

THIS WILL MAKE YOU SLEEP INSTANTLY

A SHORT FILM BY MICHALIS LANGAS



ELECTRONIC PRESS KIT

London E15, United Kingdom
michalis.langas@proton.me · +44 (0) 7759 154 183 · [@sleepinstantlyfilm](https://www.instagram.com/sleepinstantlyfilm)



LOGLINE

In an era filled with endless distraction from an infinite stream of videos and adverts, how can one not have insomnia? Can a video titled “This Will Make You Sleep Instantly” deliver on its promise?

SHORT SYNOPSIS

An insomniac director is endlessly browsing his video feed. Out of nowhere a magical video appears, claiming it can make one sleep instantly.

One click starts an innocent surrender to deep meditation. Our hero has to figure out what matters to him the most. The dream inside the sleep, or the wake-up call inside life?

LONG SYNOPSIS

The world is spinning at a thousand miles an hour, keeping us all awake. The hero’s journey starts while watching TV and stumbling upon a “magical” video claiming to make one sleep instantly.

When playback begins, we are transported to a different plane of consciousness: a lounge in the park. What happens from here onwards is only for the sleeper to sense and the viewer to ponder.

Clarity is replaced by experience embodied by a mélange of dreamscape vignettes. They gradually bring us closer and closer to the hero’s psyche.

Is he a restless kid who struggles to sleep? Or a delusional adult who struggles to dream?

And what happens when the outside world needs us to wake up? What if our slumber infects those around us?

The answer lies in true reflection. Of a shiny TV screen.



FILM INFORMATION

| | |
|------------------------------|------------------------------------|
| English Title | This Will Make You Sleep Instantly |
| Original Title | This Will Make You Sleep Instantly |
| Genre | Surreal Comedy |
| Language | English |
| Country of Production | United Kingdom |
| Director | Michalis Langas |
| Screenplay | Michalis Langas |
| Cast | Nikolaos Brahimllari, Nikky Athan |
| Presented by | ShepherdTone |
| Production | Anna Boronea |
| Production Year | 2025 |
| Release Date | TBD |
| Running Time | 9min |
| Shooting Format | Sony FX6 DCI 4K ProRes RAW |
| Aspect Ratio | 2.39:1 |
| Exhibition Format | 2K DCP 4K DCP UHD ProRes HQ |
| Sound | 5.1 Dolby Digital 2.0 Stereo |

DIRECTOR'S STATEMENT

The beginning of "This Will Make You Sleep Instantly" happened to myself during a night I couldn't sleep. I came across a video titled as such. My first reaction was "really?"

The aggressive marketing, the commercialisation of a chronic problem like insomnia, the horrendous A.I. universe aesthetics and their endless repetition made me angry. Pretty suspicious of a video that claims instant sleep and lasts 11 hours.

These thoughts were vigorously painted on my stunned face while getting immersed in the flamboyant contents of the TV screen.

The afterthought of those contradicting emotions gave birth to the idea: "what if this video actually worked?"

We all re-live our life when we wake up. Sleep is a transition. Some individuals experience every day as a micrography of life. Birth – life – death.

In their daily ritual of taking their dying breath in bed at night, they reflect on their day through their memories and regrets. Optimists win the battle. They have a pulsating, quiet sense of adequacy. Pessimists lose it. They get insomnia, they get bitter.

When the worlds of optimism and pessimism collide, they give birth to art.

Art is the illegitimate child of love and reality. Art is going to solve all of the problems we never had. Art is cool.





MICHALIS LANGAS
Writer & Director

Michalis is an award-winning Greek Writer-Director based in London. By day, a mild-mannered Dr Jekyll of Dentistry, at night his cinematic Mr Hyde comes seeking the dark side, creating surreal experiences for screens of various sizes.

His passion for the cyclical dialogue between structure and aesthetics have been shaping his practice from very early on. This “battle” has developed into a percolating process where aesthetics sometimes create structure.

He is currently developing a slate of short and longform projects.

ANNA BORONEA

Producer

Anna is an award-winning Romanian director and producer based in London.

After two years coordinating virtual production at Garden Studios, she transitioned to freelance work, delivering over 60 shoots for clients like Netflix, BBC, Logitech, and Epic Games.

Her recent short *The Oracle*, produced and directed on a virtual production stage, won Best Micro Short at the Wild Indie Sci-Fi Festival and screened at multiple festivals. Anna seeks to uncover a spark of magic in every story she tells.



