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# THE RADAR HEALTH

BY TASHA NITA ADAMS



CRASH OUT: A new wave of innovative sleep therapies is helping L.A. night owls doze off.

## THE SANDMAN COMETH

*Nighttime can't be all about boozing. Hell-raising insomniacs might wanna give snoozing a try with one of these A-list sleep gurus*

In a city that spins on the axis of celebrity, it's no wonder late-night antics (illicit and otherwise) often wreak havoc on the constitutions of party people. For some, full-fledged detox is in order. For many others—particularly those among the 40 million insomniacs nationwide—rehabilitation simply means catching some desperately needed ZZZs. Thankfully, popping benzos isn't the only salvation available these days: Creative new sleep therapists are turning up all over town.

The snooze-deprived can now pay a visit to Beverly Hills clinical psychologist Orli Peter, who's the first in SoCal to offer Brain Music Therapy. Although the treatment sounds bewildering, it's surprisingly straightforward: The process starts with a five-minute, non-invasive EEG to record the patient's brain waves, which are then converted into customized musical sounds, much like classical piano. A few weeks later, patients receive a CD with two files reflecting their brain wave patterns in relaxed and active states. The idea is for the brain to respond to its own "music," thus promoting either restfulness (when listening to the "relaxing" file) or alertness (upon hearing the "activating" file).

Patients can experience improved results—including less anxiety sometimes—in as little as 10 days, with a marked change in three months, according to Peter, who's just one of 15 practitioners in the country trained in the therapy.

In the last year (since learning the treatment from New York psychiatrist Galina Mindlin, who brought the therapy from Moscow to the U.S. in 2004), Peter has already worked with more than a hundred patients. "[One patient] was on a cocktail of pills," she notes, "and after

two weeks she asked her doctor for less medication. A couple months later, she even flew for the first time in 20 years."

Meanwhile, Janet Kinoshian, author of *The Well-Rested Woman*, recently started taking one-on-one appointments to share her experiences beating insomnia and her psychotherapy know-how (she has a master's in counseling psychology from Loyola Marymount). Kinoshian starts with an initial consultation or an exhaustive questionnaire covering everything from sleeping habits to bedroom contents. She can then work it into a Six-Week Sleep Makeover Program, including dream analysis and personalized methods from her book (e.g., avoiding stimulating foods). But if you're seeking the fast track to lights-out, Kinoshian is quick to point out the complexity of dozing: "Much like nutrition and weight control, everyone wants instant results, but losing 75 pounds takes time and effort. It's the same thing with sleep. It happens with focus and commitment."

As for the Britneys of the world, whose tots can keep them up long after the party is over, L.A.-based psychotherapists Jennifer Waldburger and Jill Spivack are here to help. The two created the book and CD *The Sleepy Solution* and have since been helping celebs like Ben Stiller and Greg Kinnear get their mini-mes to go beddy-bye. "Babies quickly learn how to become good sleepers," Waldburger explains, "when parents change the way they respond when baby wakes." According to the pros, if parents remove toys from the crib and install white noise (a fan or purifier should do it), they'll see minimal tears and get much more rest.

Because, regardless of what you see on TMZ, even the heartiest partier needs to get shut-eye at some point. ▣