

# HASLEMERE HEALTH CENTRE

## - LIFESTYLE MEDICINE

Lifestyle medicine film:

Restorative sleep



# WHAT IS THIS FILM?

Our film focuses on the **solutions** that can solve the lack of deep sleep; the narrative follows the character *coming to terms* and **resolving** the **actions** that are disrupting their sleep. In doing so, we aim to highlight the **significance of restful sleep**.



As for the **visuals**, we aim to use a wide range **textures** and **colours** that reflect how *pure and beneficial good sleep is*. Additionally, our film will rely heavily on **mixed media stylisation**, this includes mixing 2D and 3D animation together *alongside real life textures*.

We will use majority **cool tones** for our colour *palette* except certain warmer tones to relay or highlight important information.



3D modelled bed

# SCRIPT PROPOSAL

Lifestyle medicine film:  
Restorative sleep

“Sleep is more than just closing your eyes and dreaming, it’s essential for our wellbeing. When we don’t rest properly, our health feels it physically and mentally. For most adults, getting seven to nine hours of sleep helps restore our cells, strengthen our immune system, and protect our long-term health.

Ways to improve your sleep quality involve:

A consistent sleep schedule, weekends included, to regulate your internal clock. Training your mind to switch off by only using your bed for rest. No electronics or snacks. Getting 30 to 60 minutes of daylight to help your body wake naturally. Time to open those curtains! And reducing bright screens and indoor lights 1–2 hours before bedtime. Taking care of your sleep is preventive care for illnesses. Small changes today can protect your health tomorrow.”

# CHARACTER AND ENVIRONMENT:

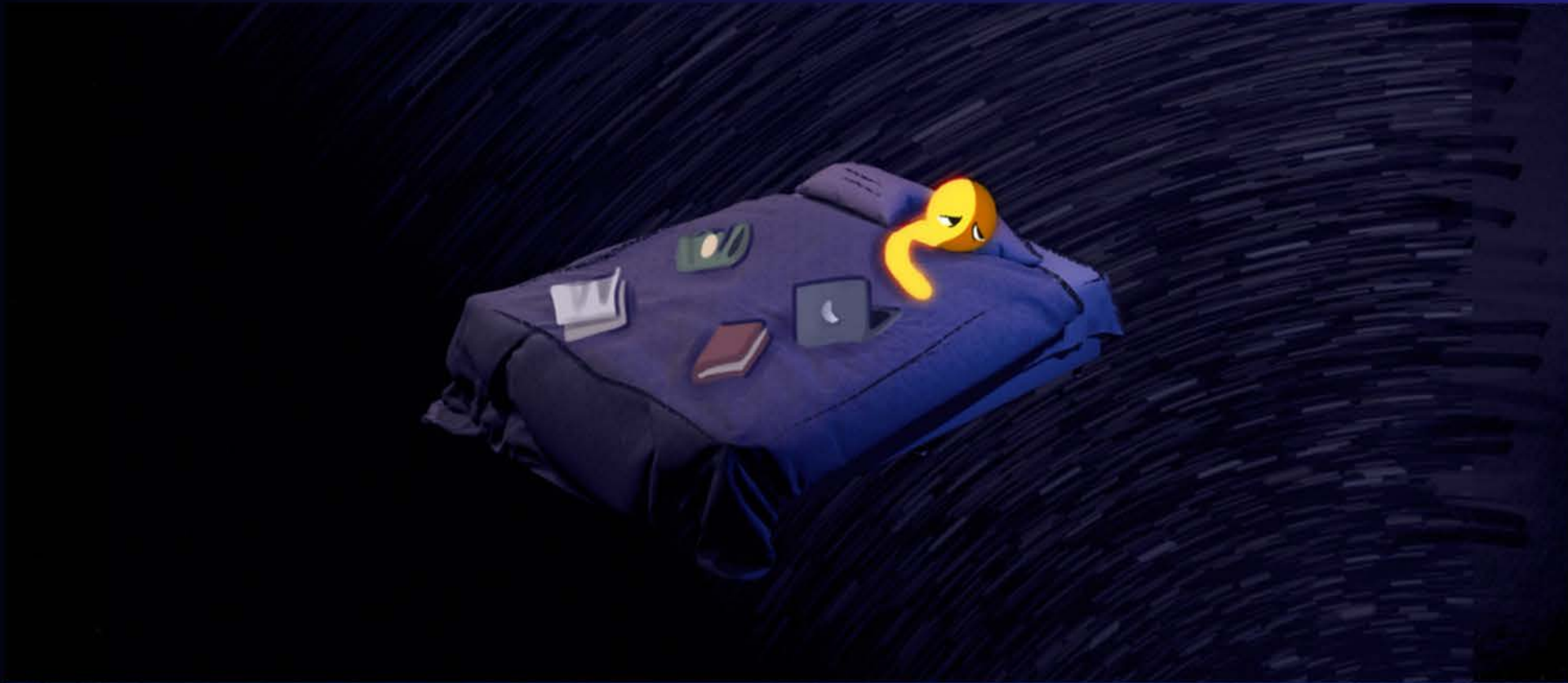
Below is an initial design outlining the character's most happiest environment.



