

Insomniac synopsis

Because 3 am really is the best time to review your life.

Insomniac is a one person play that takes place in one room, the bedroom. Separated into different evenings across the year, the audience is introduced to the different forms of insomnia and the effect this has on the person experiencing it.

Interspersed with meditative pouring of hot drinks the insomniac talks about the advice that they have been given. First the insomniac tries sleep hygiene, followed by writing down their worries, before giving up and trying non-hygienic-sleeping. They get caught up thinking about the strange things that they have said and the moments of embarrassment that they have difficulty letting go of. Eventually, the insomniac makes lifestyle changes and choices to improve their life. Finally, the insomniac sleeps...or do they.