

PROJECT SLEEP

BOOMER WOMAN

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SLATE:

First and last name. City.

SCENE 1:

You lay in bed scrolling through social media on your phone.

You grab your CPAP mask from your nightstand beside you and put it on. Eyes close.

SCENE 2:

Do the following actions as if you're a farmer tending to their daily chores/responsibilities:

- Gently pull the curtains closed like harvesting wheat.
- Place your phone in a box/cabinet/drawer as if you're storing away tools for the night.
- Pour water into the humidifier tank (a cup is fine) carefully – slow, unbroken eye contact with the task at hand.
- Cradle your mask like a hen's egg

ACTOR LINE: She's ready (whispered as you cradle your CPAP mask like it's a hen's egg)

SCENE 3:

To camera, in an ASMR-soft voice, deliver the following two lines:

ACTOR LINE: Hi friend. Let's do tonight's chores

ACTOR LINE: Tend to your rest like it's the harvest