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)

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

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

***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)