

## PAIN-FREE PERCOLATION

Love your morning joe, but hate the heartburn? Brew a gentler pot: **Dark-roasted coffee stirs up less stomach acid than lighter brews do**, a new study from Germany reveals. When the scientists immersed human stomach cells in regular coffee and then in darker brews, they found that the dark roasts triggered the release of much less stomach acid. The researchers think the acid-blocking properties may come from N-methylpyridinium, a compound in coffee that increases with roasting. Try sipping French and Italian roasts, both of which are rich in the compound.

# 13

NUMBER OF MILLIGRAMS OF CAFFEINE IN AN AVERAGE 16-OUNCE CUP OF STARBUCKS DECAFFEINATED COFFEE

Source: Journal of Analytical Toxicology

## SIDE-SWIPED

Beach season may be almost behind you, but skin cancer still isn't in your rearview mirror. **UVA rays can penetrate auto glass and cause cancer**, Saint Louis University scientists say. In a review of more than 1,000 skin-cancer cases, they found that 56 percent of head and neck cancers in men were on their left (or driver's) side. "Men with thinning hair should also worry about exposure through sunroofs," says study author Suzy Butler, M.D. Before driving, apply a sunscreen with broad-spectrum UVA/UVB protection, such as Anthelios 40 ([laroche-posay.us](http://laroche-posay.us)).

## DEFEND YOUR DRUMS

Roughly one in six of us may suffer hearing loss from everyday noise, the National Institutes of Health reports. In fact, you may not even realize that the stealth sound traps below are assaulting your ears, says Terri Shaw, CCC-A, a senior audiologist at New York University.



## BONE TIRED

If you toss and turn all night, your penis may not rise and shine either. **That's because poor REM sleep can weaken your erections**, according to a new study in the journal *Sleep Medicine*. Researchers found that men with reduced REM sleep—the dreaming stage—were 77 percent more likely to report erectile trouble than men with normal sleep cycles. One theory: A shortage of REM sleep may inhibit the nightly spike in testosterone that's needed for healthy penile tissue. Drink a glass of whole milk before bed; the choline will help produce acetylcholine, a neurotransmitter that promotes REM sleep.

Photograph by JAMIE CHUNG, prop styling: Ariana Salvate

ON OUR RADAR

### Secondhand sadness

Hanging around smokers may mess with your mind. University College London researchers recently found that nonsmokers with high exposure to secondhand cigarette smoke were more likely to be hospitalized for depression, schizophrenia, or other psychiatric conditions than those with low exposure. Until further research clarifies the connection, protect your lungs and your brain from the nicotine fiends.