



Lights Out: Sleep, Sugar, and Survival

By T. S. Wiley

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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.

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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*

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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:

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