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## South Carolina State Parks

at 19:45:10 on 5/07/2021 UTC · 🌐

Let us help you sleep better.....come camp with us! <http://www.latimes.com/science/sciencenow/la-sci-sn-camping-better-sleep-20170202-story.html> Make your reservations: <http://southcarolinaparks.reserveamerica.com/>



### How to reset your body clock — and get better sleep — with hiking boots and a tent

Are you sick of going to bed late and waking up tired? Then grab your hiking boots and a tent. A new study suggests that a couple days of camping in the great outdoors can reset your circadian clock and help you get more sleep.



**Chandra Black** Jonah Sherley

at 2:16:04 on 2/04/2017 UTC