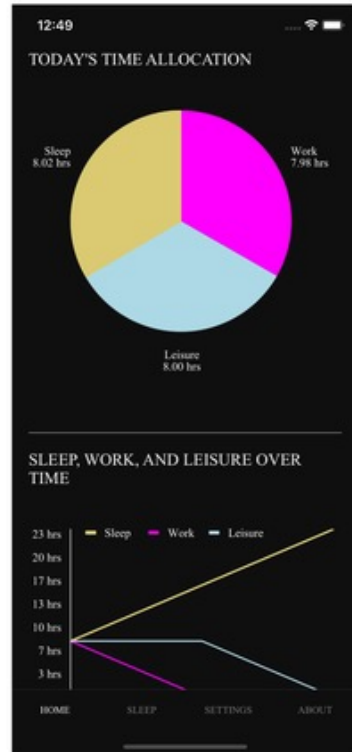
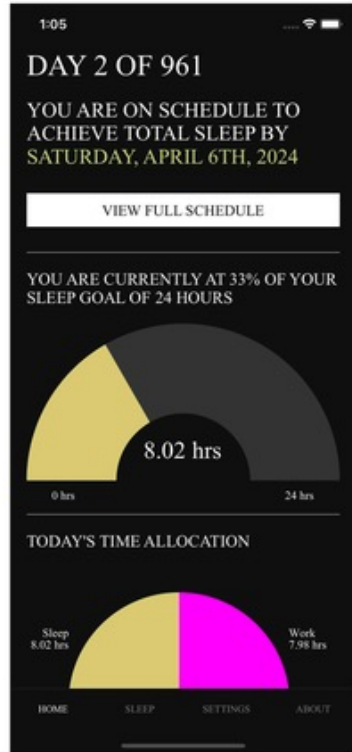


https://neurosynth.org/locations/2_-16_-16_6/

科技藝術書報討論

指導老師：許素朱 教授



Perfect Sleep

Commissioned by Museum Sinclair-Haus, Bad Homburg.
All exhibition views are from TEMPO, 26. September 2021
- 6. February 2022.

林巖 IPHD 110003818

Credits

- **Artists:** Tega Brain and Sam Lavigne
- **App development:** Sam Lavigne
- **Dream incubation texts:** Simone Browne, Johanna Hedva, Holly Jean Buck and Sophie Lewis
- **Dreamscape sound composition:** Luisa Pereira
- **Dreamscape narration:** Mukundwa Katuliiba
- **Furniture designed** with Jordana Maisie Design Studio
- *Perfect Sleep* was commissioned by the Museum Sinclair-Haus, Stiftung Kunst und Natur, Bad Homburg.



<https://lav.io/>

- **Sam Lavigne** (b. 1981) is an artist and educator whose work deals with data, surveillance, cops, natural language processing, and automation. His work often takes the form of online interventions that surface the frequently opaque political and economic conditions that shape computational technologies. He has exhibited work at Lincoln Center, SFMOMA, Pioneer Works, DIS, Ars Electronica, the New Museum, and the Smithsonian American Art Museum.

<http://tegabrain.com/>



- **Tega Brain** (b. 1982) is an Australian-born artist and environmental engineer whose work examines how technology shapes ecological relations. She has created wireless networks that respond to natural phenomena, systems for obfuscating fitness data, and an online smell-based dating service. Her work has been shown in the Vienna Biennale for Change, the Guangzhou Triennial, and in institutions like the Haus der Kulturen der Welt and the New Museum, among others.

Selected Work



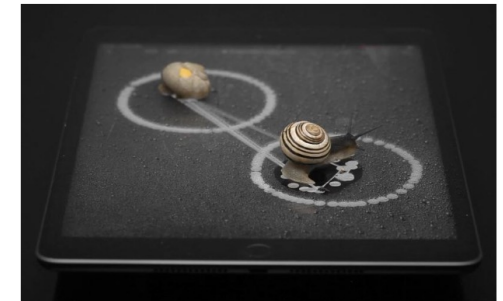
APD Decruitment (2022)



The Capitalist Gene (2022)



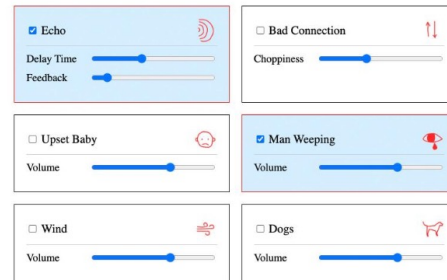
Perfect Sleep (2021)



