

TINA/
MAN 1 (her husband)

SCENE 1
Tina's Bedroom

This scene takes place in Tina's bedroom. Time: 3:11 am. Tina is lying upright in bed staring at her phone. This is the fourth night of insomnia for Tina; she is restless and frustrated. The room is dim with moonlight streaming in from the window; the light of Tina's iPad brightly illuminates her face. There is a storm outside and we can hear thunder & lightning in the distance. This scene is about the personal toll insomnia has on family, relationships & quality of life.

TINA

(Host leaves the stage; lights fade up slowly; In the darkness we see Tina's face lit up by her iPad, she is reading and typing a message. Tina puts down her phone and shift position's laying on her side then to her other side.)

Okay... okay, I'm just going to lay here and force myself to be as still as possible. I can't afford another night not to sleep, it's been two days this week already...No phone, no distractions. Enough. *(putting the phone down)*

(Tina lies on her back with her arms to either side. She talks out loud to herself, like a mantra)

I'm not going to move, I'm just to lay here and trick my body into thinking it's ready to sleep. I'm just going to breath. Slowly breath. I'm breathing. I'm not thinking. I'm not thinking about anything... I'm emptying my mind.

I'm not thinking... I'm breathing....

(Tina lies still for another moment and then sits up abruptly.)

(Frustrated). People everywhere are sleeping right now. I'm awake and everyone else is asleep. Sleep should be easy...natural, not such a struggle. Why can't I do this?? Why can't I be like everyone else?? Why do I keep finding myself in the middle of night just lying here? Wide-awake???

(Tina now sits up from bed, sitting on the side of the mattress. She is clearly getting more frustrated.)

I wake up in the middle of the night, for whatever reason, I never fall back asleep. Even when I'm exhausted from a crazy day at work, and the kids, my gym class and... whatever. Wide-awake. *(Referring to phone again throughout)*

HUSBAND

(From under the covers, pops up Tina's husband who is annoyed that he has been woken up again; fourth time this week)

(Half sleep still) Really? Again Tina, you can't sleep? Just come back to bed. We both have a lot going on tomorrow. *(rolls back over)*

TINA

I know, I know... *(Tina is now standing in the middle of the room.)* I'm sorry. What do you think? You think I like this?? You think I have a choice? I don't know what to do anymore. Okay?! Nothing is working; I don't know what to do.

HUSBAND

I don't know what to tell you Tina. *(standing up)* Look, I'm going to sleep with the kids. I'm sorry you can't sleep again. *(Half out the door)* Aren't you seeing your therapist soon? I think its time to find something that works for you. *(Husband grabs a pillow and blanket from the bed.)* Maybe try and drink a little milk... *(Husband leaves the stage; Tina feels even more alone)*

TINA

Milk?? That's your advice? Okay... you go ahead. I'll drink milk, great idea.

(She sits on the end of the bed. She is at a complete loss for what to do. She buries her face in her hands. She starts to breakdown with an exhausted crying.)

How do people do it? Live with this for years and years?

(She pulls the blankets over her shoulders.)

I'm just so tired. I think I think too much. I can't turn it off, I never could. My mind just races with thoughts about everything. About nothing... About all the reasons why I should be sleeping right now but can't. More than anything I wish I was normal. No one understands... Something has to change. I just want to be like everyone else.

(Tina lies back onto the bed. Light out. Host returns to the stage.)