

## DOCUMENTARY: THE QUEST FOR SLEEP

WRITTEN BY: JOSH ADLER

NARRATED BY: OCTAVIA SPENCER

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**"THERE ARE THREE THINGS HUMANS NEED TO SURVIVE.  
OXYGEN, WATER... AND ME.  
I'VE BEEN AROUND SINCE WAY BEFORE YOU.  
I REBUILD YOUR MIND AND BODY AT NIGHT.  
I AM SLEEP.  
AND IT'S TIME WE TALKED."**

The Quest for Sleep is an insightful documentary that follows the lives of several real individuals struggling with Insomnia, complemented by the viewpoints of sleep from two athletes, Andre Igoudala and Emma Coburn. It is narrated by Academy Award ® winning actor Octavia Spencer and was written and produced by Josh Adler.

Three experts participated in the making of this documentary. Dr. Meeta Singh (MD) is a Psychiatrist & Sleep Medicine Specialist, Dr. Michael Grandner (Ph.D., MTR) is a Behavioral Sleep Medicine Specialist, and Dr. Dayna A. Johnson (Ph.D., MPH, MSW, MS) is a Sleep Epidemiologist. These experts aided in the production of this documentary by combining their knowledge to make the documentary very fact-filled, visually appealing, and informational about sleep, improving awareness about Insomnia and the importance of sleep.

The documentary highlighted the differences in sleep outcomes in different population groups, how those with Insomnia should go about treating their Insomnia, how common treatments work with the body, and descriptions of the feelings caused by Insomnia by the real individuals featured in the documentary. The viewpoints on sleep from the two athletes add to the documentary by showing what a difference it makes to get good quality sleep. This documentary successfully elaborated upon the burden of Insomnia on daily life through real-life examples. Several individuals suffering from Insomnia featured in this documentary shared their struggles with Insomnia including how it affected their daily lives in terms of productivity, relationships, well-being, and even anxiety surrounding falling asleep. Many of these individuals also articulated their speculations about what was causing their Insomnia, frequently including their past and ongoing journey of Insomnia.

By the end of the documentary, many of the individuals struggling with Insomnia found ways to change and cope with their Insomnia. The aim of this documentary is to utilize sleep as a character getting involved with the realities of Insomnia to result in scientific explanations that leave people with feelings of awareness and hope.

Overall, this documentary bridges the gap between audience knowledge and difficult content by describing the content in simple language. The vocabulary used in the documentary is the perfect balance of sounding professional and not being too complicated for the reader to lose interest. Something that would have been important to add to the documentary would be information about the link between socioeconomic status and sleep disorders. In addition, ending with more thorough follow-ups with the individuals with Insomnia in the documentary after treatment would have been a good way to encourage others to seek care for Insomnia and find hope.



## REFERENCES:

[HTTPS://WWW.THEQUESTFORSLEEP.COM/](https://www.thequestforsleep.com/)