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diabetes, heart  
disease, cancer,  
and depression,  
everything you

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believe is a  
lie. With  
research gleaned  
from the  
National  
Institutes of  
Health, T.S.  
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Formby deliver  
staggering  
findings:  
Americans really  
are sick from  
being tired.

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Diabetes, heart  
disease, cancer,  
and depression  
are rising in  
our population.

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light) tell the  
body via

hormones that it  
is summer and  
that means " eat  
sugar now before  
winter comes " .

Shorter days  
(less light)  
tell the body to  
sleep more and  
eat less.

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The theory  
presented in  
Lights Out:  
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and Survival is  
that our lives  
changed  
drastically with  
the invention of  
the lightbulb.  
Artificial light

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allowed humans to become more active at times of the day and night when we would naturally be sleeping.

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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

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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

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because Robb  
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quoting it in

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his podcasts:

"Sleep as much  
as you can  
without getting  
divorced or  
fired."

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Published back  
in 2000, "Lights  
Out" is an  
ambitious book

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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

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at night) has  
profound effects  
on human health  
as summarized  
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S. Wiley, Bent**

...

Two experts  
present  
startling



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evidence that  
nine-plus hours  
of sleep each  
night will help  
people to lose  
weight,  
eradicate  
depression,  
prevent disease,  
and live  
happier,  
healthier lives.  
Wiley and Formby  
lay out a game

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plan for  
counteracting  
the negative  
effects of  
living in the  
age of  
electricity and  
give a wake-up  
call for sleep-  
deprived  
readers.

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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

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cholesterol, and  
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Teresa S. Wiley  
is the author of  
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Menopause. She  
writes about  
women's health,  
particularly  
sleep and  
hormonal issues,  
hormone  
replacement  
therapy and  
bioidentical  
hormone

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replacement  
therapy. Wiley

has developed  
her own version  
of BHRT known as  
the Wiley  
Protocol, though  
she has been  
strongly  
criticized for  
lacking the  
relevant  
credentials and  
potentially

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putting women at  
risk with an  
unproven,  
untested  
intervention  
that uses  
possibly dange

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main

recommendations  
are to sleep  
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to avoid sugar  
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possible. The  
complicated

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that LAN (light  
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number of hours  
it would



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normally be dark  
outside, you  
will only crave  
sugar in the  
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