

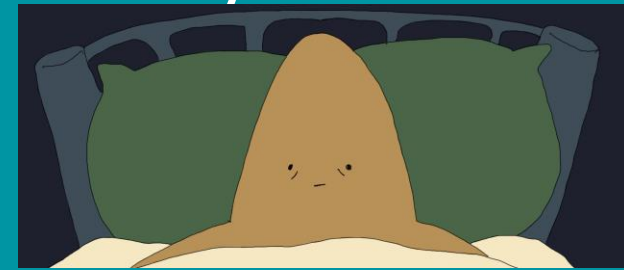


Haslemere Health Clinic: Restorative Sleep

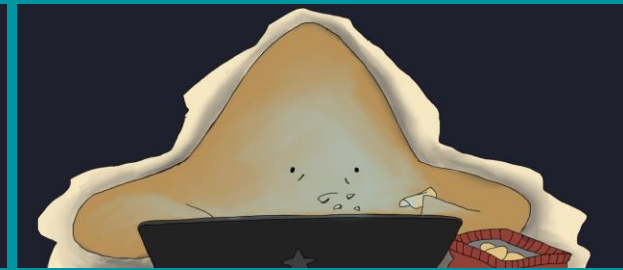
Group M: Cate, Bea, Ollie, and Arber



Storyboard



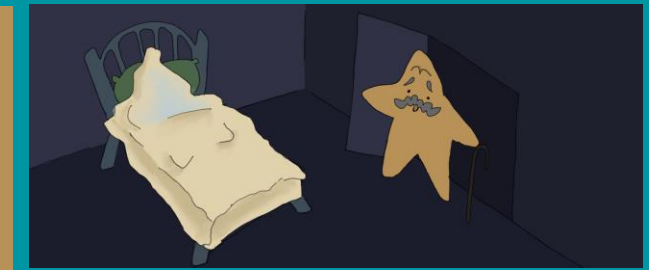
1. Sleep is more than just rest - Young star is awake in bed, visibly tired



2. "More than ever we are learning how powerful sleep really is..." - Pulls the covers over head, eating unhealthy snacks and playing computer games. Game sounds and crunching of crisps.



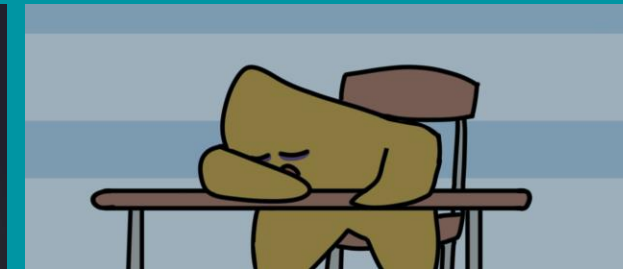
3. When we don't get enough sleep our attention drops... - Close-up of young star's face. Slow blink and yawn.



4. So how can we support better sleep? - Older star enters the room, concerned to see the younger star awake under the covers.



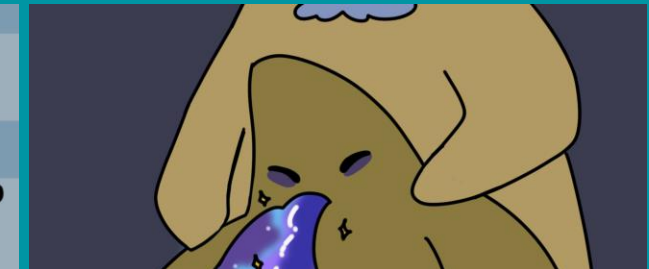
5. "Sometimes, you just need a new perspective." - zoom in on older star, seemingly having an idea.



6. Poor sleep affects memory, learning and decision making - young star sleeping on the desk at school.



7. This can present itself through careless mistakes, missed detail and low performance - Teacher star slams an F graded paper on young stars desk, who is startled awake



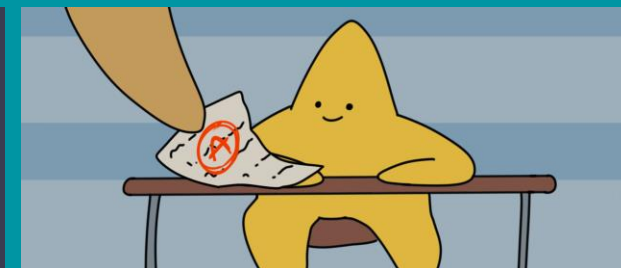
8. Not getting enough sleep prevents the body from being able to build a long term immunity for disease - young star is sick, throwing up a stardust like cloud.



9. Healthy immune cells depend on sleep to fight infections and illness - Zoom in on small stars skim, a magnifying glass revealing some unhappy looking cells.



10. Keeping a consistent schedule and dimming the lights helps the brain switch off - young star shows initiative to improve his poor habits.



