

Hi Julija,

How did you sleep?

Listen, have you ever heard of this division between people "The world is divided into those who can sleep and those who can't". (M.D.)? It would be very appropriate for us here... while talking to each other to start each conversation about the calibre of our sleeping experiences.

In March 2021, there was a report that Alexander Navalny was being tortured in a Russian prison. He was tortured in various ways, but the most notable was to prevent him from falling asleep. Sleep deprivation, while it may even have been fashionable in the past as an indicator of efficiency or high performance and success, in recent years has become a sign of illness or of a less than fulfilling life.

Insomnia can be a hindrance as well as a stimulus to creativity, however trite this may sound in the context of all the abundance and positivity philosophies of *hubermanns* et al. For instance, here we are, together with the "nocturnal" writers from the pantheon of world literature – Proust, Kafka, Perez, Kawabata, Cioran, Plath, Sonntag. They, too, lived between sleep, insomnia and writing.

The inspiration for the exhibition in the apartment and also DRIFTS art space is my personal insomnia, which lives in spurts, and the recent publication by Semiotexte of the French author Marie Darrieussecq's book *Sleepless. A memoir of insomnia* (pr. "Pas Dormir").

In her research on insomnia, which she has had for over 20 years, the French writer and psychoanalyst Marie Darrieussecq observes that insomnia is wrongly attributed to a self-reproaching conscience. Marie Darrieussecq describes and weighs up the contributions of alcohol, sleeping pills and sleep specialists in the treatment of insomnia. When others attack her with advice on how to get rid of insomnia, she replies, similarly as I do, that she has tried absolutely everything ('J'ai tout essayé'). Her list of rituals and tricks is long: yoga, meditation, fasting, a gravity blanket and a synthetic floral mat on which to lie down to rub one's back and "release" endorphins. The exhibition features works that both respond to the feeling of being an insomniac but also those tricks that seemingly help us to fight sleeplessness.

Hugs,
Justé

Exhibition curator:
Juste Kostikovaite

Participating artists:
Ieva Rize, Robertas Antinis Jr., Evita Vasilieva, Delphine Le Jeune , Zoe Williams, Evy Jokhova and Paulius Petraitis, Raimedas Latvys (Fencisuka), Robertas Narkus, Julija Goyd, Viktorija Daniliauskaitė, Violeta Bubelytė, Jonas Mekas

Graphic designer Dalija Kaukėnaitė

Thanks to:
AndEditions
Meno Parkas
Giedrė Selenytė
Sodas2123
Sigita Šimkūnaitė
In The Closet
Nunilo Rumbutis

Project financed by the Lithuanian Council for Culture