

26 May 2009  
PRESS RELEASE

***Sleep Furiously* (U)**  
**Gideon Koppel, UK 2008, HD, 94mins**  
**12<sup>th</sup> – 17<sup>th</sup> & 20<sup>th</sup> June 2009**  
**Q&A with Director Gideon Koppel on the 20<sup>th</sup>**

*Sleep Furiously* will run at Aberystwyth Arts Centre Cinema from the 12<sup>th</sup> – 17<sup>th</sup> and on the 20<sup>th</sup> of June.

*Sleep Furiously* is a beautiful homage to the rituals and values of the shrinking population of the tiny rural community of Trefeurig, Ceredigion. This is a place where Director Gideon Koppel's parents – both refugees from Nazi Germany – found a home. It is a landscape and population that is changing rapidly as small-scale agriculture is disappearing and the generation who inhabited a pre-mechanised world is dying out.

Koppel, explaining the choice of location for his debut feature, said: “for many years I felt a need to make a film there. What was once a community cut off from the world has now learned to adapt to modern times, with the quad bike replacing the pony, and the mobile phone sparing people the need to shout across the valley. But some of the old traditions and values still remain, like the pace of life and the strong sense of community, with which I have a particular relationship. It occurred to me that the relationship between people and the land reminded me of an expression that I had often heard in this part of Wales – that people don't own the land, they belong to it.” Koppel states “I didn't want the environment to simply be a geographic location for people's lives in the film, I needed it to become a character of its very own.”

Through his cinematography Koppel emphasises the importance of landscape, both to the story and the community. He leads us on a poetic and profound journey into a world of endings and beginnings. The film is a meditation on nostalgia and belonging, a celebration of the art and craft involved in cake baking, choral singing, sheep shearing, sheep-dog training, ploughing and hay making. Allied to a haunting soundtrack by the revered electronic musician Aphex Twin, *Sleep Furiously* is lyrical filmmaking at its best.

The film has already established a glowing reputation, enjoying national press coverage as well as recommendations from esteemed critics and filmmakers including Alex Cox and Mark Cousins. Cox championed the film in *Film Comment* magazine, describing it as “visually remarkable”. Cousins described the film as “pure cinema; visually alert, brilliantly musical, and moving in the way it captures time passing and lives lost.”

Tickets for this production are £5 (£4) and can be booked by contacting the Arts Centre ticket office on 01970 62 32 32 or online at [www.aber.ac.uk/artscentre](http://www.aber.ac.uk/artscentre)

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