11. Getting natural day light in the morning helps reset focus and mood - young stars initiative to get better flourishes with positive outcomes.



12. Small daily habits can lead to better sleep, and better health towards day to day life - Film concludes, establishing young stars achievements by showing his success and young star regaining his shine.

Inspiration

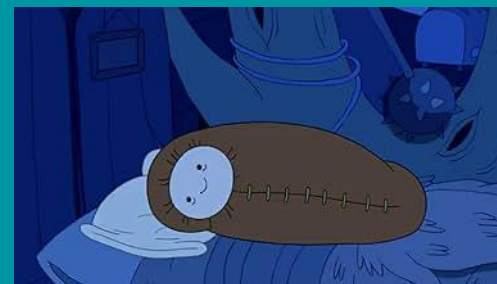
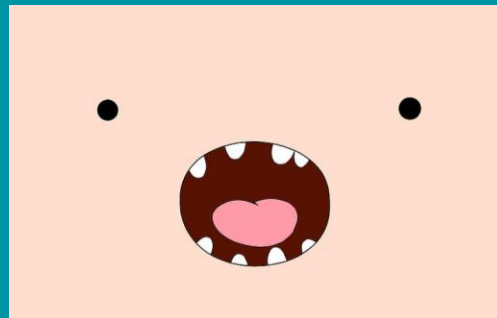
We analysed how TV shows such as The Clangers and Wallace and Gromit create atmospheres which include night-time/space imagery and non-human characters while grounding them in some type of reality which a general audience is able to relate to.



Advertisements such as for sleep-related apps such as Calm and Sleepa or melatonin supplements like ZzzQuil often use purple/blue tones which we decided to use to convey a calming tone.



The simple art style of Adventure Time allows emotions to be conveyed through facial expressions without too much over-complication, a simple style which uses humour to resonate with both kids and adults. We drew from these types of expressions and humour as an easy way to communicate our message.



Character concept art-

As a group, we decided to use stars as our character designs to create a more consistent visual flow across our different animated clips. Having a shared, simple design will help unify our individual styles while still allowing room for creative variation. Stars also naturally connect to our topic of sleep, as they are commonly associated with nighttime, dreams, and calmness. This provides context to the characters and will help reinforce the overall mood and message of our animation.

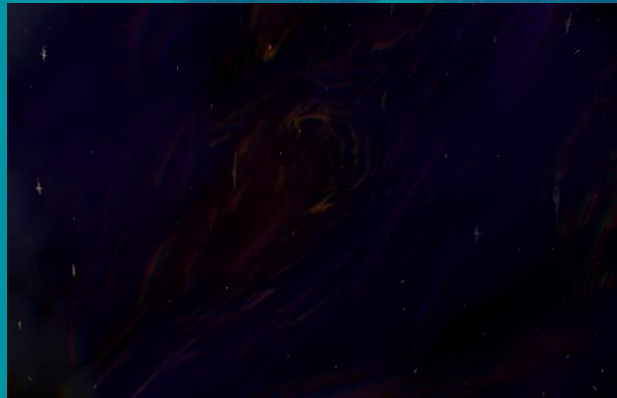
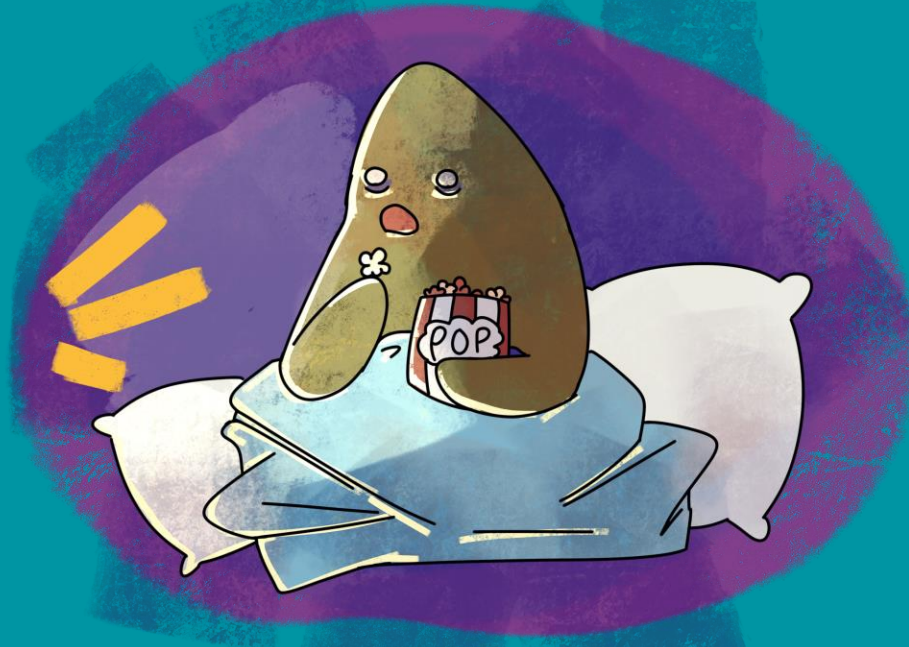
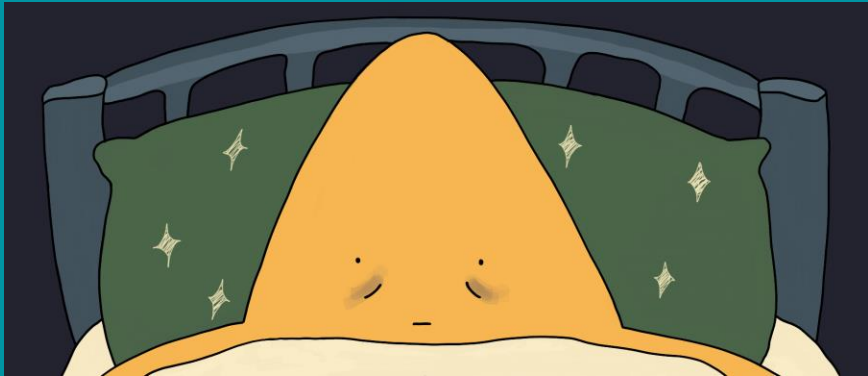


