OSMOSIS FILMS PRESENTS

NARRATED BY
ACADEMY AWARD® WINNING ACTRESS

OCTAVIA SPENCER



DOCUMENTARY SYNOPSIS

The Quest for Sleep is a feature length documentary that follows real individuals, whose struggles with sleep threaten to unravel their waking lives. The voice of Sleep itself — narrated by Academy Award ® winning actor Octavia Spencer — acts as an enigmatic and insightful complement to our cast. She helps lead us to experts who illuminate the science behind how we sleep, and what can keep us awake.



DIRECTOR'S STATEMENT



RACHEL MILLS
Director

Sleep is universal. Sleep is personal. Sleep is fickle. Sleep is necessary.

Through the process of creating this film, I've come to understand that for those struggling with chronic sleep issues the experience can feel very lonely, never-ending, and out of control. I hope those who watch will come away with a more comprehensive understanding of sleep, how to sleep better, and realistic options to improve both their sleep and their relationship with sleep.

The idea for Sleep to be a character in the documentary evolved from interviews with those we followed in the film. They would tell me how frustrated they were with their relationship with sleep and sometimes, during particularly bad nights, they would lie there talking out loud to someone, anyone. So, why couldn't that someone be Sleep - wouldn't it be great if there was a voice of comfort and a guide to knowledge taking the audience through the quest for sleep? By utilizing Sleep as a character, it allowed us to weave into each person's life and weave back out into the science of sleep to ground their experiences and to give answers and hope. Sleep wants to set the record straight; we might struggle with her, but when it comes down to it, she's there to help.

Still, as Margaret in the film explains, her relationship with sleep is, "a lifelong journey." May your journey be filled with sweet dreams.

CREATIVE TEAM



Osmosis Films is an award-winning creative studio founded in 2010 which combines global production resources and a unique collaborative process to bring powerful narratives to life across all media types and platforms. Our films include the Academy Award short-listed documentary *The Lottery* and ESPN's *30-for-30 Fernando Nation*. Our team has created premium documentary content for HBO, ESPN 30 for 30, A&E, A24, Vice, and more.

idorsia

Idorsia is a biotech start-up like no other. Jean-Paul and Martine Clozel are a husband and wife team who founded the company in 2017 after turning their first company into one of the most successful biotech start-ups in recent years. Idorsia is their second act and a leading biopharmaceutical company with a strong commitment to science and state-of-the-art technologies that help improve patients' lives. Just a few short years after the Clozels founded Idorsia in 2017, the US organization is leading the company into a new phase to realize its ambition of bringing innovative medicines from bench to bedside. Idorsia recognizes insomnia's prevalence as the most common sleep-wake disorder, affecting approximately 10% of the global adult population, and is thus intent on highlighting the condition's significant impact on productivity, quality of life and long-term health outcomes.

OCTAVIA SPENCER

SLEEP NARRATOR

Octavia Spencer is one of Hollywood's most sought-after talents as an executive producer and Academy Award® Winning Actress. She is best known for her outstanding role in *The Help* and the films *Hidden Figures*, *The Shape of Water*, and *Fruitvale Station*. She can currently be seen in the second season of *Truth Be Told*.

Octavia's ability to take on a wide range of characters gives way to her nuanced narration, bringing to life the voice of Sleep itself in our film. Tying together compelling storytelling and science, Octavia offers a poetic, witty, and insightful voice to the struggles and hopes of our real characters.





At a meditation retreat, a mother and daughter share a transformational weekend. In the Twin Cities, a nurse wants to give her community the best care possible. A pair of Austin writers tackle their sleep hygiene. An energy consultant in Costa Rica tries to keep up with his wife's dog rescue mission. A salon owner finds some way to leave her maddening insomnia at the shop door, morning after morning. And a motley crew of musicians bond over their chronotypes and MeatLoaf cover gig.

What they all discover is that despite today's hectic and anxiety-ridden world, where people are sleeping less than ever with big health consequences at stake, there's still reason for any sleeper to be hopeful.



CAST BIOS



ANDRE IGUODALAProfessional Basketball Player

Andre Iguodala is a beloved 17-year professional basketball player, sporting three NBA championship wins with the Golden State Warriors, a 2015 NBA® MVP award and two Olympic gold medals. He is a thought leader in sports, business and venture capital, founding and leading several sports and business-related initiatives guided by his experience as an athlete and business-savvy instincts. Amidst all of his success, Andre shares his thoughts on how he improves his sleep habits with the help of a sleep therapist. He offers a unique perspective on balancing sleep with the anxieties and obligations of being a professional athlete, as well as a husband and father.

CAST BIOS



EMMA COBURNOlympic Runner and Steeplechase World Champion

Emma Coburn is a three-time Olympian, 2016 Olympic bronze medalist and nine-time U.S. steeplechase champion. She is the first American woman to medal in steeplechase, and currently ranked #2 in the U.S. While Coburn was a student at the University of Colorado (CU), she was the second CU athlete to win the women's U.S.A. Track and Field steeplechase title. She volunteers with Living Journeys Cancer Foundation and created the Elk Run 5K, which donates proceeds to the Living Journeys foundation. Coburn offers a unique perspective on the importance of a strict sleep schedule and what can happen when she experiences trouble sleeping.