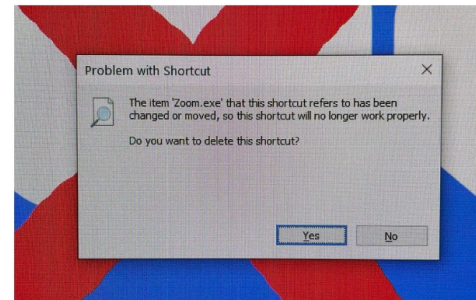
Unwhorl (2021)



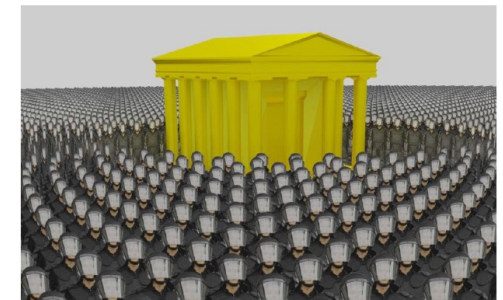
Synthetic Messenger (2021)



Zoom Escaper (2021)



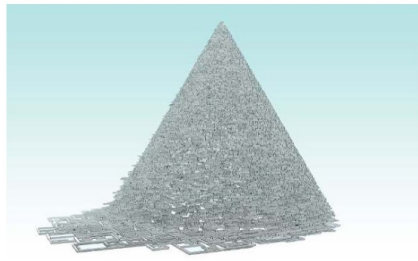
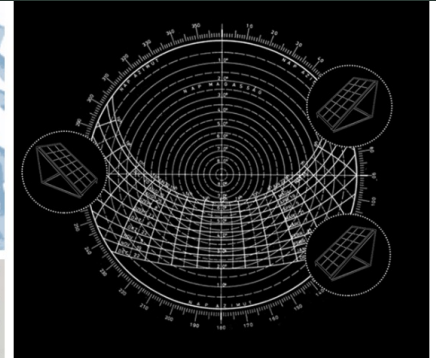
Zoom Deleter (2021)



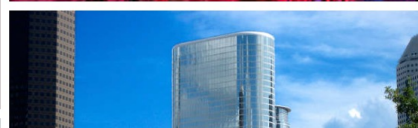
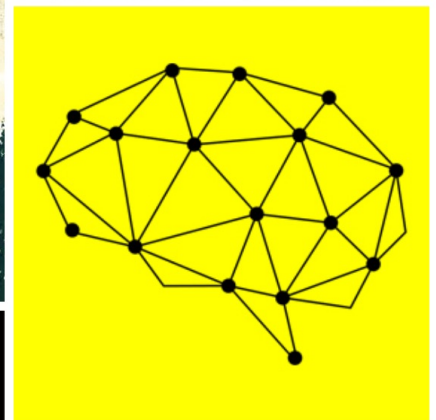
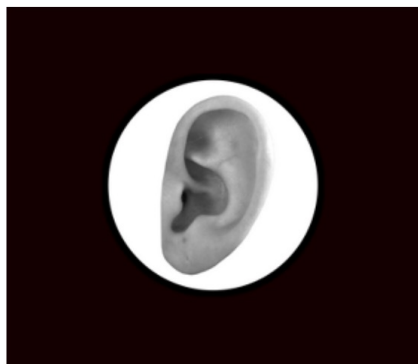
45 Library (2020)

