

PEUT-ÊTRE THEATRE

THE SLEEP SHOW

Various Venues

See venue familiarisation guides for further information for each space.

This is a visual resource for anyone coming as audience to The Sleep Show by Peut-Être Theatre.

The performance is classed as dance theatre. This means there is a lot of movement, most of which is dance. There is some spoken word. There is some singing, and this is a mixture of live and recorded.

The show runs for about 50 minutes. There is also time after the performance has finished to come onto stage and play. You'll need to take your shoes off if you would like to join in.

Performers:



Rachel



Paddy



Bridget

The performers don't play characters but are stage versions of themselves.

This is a relaxed performance and audience members are free to leave and return to the theatre space as needed

Set:

The set for The Sleep Show is not a specific place. The floor looks like a night sky. There is a midnight blue canopy, held up by 5 interestingly angled poles. It has lights underneath – some look like lightbulbs and they change colour throughout the show. On stage, there are various comfy items, such as pillows of various sizes, beanbags and duvets.

**Sound and Lights:**

The show is accompanied by music. The music is a variety of styles – some is slow and calm, others are faster and lively.

There are lots of sound effects too. Some may make you laugh, which is ok. Some may be a surprise, like morning wake-up alarms sounding, but the performers will let you know they are coming. It's ok to still be surprised and jump a little.

The lights will change though out the performance. Sometimes it can get dark, but there is always some light on.

The Show

This show is all about some of the things that happen before, during and after sleep. What are the things that come to mind when you think about sleep? Maybe:

- Yawning
- bedtime routines
- nodding off in unusual places
- Finding it hard to get to sleep



- Making your space snug to sleep in
- Dreams and nightmares
- Snoring



- Playing with your pillows
- The positions you sleep in
- Lullabies and bedtime stories



These were some of the things we thought of! Sometimes, it's cosy, sometimes we get anxious and have worrying thoughts. The performers explore these through dance, movement some speech and song. There isn't a usual narrative with a beginning, middle and end.

Audience Participation:

There are points of audience interaction. The performers ask the audience questions, which you can choose whether to answer or not. On another occasion, the performers might invite you up on to stage. This will be invitation only, and you don't have to. You will still be able to enjoy the performance staying in your seat.



If you are invited to come up on stage, you will need to take your shoes off. If you change your mind, you can move back to your seat at any time.

If you are comfortable staying on stage, the performers will give you instructions, this is so you know what to do – you will become part of the performance for those still in their seats! But don't worry there is no right or wrong. Stay safe by being aware of your space – especially by keeping feet and hands away from other people on the stage.



The performers will also come into the auditorium at the end and will move between the audience where comfortably possible.

Rehearsal Photography: Rich Southgate and Greta Zabulyte
Performance Photography: Lidia Chrisafulli

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www.peutetretheatre.co.uk
info@peutetretheatre.co.uk