CAST BIOS



KK

A salon owner tries to leave her maddening insomnia at the shop door, morning after morning.



LOIS

A magazine editor ready to reclaim her health, discovers the roots of her anxiety around sleep.



MARGARET

A psychotherapist wanders her home night after night and finally tries to make sleep her friend.



YURICA

An energy consultant in Costa Rica tries to get to bed earlier so he can keep up with his wife's dog rescue mission.

CAST BIOS



BIG STEVE
A singer's sleep deprivation keeps his nightly routine unpredictable.



KELLY
A nurse, hesitant to
discuss her insomnia,
struggles to give herself
as much care as she gives
her community.



GENERAL LYNCH
A retired US military
commander who wants
both soldiers and citizens
to know its ok to ask for
help.

SCIENCE & VISUALS

Through stunning 2D & 3D animation, our series delves into the themes of regular wake-sleep patterns, the causes and risks of insomnia, and the effects on the brain and body of different treatment methods for insomnia. We explain the chemical signaling that triggers a "wakeful brain" at night, the misfiring that causes daytime dysfunction, and why side effects from medications can wreak havoc on circadian rhythms.

Top sleep experts distill the complex process of sleep science into clear visualizations paired with clever narration, delivering both complex human pathos and accessible scientific understanding.

OUR EXPERTS

Drawing from their exceptional experiences as researchers and clinical practitioners our experts deliver crafted responses to our cast's biggest questions about sleep, as well as making science takeaways accessible and fun.



DR. MICHAEL GRANDNER, PHD, MTR Behavioral Sleep Medicine Specialist

Dr. Grandner is a licensed clinical psychologist board-certified in behavioral sleep medicine. He is the Director of the Sleep and Health Research Program at the University of Arizona College of Medicine, where he is also Director of the Behavioral Sleep Medicine Clinic. His research focuses on real-world impacts of sleep health on obesity, cardiovascular disease, brain function, and mental health, as well as social, environmental, and behavioral influences on sleep. He is the current President of the Society of Behavioral Sleep Medicine and an elected fellow of both the American Academy of Sleep Medicine and American Heart Association. He is the author of over 200 scientific publications, serves on the editorial board of several scientific journals, is the editor of multiple textbooks on sleep science, and regularly gives presentations and consults on the topic of sleep health.

OUR EXPERTS



DR. MEETA SINGH, MDPsychiatrist & Sleep Medicine Specialist

Dr. Meeta Singh is a board-certified physician and psychiatrist, focused on the applied science of sleep. She is the founder of a private practice where she produces evidence-based, Integrated Sleep Optimization Programs tailored to the unique needs of her patients. Previously, Dr. Singh served as Service Chief of Sleep Medicine and Section Head and Medical Director at the Henry Ford Sleep Center. Dr. Singh is also a member in good standing of the American Academy of Sleep Medicine and has served as a consultant for the NFL, MLB, NHL, NBA, as well as CEOs and C-suite executives.



DR. DAYNA A. JOHNSON, PHD, MPH, MSW, MSSleep Epidemiologist

Dr. Johnson is a sleep epidemiologist and Assistant Professor in the Department of Epidemiology at the Rollins School of Public Health, Emory University. Her research is aimed at understanding the root causes of sleep health disparities and their impact on health outcomes by addressing the social and environmental determinants of sleep disorders and insufficient sleep and investigating the influence of modifiable factors such as sleep disorders and disturbances on disparities in health outcomes. Driven by a mission to increase awareness about the importance of sleep, Dr. Johnson has been featured in several magazines, podcasts and news programs for her expertise in sleep health and sleep disorders.

DOWNLOADABLE ITEMS

1. THE QUEST FOR SLEEP THEATRICAL POSTER

2. LOGO

3. KEY STILLS

4. PRESS RELEASE

5. TEASERS + TRAILER

CREATIVE TEAM

MICHAEL A. MOYE Executive Producer

Head of US Marketing, Idorsia U.S.

Moye is a dynamic healthcare executive with 25 years of experience across multiple disciplines. His core areas of expertise are marketing strategy, brand development and communications.

JAMES LAWLER Executive Producer

Founder & CEO

Lawler is the founder and CEO of Osmosis, a creative agency and production company specializing in creating documentary films, videos, animation, interactive and other storytelling media across a wide spectrum of industries and organizations.

CHRISTIE ANBAR Executive Producer

Managing Director, Global Healthcare, Ruder Finn

Anbar is a healthcare communications veteran with more than 30 years of experience in almost all major therapeutic categories. Throughout her career, clients and colleagues have counted on Christie as a true communications partner, providing insights and counsel that spark "aha moments."

JOSH ADLER Writer + Producer

Adler has developed and produced premium, Emmynominated documentaries and other factual media for over a decade. Clients include Netflix, Amazon, Audible, National Geographic, Discovery, HBO, VICE, truTV, Strategic Education, and dozens of nonprofits.

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