

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 Langan
Screenplay	Michalis Langan
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.

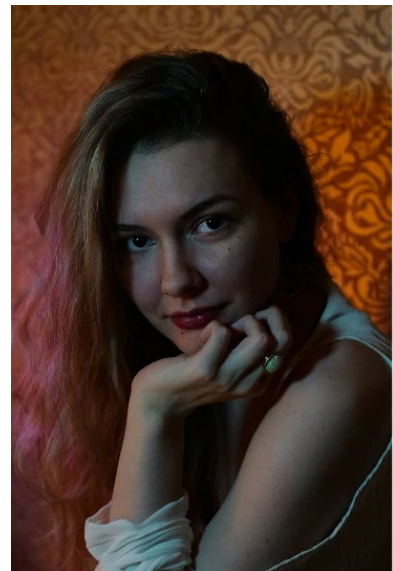
He is currently developing a slate of short and longform projects.

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
Produced by
Cinematographer
Production Designer
Editor
Music Composed &
Recorded by
Sound Design & Mixing
Colourist

Cast
The Director
The Sleeper
Friend #1
Friend #2

Friend #3

Friend #4
Friend #5
Friend #6
Friend #7

Michalis Langas
 Anna Boronea
 Andrei Sas
 Miruna Ilas
 Matthew Bernard
 Sad Mask Party
 Andrei Boanta
 Stefania Grigorescu

Nikolaos Brahimllari
 Nikky Athan
 Giorgos Tserkezov
 Stefanos Zafeiriou
 Renia Sakatzidou
 Eleftheria Katsikia
 Panos Vlassas
 Argy Kara
 Georgios Antonoglou

1st Assistant Director
Production Assistant
1st AC / Focus Puller
2nd Assistant Camera
Gaffer

Lead Electrician

Production Sound Mixer
Set Decorator & Costumes
Hair & Make up Artist
Post-Production by
VFX Artist
Assistant Editor
Foley Editor
Graphics & Titles

BTS Photography

Health & Safety
Driver
Catering
Camera & Grip Equipment

Ciaran Shea
 Nicole Diaz Arias
 Ines Silva
 Jasper Maberly
 Cosmin Filisan

Preet Mhatre

Loukas Panagiotidis
 Miruna Ilas
 Leandro Annunziato
 ShepherdTone
 Theodoros Tziatzios
 Stefano Moscone
 Ada Shepherd
 RantArt
 Panos Vlassas
 RantArt
 Sue Austen
 Alex Falkenberg
 The Greek Pot
 Fomo Rentals



CONTACT & LINKS

Website

shepherdstone.co.uk/EPK/SleepInstantly

Film Trailer

vimeo.com/1146230631

Poster Download

[SleepInstantly-poster.jpg](#)

Production Stills Download

[stills.zip](#)

Behind the Scenes Stills Download

[BTS.zip](#)

Instagram

[@instantsleepfilm](#)

Facebook

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Michalis Langas

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