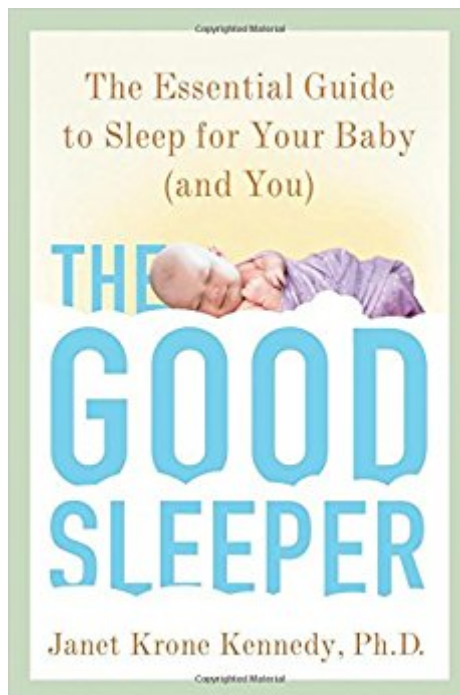




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# The Good Sleeper: The Essential Guide To Sleep For Your Baby--and You



## Synopsis

A refreshingly straightforward method for training infants to become great sleepers for life, inspired by clinical psychologist Janet Kennedy's popular psychotherapy practice, NYC Sleep Doctor. Cry it out or co-sleep? Bassinet or swing? White noise machine or Bach? How many hours anyway? For something so important, there's too much conflicting information about how best to get your baby to sleep through the night and nap successfully during the day. This book is a straightforward, no-nonsense answer to one of the biggest challenges new parents face when they welcome a brand new baby home. This book is written for exhausted parents, giving them immediate access to the information they need. Reassuring and easy to understand, Dr. Kennedy addresses head-on the fears and misinformation about the long-term effects of crying and takes a bold stand on controversial issues such as co-sleeping and attachment parenting. With polarizing figures and techniques dominating the marketplace and spawning misinformation across the internet, Dr. Kennedy's methods and practices create an extensively researched and parent-tested approach to sleep training that takes both babies' and parents' needs into account to deliver good nights and days of sleep, and no small dose of peace of mind. The Good Sleeper is a practical, empowering and even entertaining guide to help parents understand infant sleep. This research-based book will teach parents the basics of sleep science, determine how and when to intervene, and provide tools to solve even the most seemingly impossible sleep problems.

## Book Information

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## Customer Reviews

“Dr. Kennedy has written a smart, readable book that will have parents feeling empowered about a time when most have felt powerless- at three in the morning, the baby’s screaming, and they haven’t slept in two days. The Good Sleeper is an instant classic that will be at the bedside table of every parent.”

— Ashley Merryman, coauthor of *NurtureShock: New Thinking about Children*

“The Good Sleeper gives new parents the thing they most covet--a good night’s sleep. Though sleep advice abounds from well-meaning friends and relatives, it is often conflicting or confusing. Dr. Kennedy has a simple, straightforward approach that makes the most daunting sleep problem manageable, and delivers the information concisely so that even the most exhausted parent will be able to benefit from her wisdom.”

— Roshini Raj, MD, Assistant Professor of Medicine at NYU School of Medicine, and author of *What the Yuck?! The Freaky and Fabulous Truth About Your Body*

“Backed up by research and common sense, The Good Sleeper is a must-read for all new parents. From the moment you read Kennedy’s book you feel as if you’re in great hands. Her clear, no-nonsense approach gives parents the knowledge and courage to teach their babies this all-essential first task-- how to sleep.”

— Robin Berman, MD, Psychiatrist, associate professor at the David Geffen School of Medicine at UCLA, and author of *Permission to Parent: How to Raise Your Child With Love & Limits*

Janet Kennedy, Ph.D is a clinical psychologist who spent eight years at the Manhattan Veterans Affairs Medical Center where she developed the Sleep Disorders Treatment Program. She is the founder of the successful consultation and psychotherapy practice NYC Sleep Doctor, has been featured on CBS This Morning and has been quoted in Parents Magazine, NY Press, Redbook, and the Encyclopedia Britannica website. Dr. Kennedy lives in Brooklyn, NY with her husband and two children.

Let me preface this review by saying that I read ALL the baby sleep books (and I mean ALL the baby sleep books) while expecting our baby boy, and I should have stopped after this one. It’s a bit unfair to say that this is just a ‘cry it out’ manual, as we found that by following her sleep advice from day 1, we were able to raise a good sleeper who naturally slept through the night from 13 weeks. The introductory sections on baby endocrinology and the physiology of baby sleep were extremely helpful, and the entire book is clear and well written with easy to follow advice. I’ll be recommending this book to my friends expecting babies.

Good summary and written in a straightforward, non judgemental and practical manner. Arrived on a Sunday! I read it in 2 hrs. Really helped us get our sanity back.

I can't praise the methods Krone Kennedy recommends highly enough; they have been incredibly effective for our 3-month old (now sleep trained!) son. Four days ago, our son couldn't fall asleep unless he was in our arms, couldn't be transferred to his crib unless he had been asleep in our arms for at least 20 minutes, and couldn't stay asleep in his crib un-swaddled for more than 15 minutes before he would wake himself with his startle reflex, unable to go back to sleep without starting the whole soothing process all over again. We went all in on the extinction (cry-it-out) method as soon as our son was able to roll over and therefore could no longer be swaddled. By the fourth night of sleep training, he went down in his crib unswaddled at 6:45p sleepy but awake, fell asleep within 5 minutes with zero fussing, and slept through the night until we collected him happy and awake in his crib at 6a. I should also add that we generally followed the 'baby shouldn't be awake for more than 90 minutes at a time' rule from birth through 12 weeks, and it made for a happy, well-rested infant. Seriously, get this book!

Parents looking for a quick read on getting your baby to sleep, this is for you. It will give you confidence that your baby will sleep.

amazing book... got our 4 month old to nap better and have a set bed time.

Great book! Everything she writes makes so much sense and it's easy to follow her guidelines to get your child to sleep through the night. I had a fussy baby who was waking up 3 times a night. I started sleep training at 6 weeks, at 8 weeks he was waking up once a night and at 10 weeks he was sleeping completely through the night. I really enjoyed reading the real-world examples and how the parents overcame each of their issues.

This book was great. I couldn't afford a sleep consultant for my baby. She slept on me until 7 months old. I was exhausted and felt I couldn't be a good mommy anymore because I was too exhausted. I read Janet's book and now she is sleeping in her crib! She is also getting better sleep herself! This book works because Janet makes the plan easy and simple. She is also incredibly honest about what actually works and why it works. She explains the value of baby's who can sleep on their own! I highly recommend to anyone struggling!

As a new parent I find that how parents decide to help their children learn to sleep and self soothe seems to be based more on opinion/personality than hard science. This book advocates cry-it-out. If you find this method inhumane, skip this book. There are many other titles out there that offer "no cry" advice. If however you're already considering CIO, this book provides clear, straightforward instruction based the author's personal experience as a mom, as a sleep consultant working with families, and as a health professional. For those who like data, she devotes a whole chapter to research about the physical and psychological effects of CIO (spoiler: there are no negative effects!). I also like that she spends time talking about parent self care and that, as parents, our sleep and mental health matters, too. We used this book to sleep train our daughter at 2.5 months. She's now 18 months and sleeps 10.5-11 hours a night. Highly recommended.

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