



THE INSOMNIA PROJECT - When A Night Can Feel Like A Lifetime

(For Immediate Release 1 July 2015) Sleep...the mysterious terrain of the subconscious, of healing, dreaming, renewal...or an ever-evasive realm... barred, blocked, wreathed in anxiety, perhaps even terror...How well do **you** sleep?

1 in 3 Australians suffer mild to extreme sleep deprivation and in our 24/7 lives we are increasingly becoming a 'sleep-sick' society. Insomnia and up to 70 other diagnosable sleep disorders underlie up to 70% of visits to GPs in Australia.

Melbourne-based composer and director **Natasha Moszenin** has been living with insomnia since she was a teenager. Having tried psychotherapy, herbs, restrictive diets, and meditation, she decided to create a music-theatre work about sleeplessness and the related conditions that surround it; anxiety and depression.

Four individuals battle a sleepless night which leads them through a separate, yet shared, journey of fantasy, fear, loneliness and maddening exhaustion. Based on actual events, *The Insomnia Project* is an innovative, multimedia piece that aims to expose the harsh, and at times hilarious, truths about suffering from this disorder. *The Insomnia Project* blurs the boundaries of sleep and waking as the characters give in to dream-like imaginings, desires and frustrations through spoken word, physicality and song. Lyrical, jazz-inspired songs invoke both the intimacy and solitude of the night. It is an exercise in survival watched over by the clock as it guides one on a journey of shifting phases through the darkness into dawn.

With a textural merging of light, shade, spoken word, motion and viscerally poignant music, you are invited to become immersed in the loop of tension and release and to consider the comedy and tragedy of the insomniac condition experienced by so many throughout the world. Yet there seems to be little sympathy among the general population for those who simply, cannot sleep, or who sleep badly.

With its season of only 10 performances, be sure not to miss this delightfully insightful and beautifully tragic show, which returns for another season. *Featuring Jai Luke, Claire Nicholls, Fiona Scarlett and Andi Snelling. Written, directed and produced by Natasha Moszenin.*

Venue: La Mama Courthouse, Drummond St., Carlton

Dates: Wed 29 July – Sun 9 Aug (no shows 3-4 Aug)

Times: 6.30pm

Tickets: \$25 Full, \$15 Concession & Groups (6+)

Bookings: www.lamama.com.au Ph: (03) 9347 6948

For more information visit: <http://natashamoszenin.com/the-insomnia-project>



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