

Insomnia: Warped Perception

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Genres

Story: Psychological Horror | Gameplay: Point and Click

Narrative Summary

Players control a man named Garrett, who suffers from an Anxiety disorder. Recently it has been manifesting as Insomnia and is beginning to warp his perception of the world. Light becomes an evil shadow and darkness his only salvation until he can sleep. In an attempt to prevent Garret from doing something to harm himself, players must manipulate the environment in order to keep him sane and coerce him into sleeping.

Mechanics Breakdown

- Navigation:
 - Players are given a mini-map of the house. The room they are in is highlighted and the room Garrett is in has an indicator on it.
 - Garrett will move to any adjacent room every time the player moves into another room.
 - Players can close off up to two rooms at any given time, but cannot trap Garrett in one room.
- Controlling Light:
 - In the game light (and other things that one would perceive as "good") are represented by darkness, and dark spots are represented as well lit.
 - Players must limit his exposure to light in order to keep his stress levels down.
 - Light can be limited by turning off switches, closing blinds, etc.
- Removing harmful objects:
 - If Garrett's stress hits a high enough point, harmful objects will be outlined in red.
 - Players must hide objects in cabinets, drawers or in bright spots in order to stop Garrett from harming himself and ending the game.
- Winning & Losing:
 - Players can only win the game by forcing Garret to sleep, which is done by having his stress level hit zero.
 - Garrett's stress decreases if the next room he moves into is covered in less than 25% light and has no harmful objects.
 - Every 5 turns, Garret will attempt to go to sleep. If he fails, his stress meter raises significantly. After 25 turns, if Garret cannot fall asleep, the game ends.