

MY

PARASOMNIA

Jack, Christine, Hurley, Amber



RESEARCH & ANALYSIS

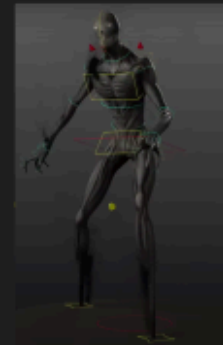
Of our short film, “Parasomnia”

“JULES”

The Protagonist

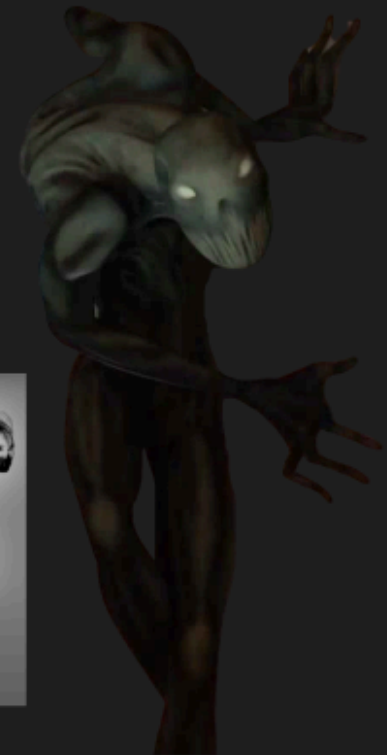


CHARACTERS



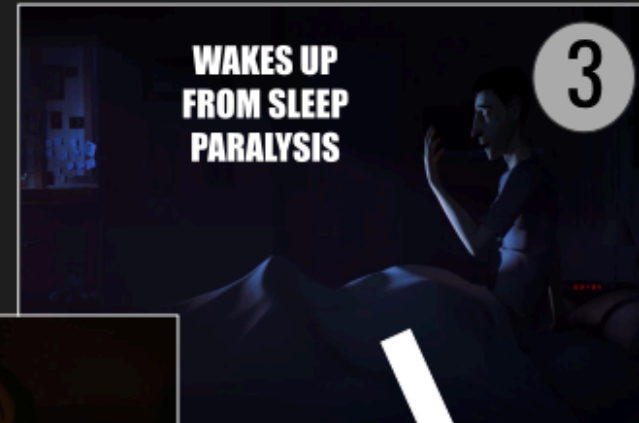
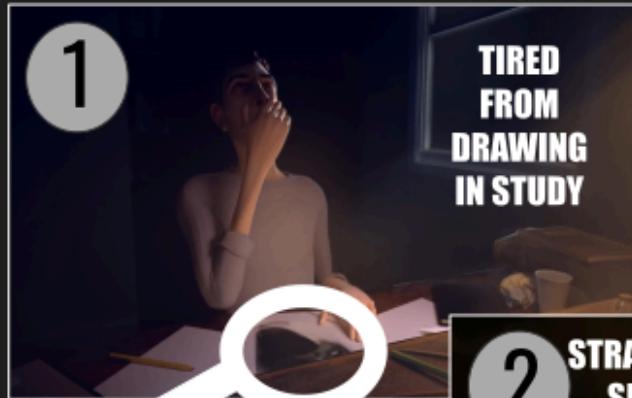
“SHADOW”

The Antagonist



PLOT SUMMARY

(Bordwell, et al., 2023)

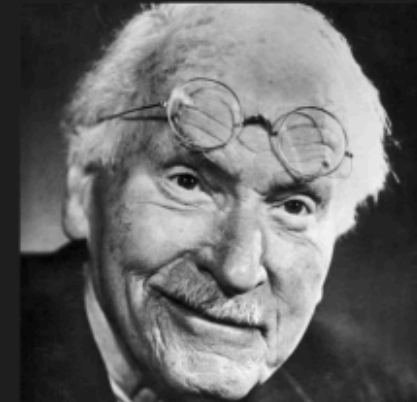


SYMBOLS/THEMES

THE SHADOW ARCHETYPE:

(THE COLLECTIVE UNCONSCIOUS)

“shadow, that hidden, repressed... inferior and guilt-laden personality whose ultimate ramifications reach back into the realm of our animal ancestors.” (Jung, 1959)

