

THIS WILL MAKE YOU SLEEP INSTANTLY

A SHORT FILM BY MICHALIS LANGAS

ELECTRONIC PRESS KIT

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LOGLINE

In an era filled with endless distraction from an infinite stream of videos and adverts, how can one not have insomnia? Can a video titled "This Will Make You Sleep Instantly" deliver on its promise?

SHORT SYNOPSIS

An insomniac director is endlessly browsing his video feed. Out of nowhere a magical video appears, claiming it can make one sleep instantly.

One click starts an innocent surrender to deep meditation. Our hero has to figure out what matters to him the most. The dream inside the sleep, or the wake-up call inside life?

LONG SYNOPSIS

The world is spinning at a thousand miles an hour, keeping us all awake. The hero's journey starts while watching TV and stumbling upon a "magical" video claiming to make one sleep instantly.

When playback begins, we are transported to a different plane of consciousness: a lounge in the park. What happens from here onwards is only for the sleeper to sense and the viewer to ponder.

Clarity is replaced by experience embodied by a mélange of dreamscape vignettes. They gradually bring us closer and closer to the hero's psyche.

Is he a restless kid who struggles to sleep? Or a delusional adult who struggles to dream?

And what happens when the outside world needs us to wake up? What if our slumber infects those around us?

The answer lies in true reflection. Of a shiny TV screen.



FILM INFORMATION

English Title	This Will Make You Sleep Instantly
Original Title	This Will Make You Sleep Instantly
Genre	Surreal Comedy
Language	English
Country of Production	United Kingdom
Director	Michalis Langas
Screenplay	Michalis Langas
Cast	Nikolaos Brahimllari, Nikky Athan
Presented by	ShepherdTone
Production	Anna Boronea
Production Year	2025
Release Date	TBD
Running Time	9min
Shooting Format	Sony FX6 DCI 4K ProRes RAW
Aspect Ratio	2.39:1
Exhibition Format	2K DCP 4K DCP UHD ProRes HQ
Sound	5.1 Dolby Digital 2.0 Stereo

DIRECTOR'S STATEMENT

The beginning of "This Will Make You Sleep Instantly" happened to myself during a night I couldn't sleep. I came across a video titled as such. My first reaction was "really?"

The aggressive marketing, the commercialisation of a chronic problem like insomnia, the horrendous A.I. universe aesthetics and their endless repetition made me angry. Pretty suspicious of a video that claims instant sleep and lasts 11 hours.

These thoughts were vigorously painted on my stunned face while getting immersed in the flamboyant contents of the TV screen.

The afterthought of those contradicting emotions gave birth to the idea: "what if this video actually worked?"

We all re-live our life when we wake up. Sleep is a transition. Some individuals experience every day as a micrography of life. Birth - life - death.

In their daily ritual of taking their dying breath in bed at night, they reflect on their day through their memories and regrets. Optimists win the battle. They have a pulsating, quiet sense of adequacy. Pessimists lose it. They get insomnia, they get bitter.

When the worlds of optimism and pessimism collide, they give birth to art.

Art is the illegitimate child of love and reality. Art is going to solve all of the problems we never had. Art is cool.





MICHALIS LANGAS
Writer & Director

Michalis is an award-winning Greek Writer-Director based in London. By day, a mild-mannered Dr Jekyll of Dentistry, at night his cinematic Mr Hyde comes seeking the dark side, creating surreal experiences for screens of various sizes.

His passion for the cyclical dialogue between structure and aesthetics have been shaping his practice from very early on. This “battle” has developed into a percolating process where aesthetics sometimes create structure.

He is currently developing a slate of short and longform projects.

ANNA BORONEA

Producer

Anna is an award-winning Romanian director and producer based in London.

After two years coordinating virtual production at Garden Studios, she transitioned to freelance work, delivering over 60 shoots for clients like Netflix, BBC, Logitech, and Epic Games.

Her recent short *The Oracle*, produced and directed on a virtual production stage, won Best Micro Short at the Wild Indie Sci-Fi Festival and screened at multiple festivals. Anna seeks to uncover a spark of magic in every story she tells.



ANDREI SAS
Cinematographer

Andrei is a London-based cinematographer whose work sits at the crossroads of art house cinema and popular culture.

