
Academically, he was a pioneer in our field. His contributions to sleep's scientific and clinical literature concerning insomnia remain required reading for sleep therapists. Arguably, Peter Hauri, Richard Bootzin, and Art Spielman launched modern nonpharmacological treatment for insomnia. They formulated sleep hygiene, stimulus control therapy, and sleep restriction therapy, respectively. Arthur also created the compass for navigating insomnia's intricacies. His 3P model (predisposing, precipitating, and perpetuating factors) provides invaluable direction for clinicians helping individuals reduce insomnia's burden and improving sleep health. In recognition of these accomplishments, the Sleep Research Society awarded him their Outstanding Scientific Achievement Award this past June.

Educationally, as a CUNY professor for 3+ decades, he taught undergraduate and graduate students about sleep medicine and sleep's importance to well-being. He was passionate about teaching and gave it his all. His students recognized his dedication and loved him for it. Many continued on in the field of sleep. Unlike some of my colleagues, who are occasionally wrong but never in doubt, Arthur was usually right but always left room for doubt, discussion, and revision. His intellectual humility and honesty were a breath of fresh air in the sometimes stuffy corridors of higher education. To recognize these rare qualities, the National Sleep Foundation awarded Arthur the Insomnia Educator Leadership Award in 2014.

On a personal level, Art was a gentle being who loved life. He treasured his friends. He loved playing guitar, and he wrote poems for special occasions. He was always ready for an adventure, and he was constantly thinking, theorizing, and exploring. His death is a great loss to our field. His death brings great sorrow to many of his students. He is and will continue to be greatly missed by his dear friends. Nonetheless, I suspect he, to quote Jackson Browne, would rather we were “dancing, dancing our sorrows away.” Or as Irving Berlin put it: “The song is ended, but the melody lingers on...”

Max Hirshkowitz