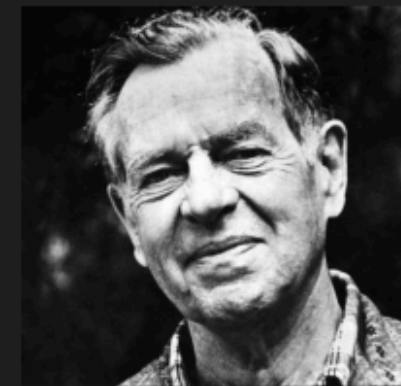


Carl Jung

THE MONOMYTH:

(THE HERO'S JOURNEY)

“dreams are manifestations in image form of the energies of the body in conflict with each other. That is what myth is.” (Campbell, 1988)



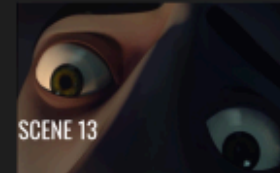
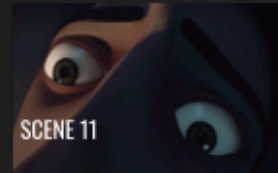
Joseph Campbell

Cinematography

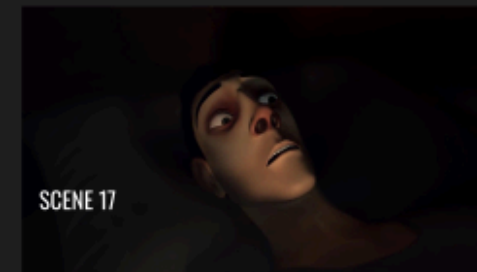
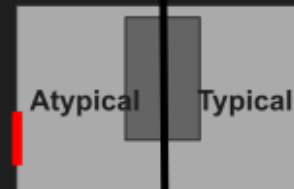
PART 2: "CATALYST"

(Bordwell, et al., (2023))

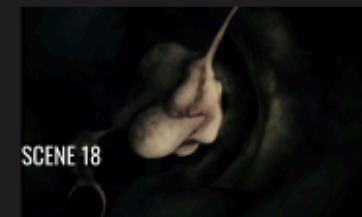
STATIC, HIGH-ANGLE, EXTREME CLOSE-UP SHOTS:



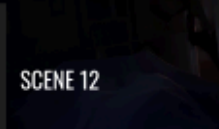
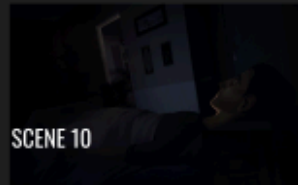
180° RULE: (Deliberate Breaking)



DOUBLE EXPOSURE/ GLITCHY SHOTS:



NARRATIVE PROGRESSION
VIA. WIDE SHOTS



- Dark Smoke: *Foreboding*
- Creature Appears: *Shocking*
- Creature Scuttles: *Anxiety-Inducing*
- Creature Crawls: *Terrifying*

Mise-En-Scene

The short film takes place in Jules' home - spanning the two rooms show below:

STUDY (*BUREAU*)



BEDROOM (*CHAMBRE*)



Mise-En-Scene

PART 2: "CATALYST"

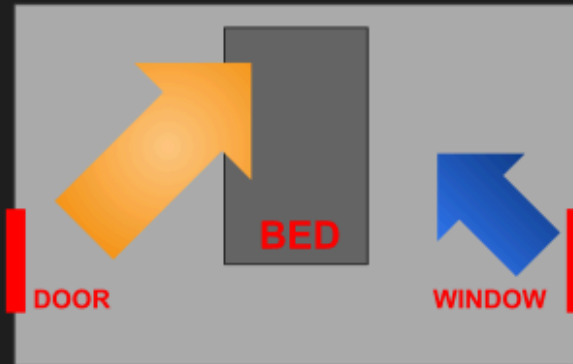
PROPS:

The Bed

- "The site of action" throughout the short film

The Blanket

- Highlights stress & Jules' limited movement



LIGHTING SET-UP:

- Setting (Bedroom at Night)
- **Lowkey** Atmospheric Lighting
- Typical Horror Convention

SUBVERSION:

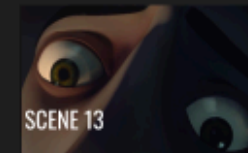
- Warm Light $\neq$ Comforting
- Harkens The Shadow
- Grows more intense

(Bordwell, et al., (2023))

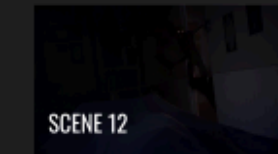
(Furniss, M. (2017))

LIGHTING & STAGING:

Warm, Artificial Light (LAMP)



