

Amy
Friend (Woman 2)

SCENE 2
Amy's Workplace

This scene takes place in a meeting alcove at Amy's office. Amy talking with her coworker about her insomnia and the effects it's having on her work-life balance. She describes the effects of her insomnia prescription and how much she doesn't feel like herself the next day. The scene is about lack of focus & energy; fears around workplace performance after insomnia.

Amy and her Friend are sitting and talking in a small meeting enclave. They talk and laugh.

FRIEND

(We catch them in the middle of a workplace story. FRIEND laughs.)
Honestly, Amy... It was all I could do to stop myself from falling over I was laughing so hard.

AMY

(a little distracted) That's a great story. Can you imagine? I wouldn't know what to do.

FRIEND

(changing the topic) Alright, what your story? You have not been yourself all week. Normally, that story would have us laughing for a good 10 minutes. What's going on? You doing okay?

AMY

You know. It's my insomnia again. All week. I've been getting maybe 3-4 hours of sleep. I don't know what's going on. But it's not good.

FRIEND

Wow, I know we've talked about it before but I didn't know it was that bad.

AMY

Yeah, it's been on and off for months. And these headaches! *(rubbing her forehead)*

FRIEND

Are you kidding?? I'm so sorry Amy. I know we tease you around here sometimes for being a little spacey, but not getting a good night's rest for that long?? That sounds awful, hunny. *(She comes round and give Amy a hug. They two share a silent moment.)*

AMY

Thanks. I've been trying to find a treatment that works for me, but it's tough. I've tried a bunch of different prescriptions, but they all have weird side effects.

(Pulling her in and lowering her voice)

When I was taking one of them...in the middle of the night, WHILE ASLEEP, I would go to the refrigerator and eat all the leftovers.

FRIEND

What?! An insomnia prescription made you sleep-eat??

AMY

Yep, crazy right? The fridge beeping woke my husband. He found me standing with the door open shoveling pasta into my mouth. I have no memory of it. Zero. Anyway... stopped taking that one.

FRIEND

Wow, I had now idea.

AMY

(starting to get a little emotional)

The worst part is coming to work the next day after I haven't slept. I am just out of it. I feel slow, and I can't focus on anything. I know the team notices. Carl called me into his office last week to give me "a warning." Said I was coming in late too often and that it was starting to become a problem.

FRIEND

Really??

AMY

No, he's right. Late all the time...can't focus. It's starting to add up, I could loose my job. I have an appointment next week to talk to my doctor again. She tries to understand, but you can only cover so much in 10 minutes you have and my sleep just doesn't seem like a priority. If something doesn't change, I don't know what I'll do.

FRIEND

Amy, you'll get through this. We need you to. *(Amy's friend grand her hand)*

(light fade. Host enters)