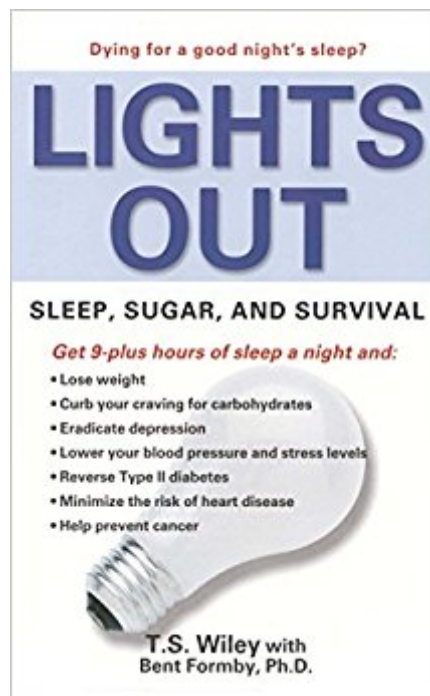


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# Lights Out: Sleep, Sugar, And Survival



## Synopsis

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.

## Book Information

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## Customer Reviews

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. --This text refers to an out of print or unavailable edition of this title.

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 --This text refers to an out of print or unavailable edition of this title.

The essence of this book is obviously very important. It's refreshing to see an author present an overview of our fundamental biology. I think this is a very important line of thought, deserving of further research effort and development. Wiley has done us all a great service by putting this out

there.

Wiley again gives us a lot of great and relevant information. However, like her book *Sex, Lies and Menopause* she continuously repeats herself to the point of monotony. The information is excellent. The delivery could be much more concise.

Great stuff, the insight provided on the effect of electricity and light changing the natural evolutionary path of humans was eye opening to say the least. Lots of hormonal science but I really appreciated the humor and contemporary cultural references

This was a very eye opening book (no pun intended) and made me really want to make some sleep changes in my life. I highly recommend it.

High Extraction Full Color Home LED Lighting LCC recommends this book as it fits the science that came after it's publishing a decade and a half latter. We sell LED lighting and associated hardware with a life philosophy to allow for melatonin suppression and release in accordance to maintain a healthy human circadian rhythm. We sell violet based (not blue based) white LEDs, compatible fixtures, blue blocking shields and glass wear, and melatonin home test kits. To see an example of how a disrupted sleep cycle can weaken the body, view specifically how a disrupted sleep cycle is used to sensitize retinal cells to light toxicity and death, google "Improved Design and Fabrication of Light Toxicity Chamber used for Light Induced Retinal Degeneration in Mice". Go right to the pictures of the microscopic slides showing a gutted retina after moderate light exposure.

I had no expectations regarding this book. Found it informative and helped me better understand why my body was responding as it did. I have shared it with several people.

This is a great read - and fun and easy to understand - and the humor is fabulous - light is everything as is our circadian clock that keys off of it -

I have discovered this book by Wiley to be rather a fascinating read but the author was coming to this matter from purely a perspective of evolutionary biology, which I don't think is entirely accurate. However, this book has proved to be quite enlightening. I just found it interesting that most illness and cancers were started when the lightbulb was invented - and how now everyone has

accepted using lights at night without thinking how it would affect their overall health. The idea of sleeping 8 full hours with everything turned off (without any light visible) - to be in a complete darkness - became a vital importance for our immune system. The main point of this book is that we suffered from light poisoning at night, due to a number of artificial light and lack of understanding of our bodies' seasonal sleep pattern. All of this leads to disorders and disease like obesity, cancer, bipolar, etc. And, it encourages us to sleep in a total darkness to improve our immune systems. Since I read this book, I have put into practice of the suggestion of sleeping in a total darkness. I first found myself of having extremely vivid and highly emotional dreams, such as being eaten alive by piranhas. Now, I cannot get a proper sleep with any single light being visible. It has now become crucial for me to sleep in a total darkness and to feel refreshed the next day - never before did I felt better. This book is a life-saving for me, but if one chooses to, it can be a guide and I'd recommend the suggestions presented in this book.

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