TEGA BRAIN

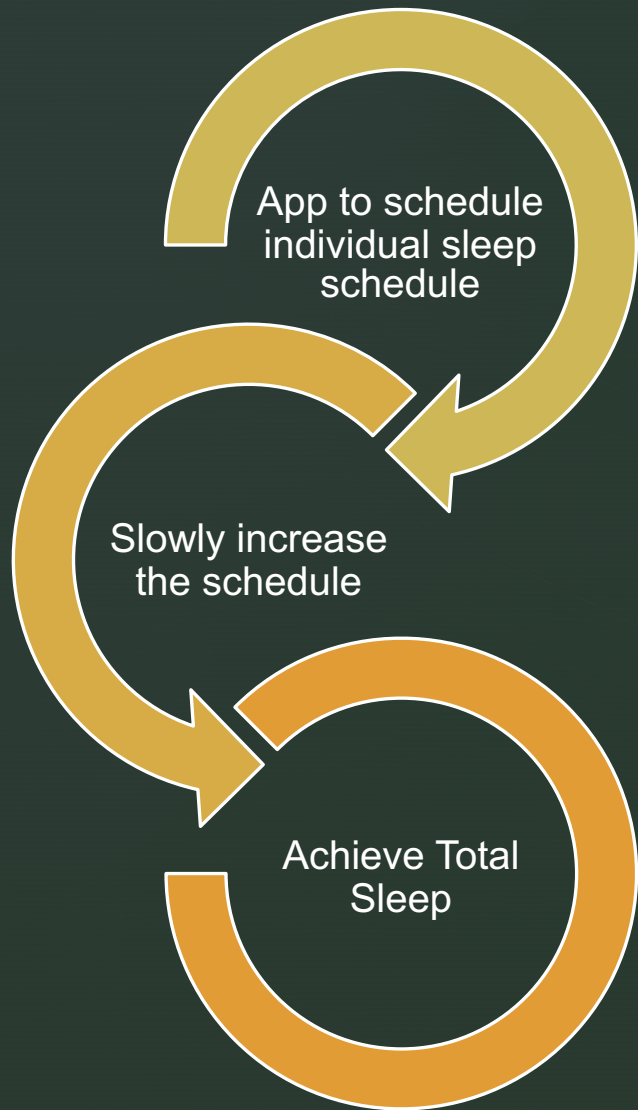
about
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words
exhibition



Get well big guy.
Get well big man.....you got this
Get well boo!
Get well boss!
Get well boss!!
Get well boy!!
Get well boy's
Get well boys!!!
Get well bradda!
Get well bro
Get well bro !
Get well bro bro
Get well bro
Get well bro
Get well bro, pulling for you
Get well bro.
Get well bro...
Get well brotha
Get well brotha !!!
Get well brotha!
Get well brotha.
Get well brother
Get well brother and thank you for all you do
Get well brother see you soon!
Get well brother see you soon...
Get well brother we need ya on the team
Get well brother



“Perfect Sleep investigates sleep and dreaming as a potential climate engineering technology. By inviting participants to experiment with their own sleep cycles, the work explores how lack of sleep and climate change are both products of the same extractivist capitalist system where regeneration, rest, and natural limits are dismissed and go unvalued.”



Perfect sleep combined the application with environment record, with some material used to construct this article.

Based on App's capability to allow users to adjust their sleep schedule, slowly increasing their sleep time over three years until they achieve a state of "total sleep." That's the experiment with the main in this art.

The Perfect Sleep App

1:05

DAY 2 OF 961

YOU ARE ON SCHEDULE TO ACHIEVE TOTAL SLEEP BY SATURDAY, APRIL 6TH, 2024

[VIEW FULL SCHEDULE](#)

