

Pink noise can help with sound sleep

ANCHOR LEDE

Here's something new to try if you want to sleep better and, in turn, have better heart health: pink noise.

TAKE VO

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)**

VO TAG

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