



# Lights Out: Sleep, Sugar, and Survival

By T. S. Wiley

Download now

Read Online 

## Lights Out: Sleep, Sugar, and Survival By T. S. Wiley

When it comes to obesity, diabetes, heart disease, cancer, and depression, everything you believe is a lie.

With research gleaned from the National Institutes of Health, T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired. Diabetes, heart disease, cancer, and depression are rising in our population. We're literally dying for a good night's sleep.

Our lifestyle wasn't always this way. It began with the invention of the lightbulb.

When we don't get enough sleep in sync with seasonal light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since day one. This delicate biological rhythm rules the hormones and neurotransmitters that determine appetite, fertility, and mental and physical health. When we rely on artificial light to extend our day until 11 p.m., midnight, and beyond, we fool our bodies into living in a perpetual state of summer. Anticipating the scarce food supply and forced inactivity of winter, our bodies begin storing fat and slowing metabolism to sustain us through the months of hibernation and hunger that never arrive. Our own survival instinct, honed over millennia, is now killing us.

Wiley and Formby also reveal:

- That studies from our own government research prove the role of sleeplessness in diabetes, heart disease, cancer, infertility, mental illness, and premature aging
- Why the carbohydrate-rich diets recommended by many health professionals are not only ridiculously ineffective but deadly
- Why the lifesaving information that can turn things around is one of the best-kept secrets of our day.

*Lights Out* is one wake-up call none of us can afford to miss.



[Download Lights Out: Sleep, Sugar, and Survival ...pdf](#)

 [Read Online Lights Out: Sleep, Sugar, and Survival ...pdf](#)

# **Lights Out: Sleep, Sugar, and Survival**

*By T. S. Wiley*

## **Lights Out: Sleep, Sugar, and Survival By T. S. Wiley**

When it comes to obesity, diabetes, heart disease, cancer, and depression, everything you believe is a lie.

With research gleaned from the National Institutes of Health, T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired. Diabetes, heart disease, cancer, and depression are rising in our population. We're literally dying for a good night's sleep.

Our lifestyle wasn't always this way. It began with the invention of the lightbulb.

When we don't get enough sleep in sync with seasonal light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since day one. This delicate biological rhythm rules the hormones and neurotransmitters that determine appetite, fertility, and mental and physical health. When we rely on artificial light to extend our day until 11 p.m., midnight, and beyond, we fool our bodies into living in a perpetual state of summer. Anticipating the scarce food supply and forced inactivity of winter, our bodies begin storing fat and slowing metabolism to sustain us through the months of hibernation and hunger that never arrive. Our own survival instinct, honed over millennia, is now killing us.

Wiley and Formby also reveal:

- That studies from our own government research prove the role of sleeplessness in diabetes, heart disease, cancer, infertility, mental illness, and premature aging
- Why the carbohydrate-rich diets recommended by many health professionals are not only ridiculously ineffective but deadly
- Why the lifesaving information that can turn things around is one of the best-kept secrets of our day.

*Lights Out* is one wake-up call none of us can afford to miss.

## **Lights Out: Sleep, Sugar, and Survival By T. S. Wiley Bibliography**

- Sales Rank: #65804 in Books
- Brand: Wiley, T. S./ Formby, Bent, Ph.D.
- Published on: 2001-03-01
- Released on: 2001-03-01
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 1.00" w x 5.31" l, .68 pounds
- Binding: Paperback
- 368 pages



[Download Lights Out: Sleep, Sugar, and Survival ...pdf](#)

 [Read Online Lights Out: Sleep, Sugar, and Survival ...pdf](#)

## Download and Read Free Online Lights Out: Sleep, Sugar, and Survival By T. S. Wiley

---

### Editorial Review

#### From Library Journal

This fascinating, thought-provoking study discusses the central role of sleep in our lives. After probing the scientific literature, Wiley and Formby, researchers at the Sansum Medical Research Institute, conclude that "the disastrous slide in the health of the American people corresponds to the increase in light-generating night activities and the carbohydrate consumption that follows." Our internal clocks are governed by seasonal variations in light and dark; extending daylight artificially leads to a craving for sugar, especially concentrated, refined carbohydrates that, in turn, cause obesity. More seriously, lack of sleep inhibits the production of prolactin and melatonin--deranging our immune systems and causing depression, diabetes, heart disease, and cancer. The authors prescribe sleeping at least nine and a half hours in total darkness in the fall and winter and switching to a diet low in carbohydrates and high in protein, vegetables, and healthy fats. They support their arguments with 100 pages of notes and by tracing the progression of disease from hunter-gatherers to our high-tech society. Despite its somewhat strident, all-knowing tone, this illuminating work is highly recommended for academic and public libraries.

