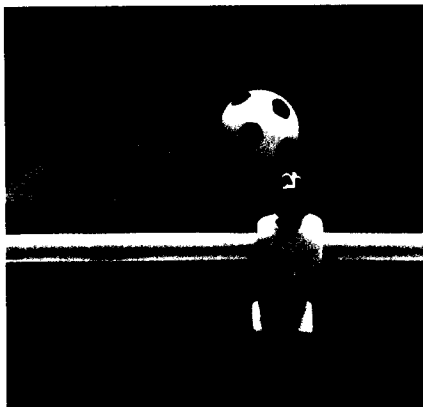


INSIGHTS

IN • BRIEF Keep your mouth shut, stay where you are, and whatever you do don't look at the clock.

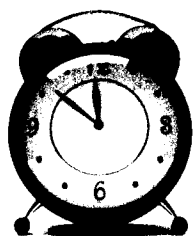
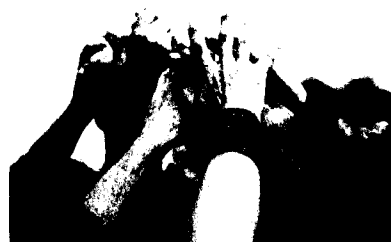
Quick, Don't Move!

PHOTOS OF SOCCER penalty kicks invariably catch goalies doing their best Superman impressions—often sailing away from the ball. A study reveals that the optimal goalkeeper strategy is to stay centered—at least until kickers switch their strategies, too. So why don't they? Unlike most situations, the researchers say, goalies feel more guilt for failure after inaction than after action.



In Groups We Trust

GROUPS ARE LESS trusting than individuals, but they're just as worthy of the trust of others, a recent study suggests. In a money-lending game, teams expected less reciprocation from their lenders than single players did, but offered just as much in response to the investments of others.



PUTTING WORRY TO BED

ALARM CLOCKS CAN be the insomniac's worst enemy. For both good and poor sleepers, clock-watching fuels excessive worry about not being able to fall asleep, pushing back sleep onset. It also causes them to overestimate the time it takes to doze off, causing further stress and still more lost sleep. It all adds up to a vicious cycle.

The Bible Belt Illusion

FORGIVENESS ISN'T THE only thing religion preaches. Religious faith also promotes acceptance of one's body. A Cornell University study finds that religious adherents are less likely to perceive themselves as overweight. Jewish women are the exception: They are more likely to overestimate their body weight. Pass the matzo balls.



Political Dreams

A new study shows that political conservatives have less fantastical dreams, sleep more soundly, and experience fewer nightmares than liberals, perhaps because conservatives are more strongly anchored in the here and now.

of MBA students cheat, versus 47% in other grad disciplines

TOO MUCH INFORMATION

THINK WITHHOLDING YOUR true emotions will doom your relationship? A recent study shows that socially anxious people can actually improve romantic closeness by putting a lid on their reactions, which often take the form of hostility or withdrawal. For the more self-assured, it's better to open up, which heightens intimacy.



PHOTOS: GERALD HERBERT/AP (POLITICAL DREAMS); ISTOCKPHOTOS.COM (ALL OTHERS)