article; a short form of the title (less than 50 characters); and the author(s) name(s), affiliation(s), and complete mailing address(es). Define acronyms and abbreviations used in the manuscript when first mentioned. Print each figure and table on a separate page. To briefly summarize APA format for references, sources are cited in the text by author and year (e.g., Loomis, Harvey, & Hobart, 1937), and the reference list is arranged alphabetically. Examples of reference format for articles, chapters, and books are as follows:

Loomis, A. L., Harvey, E. N., & Hobart, G. A., III. (1937). Cerebral states during sleep, as studied by human brain potentials. *Journal of Experimental Psychology, 21*, 127–144.

Webb, W. B. (1970). Individual differences in sleep length. In E. Hartmann (Ed.), *Sleep and dreaming* (pp. 44–47). Boston: Little, Brown.

Kleitman, N. (1939). *Sleep and wakefulness*. Chicago: University of Chicago Press.

**Manuscript Submission:** Submit manuscripts to the Editor, Kenneth L. Lichstein, Sleep Research Project, Department of Psychology, The University of Alabama, Box 870348, Tuscaloosa, AL 35487–0348. The copies should be complete with all tables and figures. Do not send original figures until the manuscript is accepted for publication. The submission should be accompanied by a cover letter requesting review and providing the address, phone, fax, and e-mail of the corresponding author. The cover letter must also include the statement that research participants were treated in compliance with the ethical standards of one's discipline.

Submit two paper copies and an electronic copy of the manuscript. Submit a paper copy and an electronic copy of the cover letter as well. Electronic copies should be saved either as Adobe PDF files or in rich text format (rtf). Send electronic copies as e-mail attachments to lichstein@ua.edu.

**Early Career Distinguished Research Award:** The editorial leadership of *BSM* periodically encounters a particularly outstanding article from an early career investigator. Such articles are characterized by a level of methodological maturity and importance of findings more commonly associated with accomplished senior scientists. *BSM* will honor research that satisfies these standards with the *Early Career Distinguished Research Award*. The award comprises featured recognition in the journal and invited commentary by a distinguished scholar on the merits of the research. This award reflects the Journal's interest in honoring outstanding early career scientists, encouraging high quality research, and elevating the visibility of particularly important research for the readership. To be eligible, the first author must be 5 years or less post Ph.D. (or post residency for physicians) at the time of submission and should indicate in the submission cover letter that he/she wishes to be considered for this award.

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