Born in a small Romanian city, his passion for storytelling was sparked by cable TV, coveted cinema visits, and early experiments with 8 mm video.

Drawing on his Black Sea roots, Andrei brings a visually rich, emotionally grounded approach to every project.

His work blends technical precision with intuitive creativity, aiming to craft images that reveal human truth and connect audiences across boundaries.

NIKOLAOS BRAHIMLLARI
as The Director

Nikolaos is an internationally recognised actor known for his layered, magnetic screen presence across British and European television and film. His breakout performance as Artan in *Gangs of London* (Sky Atlantic) showcased a brooding intensity, while his role as Markaj in *ITV's Unforgotten* earned praise for its emotional complexity and subtle power.

Demonstrating his versatility, Nikolaos took a comedic turn as Gleb in *Downforce*, proving equally adept at offbeat humour and character-driven storytelling. Other notable TV credits include *Silent Witness* (BBC), *FBI: International* (CBS/Paramount), and *Marbella* (Movistar+), directed by Dani de la Torre.

On the big screen, he appeared as the Russian Diving Officer in *Mission: Impossible – Dead Reckoning Part One* and played Paul in indie satire *The Bystanders*. Fluent in English, Albanian, Greek, Spanish, and Ukrainian, he brings linguistic precision and cultural depth to each role.

Trained in dramatic combat and physical performance, Nikolaos approaches every character with discipline, authenticity, and range – moving fluidly between crime thrillers, stylised action, grounded drama, and dark comedy. His work reflects a commitment to craft, emotional truth, and bold, cinematic storytelling.



NIKKY ATHAN
as The Sleeper

Nikky is a Greek actor based in London and Athens, known for his emotionally grounded performances and range across film and drama.

He trained at the Andreas Voutsinas Drama School, the Identity School of Acting, and was awarded a scholarship to study Acting for Screen at the National Film and Television School (NFTS).

His screen credits include lead roles in "Astoria", "What a Shitty Day", and he has worked with Acclaimed Directors like Brad Furman, Julian Farino, and Hardik Gajar.



FULL CAST & CREW

Writer & Director	Michalis Langas	1st Assistant Director	Ciaran Shea
Produced by	Anna Boronea	Production Assistant	Nicole Diaz Arias
Cinematographer	Andrei Sas	1st AC / Focus Puller	Ines Silva
Production Designer	Miruna Ilas	2nd Assistant Camera	Jasper Maberly
Editor	Matthew Bernard	Gaffer	Cosmin Filisan
Music Composed & Recorded by	Sad Mask Party	Lead Electrician	Preet Mhatre
Sound Design & Mixing	Andrei Boanta	Production Sound Mixer	Loukas Panagiotidis
Colourist	Stefania Grigorescu	Set Decorator & Costumes	Miruna Ilas
Cast		Hair & Make up Artist	Leandro Annunziato
The Director	Nikolaos Brahimllari	Post-Production by	ShepherdTone
The Sleeper	Nikky Athan	VFX Artist	Theodoros Tziatzios
Friend #1	Giorgos Tserkezov	Assistant Editor	Stefano Moscone
Friend #2	Stefanos Zafeiriou	Foley Editor	Ada Shepherd
Friend #3	Renia Sakatzidou	Graphics & Titles	RantArt
Friend #4	Eleftheria Katsikia	BTS Photography	Panos Vlassas
Friend #5	Panos Vlassas	Health & Safety	RantArt
Friend #6	Argy Kara	Driver	Sue Austen
Friend #7	Georgios Antonoglou	Catering	Alex Falkenberg
		Camera & Grip Equipment	The Greek Pot
			Fomo Rentals



CONTACT & LINKS

Website

shepherdtone.co.uk/EPK/SleepInstantly

Film Trailer

vimeo.com/114623063

Poster Download

SleepInstantly-poster.jpg

Production Stills Download

stills.zip

Behind the Scenes Stills Download

BTS.zip

Instagram

[@instantsleepfilm](https://www.instagram.com/instantsleepfilm)

Facebook

[@instantsleepfilm](https://www.facebook.com/instantsleepfilm)

Michalis Langas

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