Our character follows a *very simple shape language*, replicating a moon.



# HOW WOULD IT LOOK LIKE?



Starting point.

Darker background,  
uncomfortable textures  
and too messy



Ending.

Clear background,  
pleasant textures and tidy

# MOVEMENT: TEXTURES

Here is a *very early idea* on what textures / colours we want to use throughout the film. We want the textures to be a narrative resource to **express the character's feelings**, decluttering the film ending by removing the elements gradually.



see files attached\*

# MOVEMENT: CHARACTER



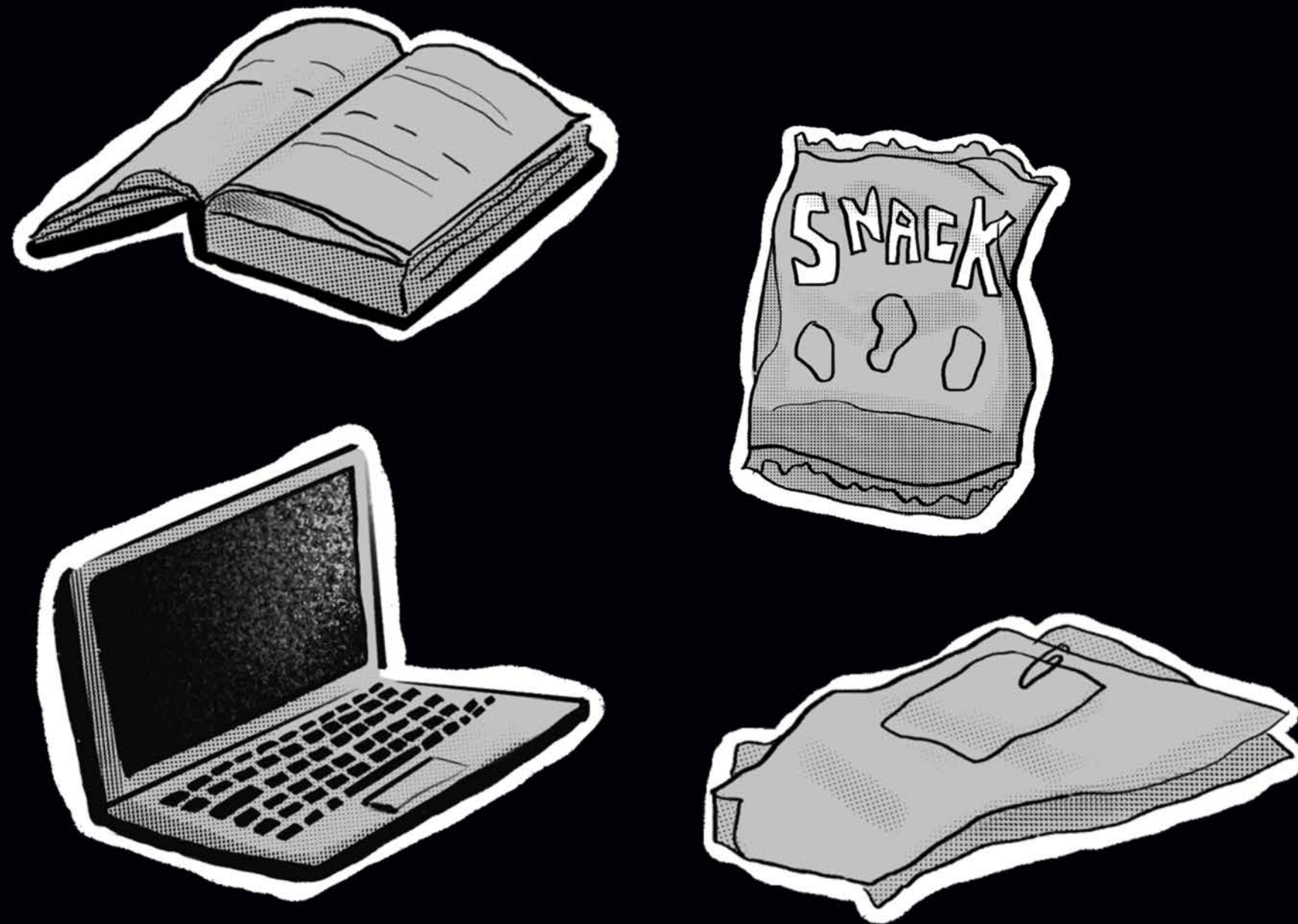
With a 12 fps animation, the character will look appealing and easy to read.  
see files attached\*

