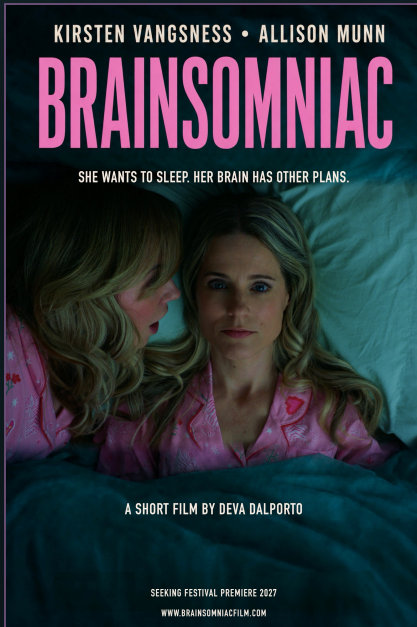


BRAINSOMNIAC

She wants to sleep. Her brain has other plans.



FORMAT Short Film · 19:43

GENRE Dark Comedy

STATUS Seeking Festival Premiere · 2027

FILMED January 2026 · Santa Barbara, CA

ABOUT THE FILM

Synopsis

In a darkly hilarious exploration of mental health, a perimenopausal hypochondriac insomniac attempts to sleep, but is forced into battle with MY BRAIN (personified by Kirsten Vangsness “Criminal Minds”) who keeps ME (Allison Munn “Nicky, Ricky, Dicky & Dawn” “One Tree Hill” “The Big Show Show”) up all night with a series of escalating, imaginary emergencies.

As the hours tick towards morning, fears of a kitchen-knife-wielding intruder, bladder cancer and early-onset Alzheimer’s crescendo with a phantom heart attack that sends ME running to the ER ... for the second time in a single day. The diagnosis? Anxiety. Will she ever escape her racing mind? ME is going to try.

CAST & CREATIVE TEAM

Kirsten Vangsness

“MY BRAIN” · *Criminal Minds*

Allison Munn

“ME” · *Nicky, Ricky, Dicky & Dawn, One Tree Hill, The Big Show Show*

Deva Dalporto

Writer / Director

Margo Zimmerman

Producer

Noah Freeman Hecht

Cinematographer

ABOUT THE FILMMAKER

Deva Dalporto is a writer, filmmaker, actor and digital creator known for sharp, funny viral videos about motherhood and mental health. Her work has earned more than a billion views and has been featured on *Good Morning America*, *The Today Show* and in *People*. BRAINSOMNIAC marks her narrative filmmaking debut.

WEBSITE

www.brainsomniacfilm.com

**PRESS · FESTIVAL ·
SCREENER**

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WRITTEN & DIRECTED BY DEVA DALPORTO