

## **SUMMARY**

### Between realities

In my project I handle dreams, reality and things that are in between those two. As a person who does not feel like they are quite "here" when it comes to being in the real world, reality is quite a funny concept. Since I experience things in such a different way then my reality is far from what most people experience. Most of the time I feel dizzy and have been known to faint every other day. My thoughts are far away and most of the time I do not connect with actually being in the moment. And the dizziness does not really help with that. This could be because of my mental health, physical health or just for the fact that I do not really sleep at all. I talk a lot about my own mental and physical health and how and why I see things the way I do.

„When you have insomnia, you're never really asleep, and you're never really awake. With insomnia, nothing's real. Everything is far away.” A line from David Fincher's "Fight Club" that has stuck with me over the years. It might have been subconsciously since I first saw the movie as a child. But watching it again as an adult and hearing that line... it's was almost like most of my feelings about sleep and reality had been put into a few sentences.

I look at scientific research on sleep and sleep deprivation. I wonder what even is the line between dreams and hallucinations? The things we see, hear and feel before we fall asleep are those dreams or are the hallucinations? If I do not sleep enough and start seeing things, are they hallucinations or am I starting to dream whilst I am standing up? I also take a look at how dreams are show in visual media such as movies and art work. What are the rules to making a dream sequence and how are they used in movies?

My video is from my point of view and how I see the world. My world is fragmented and sometimes it feels like I am walking in fog since it's so hard to focus on things around me. Because of my dizziness I always feel like I am slightly floating or have the feeling of being on a ship during stormy weather. But I do know that most people do not have the same kind of experiences as I do and they might come out of the video with a completely different view of things. And that is the beautiful thing about it. People coming up with their own ideas. There is not a right or wrong idea to get out of my video. It is just a way to project what the person viewing is feeling.