---*Ilse Heidmann, San Marcos, TX*

Copyright 2000 Reed Business Information, Inc.

#### From Booklist

The lightbulb put us out of sync with nature. Way back when, people spent the summer sleeping less and eating heavily in preparation for winter because light triggers the hunger for carbohydrates. Now, with light available 24 hours a day, we gulp down food all year long. So, Wiley and Formby assert, it is light, not what we eat or whether we exercise, that causes obesity--and diabetes, heart disease, and cancer. Indeed, eating bacon, ham, butter, and eggs for breakfast doesn't impair health, and exercise can make you fat. If we considered our waking periods as equivalent to the long days of summer and the short ones of winter, we would avoid those health problems. Wiley and Formby offer three steps for improvement, but they aren't optimistic, because the light-driven speed and intensity of contemporary life may be too much to overcome. Still, try, first, plugging the leaks in your psyche; then, because you will have lost weight, resisting carbohydrates; and, finally, swallowing a few pills and helpful foods. *William Beatty*

#### About the Author

T.S. Wiley and Bent Formby, Ph.D., are researchers who worked together at the Sansum Medical Research Institute at Santa Barbara, California, the site of cutting-edge diabetes research since insulin was first synthesized there in the 1920s. T.S. Wiley is an anthropologist and medical theorist with a background in investigative journalism, currently working in medical research with a special interest in endocrinology/evolutionary biology. Bent Formby holds doctorates in biochemistry, biophysics, and molecular biology. Their research has been presented at national and international medical conferences, and in scientific journals.

### Users Review

#### From reader reviews:

##### Michelle Porter:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a

move, shopping, or went to typically the Mall. How about open or maybe read a book allowed Lights Out: Sleep, Sugar, and Survival? Maybe it is being best activity for you. You recognize beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with the opinion or you have various other opinion?

**Helen Rios:**

This book untitled Lights Out: Sleep, Sugar, and Survival to be one of several books that best seller in this year, that is because when you read this guide you can get a lot of benefit onto it. You will easily to buy this particular book in the book store or you can order it by using online. The publisher of this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Touch screen phone. So there is no reason for your requirements to past this e-book from your list.

**Victoria Owen:**

Reading can called thoughts hangout, why? Because while you are reading a book specifically book entitled Lights Out: Sleep, Sugar, and Survival your brain will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can be your mind friends. Imaging each and every word written in a e-book then become one contact form conclusion and explanation that will maybe you never get before. The Lights Out: Sleep, Sugar, and Survival giving you one more experience more than blown away your mind but also giving you useful facts for your better life on this era. So now let us present to you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary investing spare time activity?

**Sally Kim:**

As a university student exactly feel bored to be able to reading. If their teacher questioned them to go to the library or to make summary for some book, they are complained. Just tiny students that has reading's heart and soul or real their passion. They just do what the professor want, like asked to the library. They go to at this time there but nothing reading critically. Any students feel that looking at is not important, boring along with can't see colorful photographs on there. Yeah, it is to get complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. So , this Lights Out: Sleep, Sugar, and Survival can make you experience more interested to read.

**Download and Read Online Lights Out: Sleep, Sugar, and Survival  
By T. S. Wiley #F5W63TL7HMP**

# **Read Lights Out: Sleep, Sugar, and Survival By T. S. Wiley for online ebook**

Lights Out: Sleep, Sugar, and Survival By T. S. Wiley Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Lights Out: Sleep, Sugar, and Survival By T. S. Wiley books to read online.

## **Online Lights Out: Sleep, Sugar, and Survival By T. S. Wiley ebook PDF download**

**Lights Out: Sleep, Sugar, and Survival By T. S. Wiley Doc**

**Lights Out: Sleep, Sugar, and Survival By T. S. Wiley Mobipocket**

**Lights Out: Sleep, Sugar, and Survival By T. S. Wiley EPub**