

**BIG IDEA**

## Furniture you can grow

Why buy lawn furniture when you can grow it? That's the idea behind TERRAI, a line of cardboard skeletons from Italy-based Studio Nucleo that can be filled with dirt, covered with grass seed and—in as little as two months—transformed into backyard seating. The frame ships flat with assembly instructions, and prices start at \$280 for an adult-size armchair like the one below. This is a streamlined version of a product the studio introduced in 2000 but had to scrap because of high production costs; components are now laser-cut to be smaller and easier to assemble.—*Julia Zorthian*



**VIEWPOINT**

## Why we should watch our internal clocks

By **Michael J. Breus**

IN OUR RELENTLESS QUEST TO LIVE healthier, happier, more productive lives, we often overlook a powerful tool within us: our internal sense of timing. The human body is genetically designed to coordinate the “when” of almost all aspects of life—sleep, work, sex, even having fun. And we’re all wired differently. People with certain lengths of PER3 genes prefer morning activity, while those with other lengths prefer activity later on.

Historically, those differences allowed humans to divide tasks by what they were best suited to. But that’s no longer true in an age when artificial light and long-distance travel allow us to divorce ourselves from solar days and nights. Today the timing of our daily events often unfolds with little or no regard for our natural rhythms. This can be annoying,

and also unhealthy. Research has shown a connection between misaligned bio times and diseases including obesity and cancer.

There’s no easy solution. But simply being aware of your personal clock can help you find the best times for exercise, socializing and even important conversations. In general, it’s best to broach serious topics around 5 p.m., because people tend to be in a better mood in the early evening. By 11, though, they tend to be tired, making a heated discussion—and not its resolution—more likely to end up in their long-term memory. These changes might be small, but they can have a transformative effect on health and well-being.

*Breus is a board-certified sleep specialist and the author of *The Power of When**

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### DATA THIS JUST IN

A roundup of new and noteworthy insights from the week’s most talked-about studies:

1

#### SOCIAL MEDIA CAN BOOST YOUR MEMORY

A study from Cornell University found that people who posted about events online were more likely to remember those events over time, regardless of how significant they were.

2

#### MOST DEPRESSED PEOPLE AREN'T GETTING PROPER TREATMENT

Analysis of a survey of over 46,000 adults published in *JAMA Internal Medicine* found that less than a third of people who said they were depressed had been treated for their symptoms and that many others who were on antidepressants weren't receiving the appropriate dosage.

3

#### MOST PROSTATE-CANCER TREATMENT DOESN'T SAVE LIVES

A landmark study found no difference in survival in men who chose active surveillance—monitoring with no treatment—as opposed to surgery and radiation, which can come with severe side effects. Even though their cancer appeared to progress, men who decided to forgo treatment were no more likely to die of the disease after 10 years.