

INSOMNIA

Written by

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FADE IN:

INT. KITCHEN - NIGHT

A close-up shot of milk being poured into a clear mason jar. The sound of ice cubes, coffee, and milk swirling together disrupts the peaceful silence.

A close-up shot of someone's mouth, sipping on the coffee with a metal straw. After finishing the sip, they let out a satisfactory "ah" as if now they can function.

INT. BEDROOM - NIGHT

Cuts to that person laying in bed, staring at the ceiling. They try to fall asleep, but it is visible that they are having trouble falling asleep. They reach over to the side and reach for their melatonin spray.

Cuts to that person sitting on their desk on a laptop. On Google, they search "How to fall asleep?"

Cuts to a screen recording on underlining cut down on caffeine.

Cuts to the person's eyes. They look slightly tired, but not sleep deprived.

Cuts to the person trying to go back to bed. They stare into the ceiling again.

INT. BEDROOM - MORNING

They gasp in shock as the blaring alarm wakes the person up. They check the time to see that it is the morning of the next day.

INT. KITCHEN - DAY

Shot of someone opening the fridge from inside. They are looking around, deciding what to grab. They stare at the coffee on the side.

SOMEONE (V.O.)  
I really shouldn't...

INT. DARK ROOM

It is pitch black, except for a light that shines on a singular person. That someone is sitting on a chair, blind folded and strapped like the teacup scene from Get Out. Their own self un-blind folds them. On the left side, their inner self whispers "One cup won't hurt, you need this." On the right side, their inner self whispers "we need sleep to function."

Cuts to various shots showing anxiety and exaggerated dependency on caffeine: close up of their knees shaking in nervousness, scratching their nails/chair, and gulping.

INT. KITCHEN - DAY

Cuts back to reality - the person screams and holds their head as if they have a major headache.

They have a fuck it moment as they grab the coffee with the same montages of the swirling and the satisfactory "ah."

After that moment, they receive a text from a friend saying "wanna grab coffee?" At first, they type "I can't" but later delete it and type "sure, I'm down."

EXT. CAFE - DAY

The person and their friend is sitting at a table. The friend seems to be talking but everything is a blur to that person. They are just staring at their coffee.

INT. DARK ROOM

Same scene of the person strapped in a chair. The left side demands "Drink it, you want it!"

Cuts to various shots showing anxiety and exaggerated dependency on caffeine again: close up of their knees shaking in nervousness, scratching their nails/chair, and gulping.

EXT. CAFE - DAY

Cuts back to the friend.

FRIEND

(Snaps) Hey, are you even listening to me? As I was saying (their words drown)

They nod as they continue staring at the coffee. They slowly reach for the coffee. They grab the coffee, swirling it, and drinking it. They are disgusted at themselves for drinking the coffee. They release a satisfactory "ah."

INT. BEDROOM - NIGHT

Cuts to that person laying in bed, staring at the ceiling. They try to fall asleep, but it is visible that they are having trouble falling asleep.

Giving up, they amble to the kitchen.

INT. KITCHEN - NIGHT

A close-up shot of milk being poured into a clear mason jar. The sound of ice cubes, coffee, and milk swirling together disrupts the peaceful silence.

They stare at the cup of coffee. Though no words are being said, you can tell that there are many emotions going through this person.

They lift the coffee cup up to their mouth, as they are about to drink it, it cuts to them pouring it down the drain.

INT. BEDROOM - NIGHT

Cuts to that person laying in bed, staring at the ceiling. They try to fall asleep, but it is visible that they are having trouble falling asleep. Giving up, it cuts to them storming out of the apartment.

INT. KITCHEN - NIGHT

Cuts to them poking the straw into a new drink. It's boba. They swirl the drink and take a sip and have the satisfying "ah" moment.

INT. BEDROOM

Cuts back to the Google search. The rest of the underlined words are revealed showing "cut down on caffeine and sugar."

Cuts to their eyes, they are visibly far worse and dead.

BEGIN END TITLES AND CREDITS with INSOMNIA.

FADE TO BLACK: