

Pink noise can help with sound sleep

*****SOT*****

Dr. Abraham Kocheril (COACH-er-ul)

OSF HealthCare cardiologist

“A study showed people get deeper sleep with pink noise. One of the important things about deep sleep is that’s when you lay down memories.” (:09)

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“[Pink noise] could be a healthier way to sleep. It could reverse some of the trends in society.” (:05)

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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)