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If you sleep at night for the number of hours it would normally be dark outside, you will only crave sugar in the summer, when the hours of light are long. It is the "perennial adaptation," or the chronic, constant intent to hibernate, that causes overconsumption of carbohydrates and obesity and its attendant high blood pressure, high cholesterol, and inevitable heart failure.

**Amazon.com: Lights Out: Sleep, Sugar, and Survival ...**

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Lights Out: Sleep, Sugar, and Survival was one of the first books I read about the power of sleep. I read it when it first came out in 2002 after it was suggested to me by a friend. I finished it again recently and the information in this book is still as relevant as it was back then.

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

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### **Lights Out: Sleep, Sugar, and Survival - Better World Books**

Published back in 2000, "Lights Out" is an ambitious book that was remarkably ahead of its time. The main recommendations are to sleep more (in total darkness), and to avoid sugar as much as possible. The complicated hypothesis is that LAN (light at night) has profound effects on human health as summarized

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below in 1-4: 1.

## **Amazon.com: Lights Out: Sleep, Sugar, and Survival eBook ...**

Lights Out: Sleep, Sugar, and Survival by T. S. Wiley is an amazing book right up until the end. Readers of this site already know that I am convinced of the evolutionary fitness and nutrition argument. Although my science background is limited (self taught), it makes sense to me.

## **Lights Out: Sleep, Sugar and Survival - Critical MAS**

Get this from a library! Lights out : sleep, sugar, and survival. [T S Wiley; Bent Formby] -- "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 ...

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

Lights Out contains some sound, common-sense advice: get more sleep, eat less sugar and carbohydrates, drink plenty of water, stay away from artificial fats. It also contains a lot of bizarre conspiracy theories, overblown claims, and sociobiological rhetoric about evolutionary winners and losers.

### **Amazon.ca:Customer reviews: Lights Out: Sleep, Sugar, and ...**

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Even if you don't fully wake up, the sugar in your system can pull you out of a deep sleep, making you feel exhausted the next day. On top of that, consuming too much sugar during the day can lead to an energy crash. Eating lots of sugar reduces the



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activity of what are called orexin cells. As a result, you're going to feel pretty sleepy.

### **How Eating Sweets Affects Your Slumber and Energy | Sleep.org**

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

I read Lights Out – Sleep, Sugar and Survival (by T.S. Wiley with Brent Formby) because Robb Wolf kept relentlessly quoting it in his podcasts: “Sleep as much as you can without getting divorced or fired.” To which Robb has added: “And if either the job sucks or the marriage is dodgy, then maybe those are worth shelving.”

### **Book Review: Lights Out: Sleep, Sugar, and Survival by T.S ...**

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.

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