The character is meant to be **physically expressive**, making it easier for the audience to understand what they are feeling.



# PROPS

Example of how it would look like:






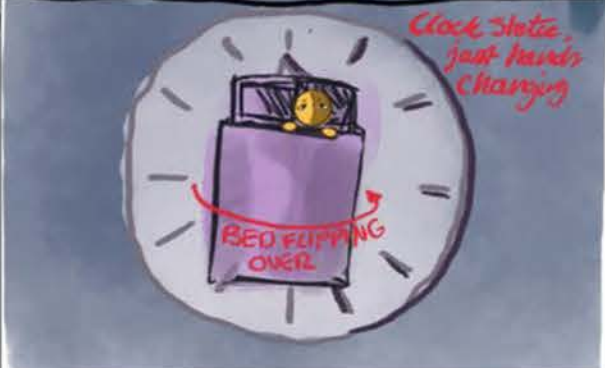
The resources we use to emphasise the information given within the voice over; representations of **disruption** to a good rest.





see files attached\*

## IMPORTANT INFO :

1920 x 630 px  
55 seconds.

# SHOTLIST

STORYBOARD/THUMBNAILS:	STYLE/DIRECTION:	SCRIPT:
	<p>Camera pans down to spinning bed in abyss, the audience is first introduced to the characters environment.</p>	<p>Sleep is more than just closing your eyes and dreaming, it's essential for our wellbeing.</p>
	<p>The environment is established and the selection of assets negatively affecting the characters sleep are understood, possibly the character has sunk into her bed.</p>	<p>When we don't rest properly, our health feels it physically and mentally.</p> <p><b>Our character is visibly uncomfortable and restless.</b></p>
	<p>Spinning bed demonstrates time passing (sleep schedule). Close up shots on the characters face as they slowly stop tossing and turning.</p>	<p>For most adults, getting seven to nine hours of sleep helps restore our cells, strengthen our immune system, and protect our long-term health. Ways to improve your sleep quality involve:</p>
	<p>Mixed media asset of a clock telling the character what time to go to bed reflects the scripts point in having a consistent schedule. Internal clock being rebuilt perhaps??</p>	<p>A consistent sleep schedule, weekends included, to regulate your internal clock.</p> <p><b>This is where we start to see our characters' mental wellbeing get better.</b></p>

	<p>Sequence of food, electronics, books and people on the bed highlighting what not to do, bed stops spinning and we focus more on the assets.</p>	<p>Training your mind to switch off by only using your bed for rest. No electronics or snacks.</p>
	<p>Showing that instead of using an alarm clock to wake up, natural light is extremely important and beneficial. Sun rays on the characters face to demonstrate.</p>	<p>Getting 30 to 60 minutes of daylight to help your body wake naturally. Time to open those curtains!</p>
	<p>White light from phone screen could transition from the previous sunlight to show how differently it can affect you especially before bed.</p>	<p>And reducing bright screens and indoor lights 1-2 hours before bedtime.</p>
	<p>Final shot shows the bed not in an endless abyss but instead in a beautiful, dreamy space that reflects the night sky. The characters happiness can also demonstrate that.</p>	<p>Taking care of your sleep is preventive care for illnesses. Small changes today can protect your health tomorrow.</p>