Background Concept art-

For our scenery, we chose to focus on space because it naturally supports both our star-based characters and the overall theme of sleep. The quiet environment of space reflects a sense of calm, which closely relates to rest. Using space as a setting also provides context to our use of stars as our characters, making the world feel cohesive and intentional. This backdrop mixed in with our use of purple and blue colour scheme helps to create a soothing atmosphere that reinforces the connection between our visuals and the concept of sleep.



Concept Art



Script

We follow the story of a young star, who is struggling with maintaining healthy sleep.

We see his bad habits; playing video games until late at night, keeping the light on in the evening, and eating junk food before bed.

The older star sees him struggling, and offers a new perspective, teaching the young star about the consequences of poor sleep; fatigue, lower cognitive function, a weakened immune system.

The young star is finally able to take initiative and change his habits, achieving a a more consistent routine, better grades, and quality rest.

No.	Voice over (Script)	Visuals	Timings
1	Sleep is more than just rest.	Young star is awake in bed, visibly tired	0-3s (3s)
2	It's essential for our overall wellbeing.	Pulls blanket over head as a light turns on from underneath.	3-6s (3s)
3	More than ever, we are learning how powerful sleep really is. Poor sleep does not just make us tired; it can affect our health and how our brain works.	Under the covers: the young star eats unhealthy food while their face is lit by a computer screen; game sounds play	6-12s (6s)
4	When we don't get enough sleep, our attention drops, and it becomes harder to focus.	Zoom in on their face which fills the screen. They slowly blink and yawn.	12-16s (4s)
5	So how can we support better sleep?	Grandpa/older star enters the room. The shape of the younger star is visible from underneath the covers.	16-19s (3s)
6	Sometimes, you just need a new perspective.	Close-up shot of grandpa star. A colour shift transitions into the grandpa's negative view of the younger star's sleeping habits and their consequences.	19-23s (4s)
7	Poor sleep affects memory, learning, and decision-making.	The younger star sleeps with their head down on a school desk.	23-27s (4s)
8	This can show up as careless mistakes, missed details, and a lower performance.	Teacher-star slams a paper on the young star's desk featuring an 'F' grade. The young star is startled awake.	27-31s (4s)
9	Getting enough quality sleep each night also helps to build long-term immunity against diseases.	Cut to another scene of the young star throwing up- a colourful stardust- surrounded by tissues.	31-36s (5s)
10	Healthy immune cells depend on sleep to fight infections and illness.	A magnifying glass zooms in on the star's skin showing unhappy and tired-looking cells.	36-40s (4s)
11	Keeping a consistent schedule, and dimming lights in the evening, helps the brain to switch off.	Cut to another scene of the young star glancing at a clock before turning out the lights.	40-44s (4s)
12	Getting natural daylight in the morning helps reset focus and mood.	Cut to another scene of the young star back in the same classroom but awake and happy as the teacher-star places their 'A' grade paper on the desk.	44-48s (4s)
13	You should also aim to reduce screen time one to two hours before bed.	Cut to another scene of the young star in their bed in the dark, with their devices visibly away from them as well as an empty cup of tea.	48-52s (4s)
14	Small daily habits can lead to better sleep, and better health for life.	Close-up of the grandpa star who is standing at the door, nodding approvingly. He closes the bedroom door.	52-55s (3s)