Cold, Natural Moonlight (WINDOW)



Editing

PART 2: "CATALYST"

LAP DISSOLVE (DOUBLE EXPOSURES)

- Used to show grotesque images overlaid on top of each other

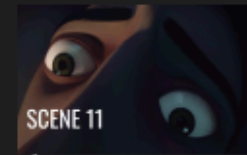
Psychological or supernatural



CUT FREQUENCY (Increased)

- 43 seconds for the **first 9 cuts**
- 33 seconds for the **next 9 cuts**

Ramping up of cuts here mirrors the heightening intensity & anxiety



BACK-AND-FORTH

- Used to convey the dichotomy/conflict between Jules and the Shadow

Creates sense of tension and

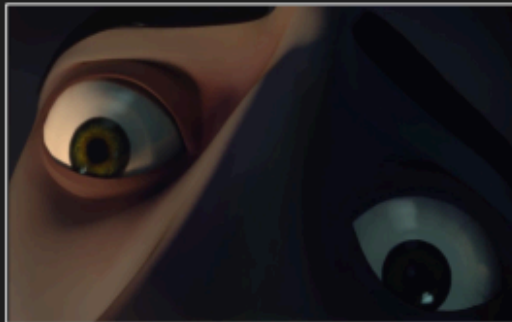
Sound

PART 2: "CATALYST"



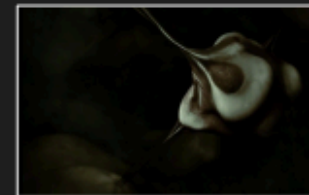
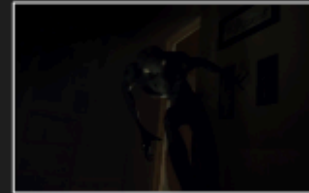
Diegetic

- Breathing
- Ruffling of Bed



Semi-Diegetic

- The sounds of the monster/Shadow
 - Growling
 - Clawing
 - Scratching
- Heart Pumping (Jules or double exposures)



Non-Diegetic

- Foreboding atmospheric music composed of low, repetitive, and eerie instrument waves likely digitally produced. Reminiscent of the violin or cello.

Fin

**MY SLIDES NOT
INCLUDED IN
PPT**

PARASOMNIA

SHADOW:

- SLEEP DISORDERS
- SLEEP WALKING
- NIGHTMARE
- TERROR
- LUNACY
- DREAMS
- HALLUCINATIONS
- PHANTASIES
- VIVID DREAMS

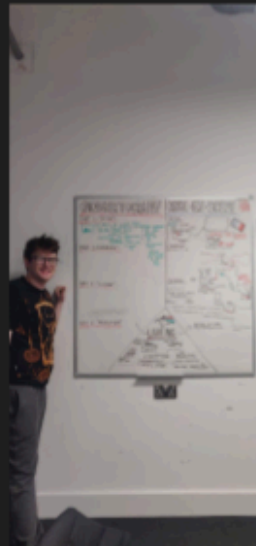
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Group Meetings

Ulster University Library + Video Calls



Library Meeting Dates:

- Tuesday 04/02/25
- Tuesday 11/02/25
- Tuesday 25/02/25
- Friday 28/02/25

THEORIES & PERSPECTIVES:



Narrative Theory (Structuralism)

- *How storytelling is structured & conveyed*



Feminist Theory

- *Representations of gender & power in the story*



Psychoanalytic Theory + Surrealism

- *Underlying psychological & emotional elements of the characters and story*



Visual Semiotics

- *How signs & symbols communicate meaning to the audience*



Cultural Studies

- *How (animated) media reflects and encodes messages regarding cultural symbols, meanings, and values for the audience to decode*

Theoretical Frameworks

Here, we used an “*interdisciplinary approach*” - integrating several different theoretical frameworks into our research & analysis so that we could produce nuanced conclusions informed by a variety of perspectives.



[Pictured Left-Right] Sigmund Freud, bell hooks, Joseph Campbell



Research & Analysis Methodologies

We employed a “*holistic approach*” - utilising a range of research methods to provide a comprehensive and well-rounded analysis of our *short film* (SF)

CONTEXTUAL RESEARCH: *(using secondary sources)*

Production
Genre
Historical
Theoretical

Research
Research
Research
Research

FORMAL ANALYSIS: *(of short film)*

Visual/Content
Thematic
Narrative & Character

Analysis
Analysis
Analysis