



Lights Out: Sleep, Sugar, and Survival

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We all know we don't get enough sleep. What we don't know is that there is a killer connection between sleep, food, light, and health. And that when it comes to obesity, diabetes, heart disease, cancer, and depression, you need to rethink everything you know. Based on years of research at the National Institute of Health, *Kept in the Dark* will tell you: -- Why weight-loss is as easy as the flick of a switch -- Why researchers can give mice cancer just by leaving the lights on -- Why exercise can really give you a heart attack -- Why Type II diabetes has increased four-fold and why you're next -- Why you're overproducing sex hormones but you're too tired to want sex -- Why infertility plagues Baby Boomers -- Why we're a Prozac Nation and still fight depression constantly -- Why you'll go the way of the dinosaurs if you don't eat and sleep in sync with the spin of the planet

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