

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

By T. S. Wiley

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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:

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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

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In a recent podcast, paleo proponent Robb Wolf rattled off a list of books he recommended. This was mentioned. Lights Out: Sleep, Sugar, and Survival by T. S. Wiley