

THE  
SOCIABILITY  
OF SLEEP  
2021 — 2023

\_\_\_ FOR IMMEDIATE RELEASE

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## InSomnolence

*The Sociability of Sleep* final exhibition  
June 21-July 13

**Vernissage :** June 22, 2023, 5:00 pm to 9:00 pm (performance at 6:15pm\*)  
Agora Hydro-Québec du Coeur des Sciences (UQAM), 175 Av. du Président-Kennedy, Montréal

*\*Featuring a one-time performance by Manon de Pauw + Pierre-Marc Ouellette  
Interpretation: Karina Champoux + Philippe Dépelteau \ Music: Nicolas Bernier \ Lights: Josée Brouillard  
Duration: ~ 10 minutes*

**InSomnolence** is the result of two years of research and creation activities by [The Sociability of Sleep](#), an interdisciplinary team that set out to explore the epistemologies and equities of sleep. Researchers across the four Montreal universities, along with selected artists-in-residence and invited local and international artists, worked together using a variety of methodological approaches and experiments to think about both the everyday and the exceptional experiences of sleep and its disturbances. Sleep is deeply personal; we are each experts of our own somatic experience. This condition is exploited in today's generalized rhetoric of a "sleep crisis," one we are invited to treat individually through sleep apps, sleep hygiene, or other individualized optimization techniques. Amidst endless tools and advice, we still often remain on our own with troubled rest. In this way, sleep is a paradoxical state, where we are at once most cut off from the world around us, and yet also in a state of radical vulnerability, one that requires more collective forms of care. Access to the sleeping self relies on the outside perception of human and technological others who bear witness to a state we cannot encounter or directly observe in ourselves. Who and what might provide the social forms of care required for sleeping subjects?

**InSomnolence** asks, through its artistic propositions, how then might exploring a sleeper subjectivity—the quotidian ways we navigate time, space, ourselves, and others—help us reimagine and reanimate the sociability of sleep itself? From the cyclical rhythms of productivity and rest to shiftwork to overwork; from racial and gendered inequities to cultural alterities; from the stigmatization and performance of fatigue to the medicalization of sleep; from the ubiquity of sleep to its the privacy and invisibility; from individual experiences of sleep and dreams to the normativity of the sleep industrial complex—these are some of the manifestations of the social lives of sleep. How do the micro experiences of sleep help us shed light on what are necessarily collective concerns that remain largely invisible, underestimated and isolating?

The artists producing work for *InSomnolence* collaborated with film and media scholars, and researchers in psychiatry, psychology, and medicine, to explore together how the tools, methods, and insights of arts, humanities, and social sciences can enrich knowledge, understanding, and normative treatment of sleep conditions, as well as the collective care of all sleepers. Rejecting the notion that there is one “perfect” sleep, this exhibition starts from the pragmatic, creative, and demanding ways that people seek rest, experiment with the thresholds of slumber, and shape the space-time of sleep in unexpected yet quotidian and ordinary ways. Sleep, we argue, isn’t just a necessity, but a practice and an art in itself: an ongoing ritual for recomposing our self and our world. The works offer interventions into sleep across a variety of forms—media installations, performance, sound works, design, video, radio broadcasting—to generate novel sleep situations that make perceptible, and thus actionable, our key intuition: that sleep is much more social than it might seem.

## \_\_\_ Artists:

Manon De Pauw + Pierre-Marc Ouellette (Canada)

doux soft club (Canada)

Nik Forrest (Canada)

Ilona Gaynor (US/UK)

Anabelle Lacroix + Nicolas Montgermont (France)

Yoojin Lee (UK/Korea)

kimura byol lemoine (Korea-japan / Belgium-kanata)

Paul Litherland (Canada)

Dayna McLeod (Canada)

Henry Tan (Thailand) + Ding Yun Huang (Taiwan) + New Circadia (Natalie Fizer + Richard Sommer) (US/Canada)

Yiou Wang (US/China)

**Curated by:** Marianne Cloutier + Aleksandra Kaminska + Alanna Thain.

## \_\_\_ Special Programming

\* June 22: **Opening night performance** by Manon De Pauw and Pierre-Marc Ouellette

\* June 26 – 27: [Somnambulations 2: Critical Approaches to Sleep](#), an interdisciplinary **graduate colloquium** featuring a keynote presentation by Diletta De Cristofaro ([Writing the Sleep Crisis](#)) and an **outdoor screening of sleep cinema** on the evening of the 26<sup>th</sup>.

\* July 2 – 8: *I’ll Sleep When I’m Undead: A Writer’s Workshop on 21<sup>st</sup> Century Horror Media* and a **public screening of sleep horror movies**. In collaboration with the minoritarian horror research collective [CORERISC](#).

\* July 7 + 8: Anabelle Lacroix and Nicolas Montgermont will be **broadcasting two nights of Radio *Insomnia*** online and over Montreal airwaves. On the 8<sup>th</sup>, join us at the Agora overnight (9pm-6am) for the live broadcast.

\* July 13, 5-9pm: Closing reception.

A full programming schedule will soon be available on the Sociability of Sleep [website](#).



## \_\_\_About The Sociability of Sleep

*The Sociability of Sleep* is an interdisciplinary research-creation project directed by Aleksandra Kaminska (Université de Montréal) and Alanna Thain (McGill University) supported by the New Frontiers in Research Fund.

[sociabilityofsleep.ca](http://sociabilityofsleep.ca)

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#InSomnolence



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