YOU ARE CURRENTLY AT 33% OF YOUR SLEEP GOAL OF 24 HOURS

0 hrs 24 hrs

8.02 hrs

TODAY'S TIME ALLOCATION

Sleep 8.02 hrs Work 7.98 hrs Leisure 8.00 hrs

HOME SLEEP SETTINGS ABOUT

12:49

Aug 20, 2021: 08:01 sleep // 07:59 work // 08:00 leisure
Aug 21, 2021: 08:02 sleep // 07:58 work // 08:00 leisure
Aug 22, 2021: 08:03 sleep // 07:57 work // 08:00 leisure
Aug 23, 2021: 08:04 sleep // 07:56 work // 08:00 leisure
Aug 24, 2021: 08:05 sleep // 07:55 work // 08:00 leisure
Aug 25, 2021: 08:06 sleep // 07:54 work // 08:00 leisure
Aug 26, 2021: 08:07 sleep // 07:53 work // 08:00 leisure
Aug 27, 2021: 08:08 sleep // 07:52 work // 08:00 leisure
Aug 28, 2021: 08:09 sleep // 07:51 work // 08:00 leisure
Aug 29, 2021: 08:10 sleep // 07:50 work // 08:00 leisure
Aug 30, 2021: 08:11 sleep // 07:49 work // 08:00 leisure
Aug 31, 2021: 08:12 sleep // 07:48 work // 08:00 leisure
Sep 01, 2021: 08:13 sleep // 07:47 work // 08:00 leisure
Sep 02, 2021: 08:14 sleep // 07:46 work // 08:00 leisure
Sep 03, 2021: 08:15 sleep // 07:45 work // 08:00 leisure
Sep 04, 2021: 08:16 sleep // 07:44 work // 08:00 leisure
Sep 05, 2021: 08:17 sleep // 07:43 work // 08:00 leisure
Sep 06, 2021: 08:18 sleep // 07:42 work // 08:00 leisure
Sep 07, 2021: 08:19 sleep // 07:41 work // 08:00 leisure
Sep 08, 2021: 08:20 sleep // 07:40 work // 08:00 leisure
Sep 09, 2021: 08:21 sleep // 07:39 work // 08:00 leisure
Sep 10, 2021: 08:22 sleep // 07:38 work // 08:00 leisure
Sep 11, 2021: 08:23 sleep // 07:37 work // 08:00 leisure
Sep 12, 2021: 08:24 sleep // 07:36 work // 08:00 leisure
Sep 13, 2021: 08:25 sleep // 07:35 work // 08:00 leisure
Sep 14, 2021: 08:26 sleep // 07:34 work // 08:00 leisure
Sep 15, 2021: 08:27 sleep // 07:33 work // 08:00 leisure
Sep 16, 2021: 08:28 sleep // 07:32 work // 08:00 leisure
Sep 17, 2021: 08:29 sleep // 07:31 work // 08:00 leisure
Sep 18, 2021: 08:30 sleep // 07:30 work // 08:00 leisure
Sep 19, 2021: 08:31 sleep // 07:29 work // 08:00 leisure
Sep 20, 2021: 08:32 sleep // 07:28 work // 08:00 leisure
Sep 21, 2021: 08:33 sleep // 07:27 work // 08:00 leisure
Sep 22, 2021: 08:34 sleep // 07:26 work // 08:00 leisure
Sep 23, 2021: 08:35 sleep // 07:25 work // 08:00 leisure
Sep 24, 2021: 08:36 sleep // 07:24 work // 08:00 leisure
Sep 25, 2021: 08:37 sleep // 07:23 work // 08:00 leisure
Sep 26, 2021: 08:38 sleep // 07:22 work // 08:00 leisure
Sep 27, 2021: 08:39 sleep // 07:21 work // 08:00 leisure
Sep 28, 2021: 08:40 sleep // 07:20 work // 08:00 leisure

[CLOSE](#)

12:49

TODAY'S TIME ALLOCATION

Sleep 8.02 hrs Work 7.98 hrs Leisure 8.00 hrs

SLEEP, WORK, AND LEISURE OVER TIME

23 hrs 20 hrs 17 hrs 13 hrs 10 hrs 7 hrs 3 hrs

— Sleep — Work — Leisure

HOME SLEEP SETTINGS ABOUT

12:49

SLEEP

When you are ready to sleep, tap the button below and an alarm will be set to wake you up according to your schedule.

Tonight you will sleep for 8 hours and 2 minutes.

[SET ALARM & GO TO SLEEP](#)

