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In memoriam: Professor Avi Sadeh

Professor Avi Sadeh, a distinguished clinical psychologist and sleep researcher, died on September 19, 2016. Dr. Sadeh published over 150 scientific papers and book chapters on sleep assessment methods, pediatric sleep disorders, the connections between sleep and child cognitive and emotional development, and the role of parent cognitions in child sleep. Dr. Sadeh was sought out by many as a coinvestigator, mentor, and consultant.

Dr. Sadeh's seminal works on actigraphy have been cited thousands of times by other researchers and his Sadeh algorithm for sleep-wake classification is still used today. His early contributions to the validation of this key mode of assessing sleep in the home environment amounted to a paradigm shift in the nature and volume of data available to clinicians and researchers for understanding sleep and developing behavioral interventions. It is difficult to imagine the gaps in our knowledge of pediatric sleep that would exist, were it not for Dr. Sadeh's contributions to best practices in ambulatory sleep assessment over the past several decades.

Dr Sadeh's work addressed sleep in children with varied health conditions and included cross-cultural comparisons. His broad, systems approach to understanding infant sleep was elucidated in his development and validation of the transactional model of infant sleep. In alignment with the model, he made important contributions to our understanding of parenting interactions and infant sleep, leading to development of several measurement tools such as the widely used Brief Infant Sleep Questionnaire.

The importance of Dr. Sadeh's study of the effects of sleep restriction or extension on neurobehavioral functioning in school-age children cannot be overestimated. Demonstrating that a reduction in sleep of only an hour across three nights resulted in decrements in cognitive performance in children provided empirical evidence for the importance of sleep to children's health and socio-emotional development.

Dr. Sadeh served as a mentor to many trainees and early career clinicians and researchers, both formally and informally. Dr. Sadeh's initiation of the international PEDSLEEP listserv as a forum for discourse amongst clinicians and researchers about sleep in infants and children is just one exemplar of his enacted belief in sharing ideas and furthering science through collaborations.

Two years after his death Dr. Sadeh's impact continues, with work still being published bearing his name and symposia in his memory occurring at sleep conferences and universities around the world. Dr. Sadeh's many contributions will inform the work of sleep researchers and clinicians, in Canada and elsewhere, long into the future. Many have been motivated by his dedication to improving sleep for children and families, and his generosity of spirit with trainees and colleagues will live on in those he supported and inspired.

Conflict of interest

The ICMJE Uniform Disclosure Form for Potential Conflicts of Interest associated with this article can be viewed by clicking on the following link: <https://doi.org/10.1016/j.sleep.2018.11.006>.

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