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Book review: lights out: sleep, sugar, and

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:
[introduction to air pollution science: a public health perspective.pdf](#)

Lights out: sleep, sugar and survival - critical

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
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