

## Pink noise can help with sound sleep

Run time - :37

### ANCHOR LEDE:

Here's something new to try if you want to sleep better and, in turn, have better heart health: pink noise. Tim Ditman of OSF HealthCare has more.

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### NAT SOUND: PINK NOISE

Pink noise includes all frequencies, but the high ones are dampened. Examples include waves hitting the shore, leaves rustling in the trees and rainfall.

Doctor Abraham Kocheril, an OSF HealthCare cardiologist, says one study found deeper sleep with pink noise.

\*\*\*SOT\*\*\*

Dr. Abraham Kocheril (COACH-er-ul)  
OSF HealthCare cardiologist

**"People who don't sleep well tend to have more anxiety and heart rhythm disturbances. Sometimes you can diminish things like atrial fibrillation [an irregular heartbeat] by sleeping well or getting more sleep."  
(:17)**

I'm Tim Ditman.

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### ANCHOR TAG:

You can pull up a smartphone app or YouTube video to give pink noise a try.