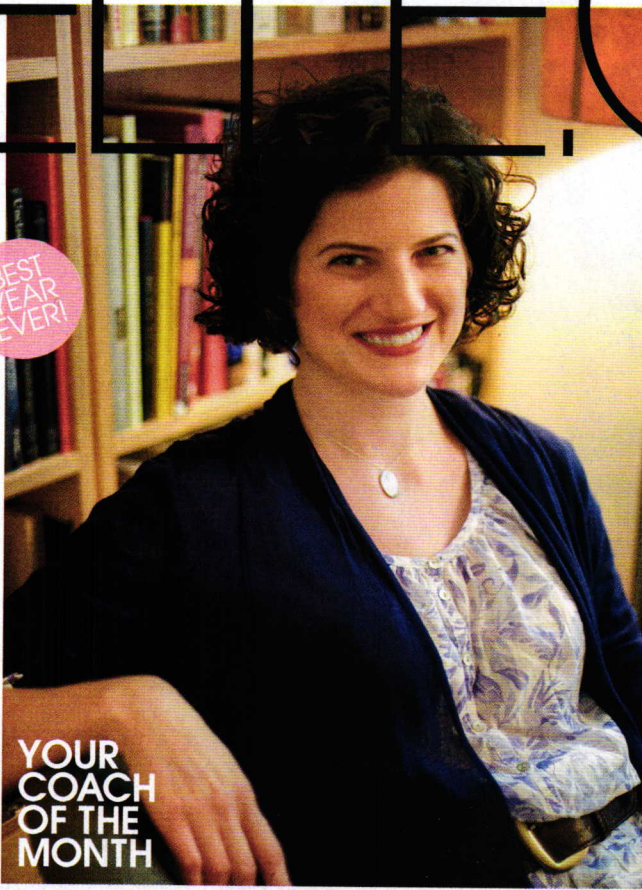


BEST YEAR EVER!



YOUR COACH OF THE MONTH

## JANET KENNEDY

The sleep doctor is in. Visit ELLE.com this month and let our July coach lower your stress, up your productivity, and help you get a truly *bonne nuit*

"I can't go to a dinner party and tell people what I do," Janet Kennedy, PhD, says. She's a specialist in the world's most popular in-bed activity: sleep. And with more than 60 million Americans suffering from a lack of rest, "everyone has a sleep story."

The St. Louis-born Kennedy, who earned her PhD in clinical psychology from New York University, became interested in sleep disorders while completing her clinical degree at the Manhattan Veterans' Affairs hospital, where she took

a full-time position after graduating in 2002. Once on staff, she developed a cognitive behavioral therapy sleep program based on a treatment manual by Charles Morin, PhD. Almost instantly, insomniacs who followed her program became less dependent on medication—the rapid change a pleasant rarity in the slow-results world of clinical psychology.

A few years later, in 2008—by then married to a *New York Times* journalist and the mother of a three-year-old—Kennedy was using the

program on her own young family and regularly passing out tips to friends. She decided to make the jump to private practice. Now, at her offices in Manhattan and Park Slope, Brooklyn, Kennedy treats patients ranging from recent grads dependent on sleeping pills to frazzled parents sleep-training their babies, and her first book, *The Good Sleeper: The Essential Guide to Sleep for Your Baby (and You)*, was released early this year.

Kennedy begins the treatment with sleep tracking, which can help pinpoint disruptive biological factors, like hormone fluctuations; just taking a step back to notice a pattern often serves as the first step toward stress relief, contributing to a sounder night's rest. Then, week by week, Kennedy walks her patients through the multistep program. She addresses anxieties about sleep performance (shooting for eight hours, say, when we might need only six or seven) and helps patients improve "sleep hygiene"—a blanket term for habits like caffeine use, exercise, and screen time—with behavioral changes ranging from turning cell phones off at night to only getting in bed when you're really tired. With Kennedy's careful modifications, "we'll see improvement within three to four sessions," she says. "That's just incredible."

"This is not brain surgery," Kennedy says. "But behavioral change is hard." This month, let Kennedy lend a hand. Sweet dreams. —*Keziah Weir*

### ZOMBIE NO MORE

For sometimes toss-and-turners to full-blown insomniacs, Kennedy is here to help



JULY 6

#### Quick Change

Let Kennedy reorient your sleep expectations. Mind this post and you'll have the best zzz's in town.



JULY 13

#### Thought Racer

Can't shut your brain off at night? Check out this lesson in behavioral strategies to right that wrong.



JULY 20

#### Tune-Up

Fixes for five common sleep mistakes, including bedtime routines that will have you sleeping like a baby (who's been trained by Kennedy).



JULY 27

#### Nap Time

Sometimes your brain and body need a recharge. Here, Kennedy lists the dos and don'ts for daytime dozing.

Clockwise from top left: Carol Dronsfield; Alfonso Pagano/Getty Images; ZenShu/FredERIC Cirou/Getty Images; Craig Dingle/Getty Images; Brand New Images/Getty Images; Multi: Angela Pharm/BFA NYC.com



The Spot-On Satirist Award  
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The Seth MacFarlane scribe and ELLE.com cartoonist's feed is quirky, insightful, and takes-a-beat clever.