ANDREI SAS
Cinematographer

Andrei is a London-based cinematographer whose work sits at the crossroads of art house cinema and popular culture.

Born in a small Romanian city, his passion for storytelling was sparked by cable TV, coveted cinema visits, and early experiments with 8 mm video.

Drawing on his Black Sea roots, Andrei brings a visually rich, emotionally grounded approach to every project.

His work blends technical precision with intuitive creativity, aiming to craft images that reveal human truth and connect audiences across boundaries.

NIKOLAOS BRAHIMLLARI
as The Director

Nikolaos is an internationally recognised actor known for his layered, magnetic screen presence across British and European television and film. His breakout performance as Artan in *Gangs of London* (Sky Atlantic) showcased a brooding intensity, while his role as Markaj in ITV's *Unforgotten* earned praise for its emotional complexity and subtle power.

Demonstrating his versatility, Nikolaos took a comedic turn as Gleb in *Downforce*, proving equally adept at offbeat humour and character-driven storytelling. Other notable TV credits include *Silent Witness* (BBC), *FBI: International* (CBS/Paramount), and *Marbella* (Movistar+), directed by Dani de la Torre.

On the big screen, he appeared as the Russian Diving Officer in *Mission: Impossible – Dead Reckoning Part One* and played Paul in indie satire *The Bystanders*. Fluent in English, Albanian, Greek, Spanish, and Ukrainian, he brings linguistic precision and cultural depth to each role.

Trained in dramatic combat and physical performance, Nikolaos approaches every character with discipline, authenticity, and range — moving fluidly between crime thrillers, stylised action, grounded drama, and dark comedy. His work reflects a commitment to craft, emotional truth, and bold, cinematic storytelling.



NIKKY ATHAN
as The Sleeper

Nikky is a Greek actor based in London and Athens, known for his emotionally grounded performances and range across film and drama.

He trained at the Andreas Voutsinas Drama School, the Identity School of Acting, and was awarded a scholarship to study Acting for Screen at the National Film and Television School (NFTS).

His screen credits include lead roles in "Astoria", "What a Shitty Day", and he has worked with Acclaimed Directors like Brad Furman, Julian Farino, and Hardik Gajar.



FULL CAST & CREW

| | | | |
|---|----------------------|-------------------------------------|---------------------|
| Writer & Director | Michalis Langas | 1st Assistant Director | Ciaran Shea |
| Produced by | Anna Boronea | Production Assistant | Nicole Diaz Arias |
| Cinematographer | Andrei Sas | 1st AC / Focus Puller | Ines Silva |
| Production Designer | Miruna Ilas | 2nd Assistant Camera | Jasper Maberly |
| Editor | Matthew Bernard | Gaffer | Cosmin Filisan |
| Music Composed & Recorded by | Sad Mask Party | Lead Electrician | Preet Mhatre |
| Sound Design & Mixing | Andrei Boanta | Production Sound Mixer | Loukas Panagiotidis |
| Colourist | Stefania Grigorescu | Set Decorator & Costumes | Miruna Ilas |
| Cast | | Hair & Make up Artist | Leandro Annunziato |
| The Director | Nikolaos Brahimllari | Post-Production by | ShepherdTone |
| The Sleeper | Nikky Athan | VFX Artist | Theodoros Tziatzios |
| Friend #1 | Giorgos Tserkezov | Assistant Editor | Stefano Moscone |
| Friend #2 | Stefanos Zafeiriou | Foley Editor | Ada Shepherd |
| Friend #3 | Renia Sakatzidou | Graphics & Titles | RantArt |
| Friend #4 | Eleftheria Katsikia | BTS Photography | Panos Vlassas |
| Friend #5 | Panos Vlassas | Health & Safety | RantArt |
| Friend #6 | Argy Kara | Driver | Sue Austen |
| Friend #7 | Georgios Antonoglou | Catering | Alex Falkenberg |
| | | Camera & Grip Equipment | The Greek Pot |
| | | | Fomo Rentals |



CONTACT & LINKS

Website

shepherdtone.co.uk/EPK/SleepInstantly

Film Trailer

vimeo.com/114623063

Poster Download

[SleepInstantly-poster.jpg](#)

Production Stills Download

[stills.zip](#)

Behind the Scenes Stills Download

[BTS.zip](#)

Instagram

[@instantsleepfilm](#)

Facebook

[@instantsleepfilm](#)

Michalis Langas

Writer-Director

Email: michalis.langas@proton.me

Anna Boronea

Producer

Email: annaboronea@gmail.com