

# **Dreams of Insomnia \***

*Series, 2023*

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\*Longlisted in the BBA International Awards in Berlin, 2023

Finding rest and comfort has become in today's world almost an impossible task. With so many external triggers that keep us awake and spinning into over thinking and doubt, driving ourselves through the pad of anxiety and discomfort. From the inside it is difficult to see how our spirit and body experiments this external attack to our peace of mind. Our Dreams of Insomnia describe what our internal restless dimension goes through, when nobody else can see, not ourselves, not the partner next to us, no one. It is an invisible battle almost in its entirety carried out in sleepless reality, like another dream or a nightmare. How does our mind look like when the restlessness takes over? These five images attempt to answer that question and confront us with the mirror of our insomnia.