

# Edward Wright

## A Cure for Insomnia

### REFLECTION STATEMENT

My short film “A Cure for Insomnia” dives deeply into the minds of audiences, building suspense with uneasy shots, creating a sense of anxiety and anticipation with the ominous ticking of a clock.

I initially wanted the film to be a homage to Hitchcock, building on his filmic practices that create a sense of gradually increasing suspense, which impacts on audiences’ emotional and psychological states. However, a very different type of film evolved.

As my work developed, it became a filmic consideration of the struggle to go to sleep - hence the name, “A Cure for Insomnia”. The ticking of the clock symbolises time, whilst the rapid change of shots represents overthinking. The title “A Cure for Insomnia” is a reference to the introduction of the “Hitchcock Presents” session entitled, “A Bullet for Baldwin (1956)”. In my film I reference this session, noting where Hitchcock says, *“I hope you’ll excuse me if I appear a trifle excited, but I’ve just come into possession of a cure for insomnia. It comes in capsule form”*. Here, Hitchcock identifies the bullet for a revolver as a “capsule”, hinting at his insane idea of a method to cure insomnia.

The process of creating suspense in my film came very easily to me as I learned about key strategies and techniques for building suspense from previous projects. These strategies include using sound, cuts, framing, and using McGuffins to play with the audience. The use of these strategies prompts audiences to experience unease and anxiety during their viewing experience.

My intentions regarding incorporating suspense in viewing experiences for my audiences relates to the creative intentions of Hitchcock. Hitchcock said, “I enjoy playing the audience like a piano”. Similarly, in my filmmaking, I intend to influence how audiences understand the conceptual focuses of my films.