[PLAY](#) Sleep aid 1: Family by Sophie Lewis

[PLAY](#) Sleep aid 2: Spheres by Holly Jean Buck

[PLAY](#) Sleep aid 3: Reef by Simone Browne

[PLAY](#) Sleep aid 4: Rage by Johanna Hedva

HOME SLEEP SETTINGS ABOUT

App Development: Sam Lavigne

Resource: <https://perfectsleep.labr.io/>

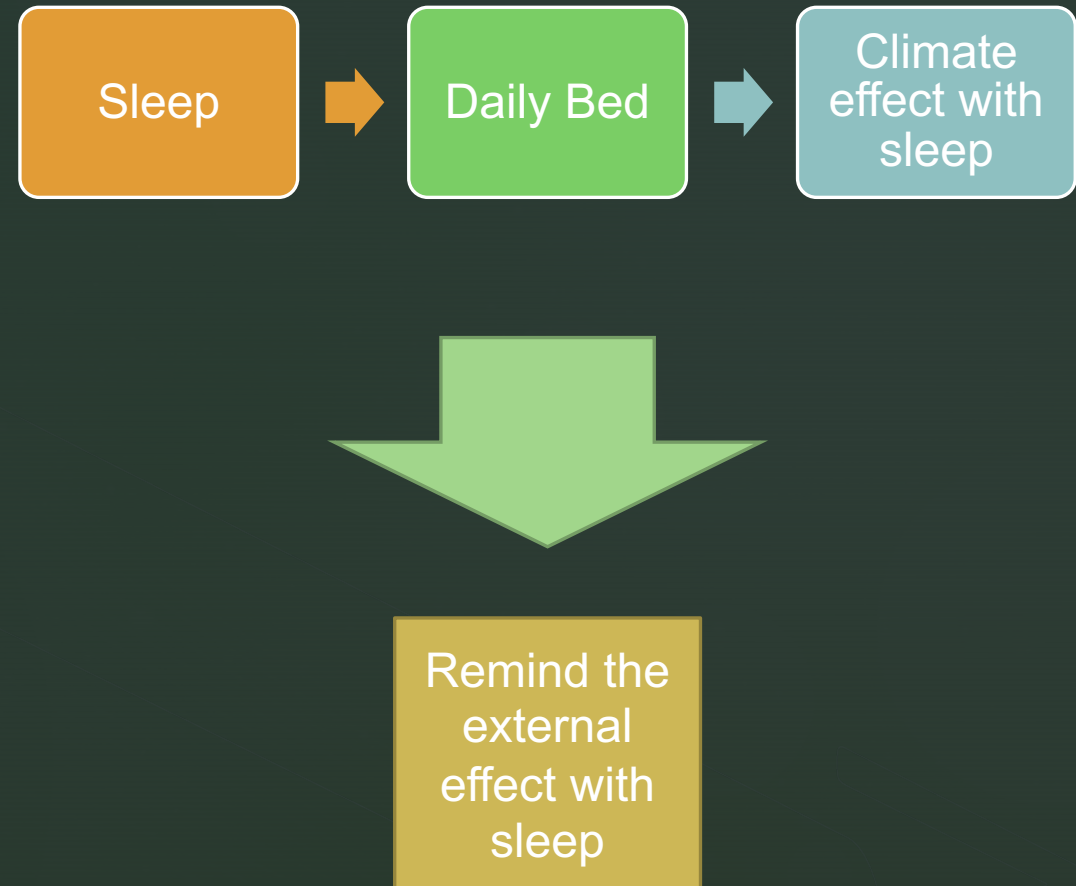
“To assist users in falling asleep, the artists commissioned a series of dream incubation texts from Simone Browne, Johanna Hedva, Holly Jean Buck, and Sophie Lewis that invite sleepers to dedicate their dream space to envisaging a world beyond our own. These texts have been transformed into dreamscapes by composer Luisa Pereira and are best encountered in the moments between waking and sleeping. “

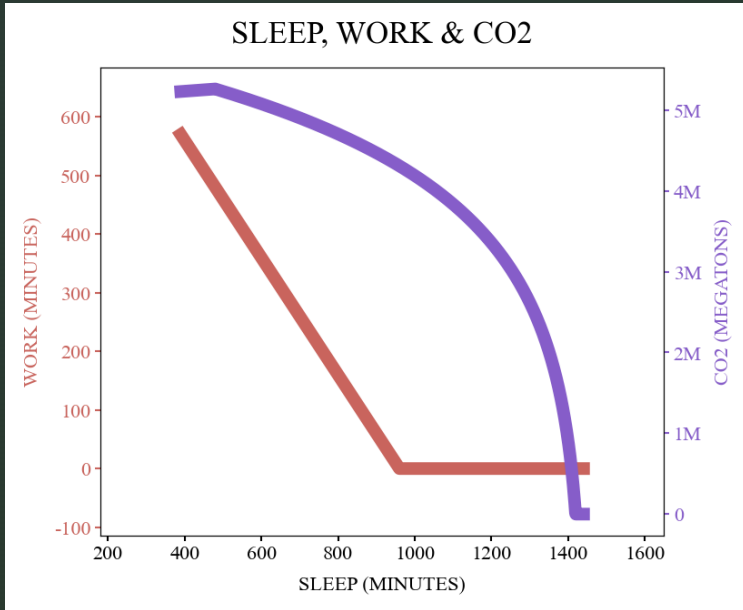
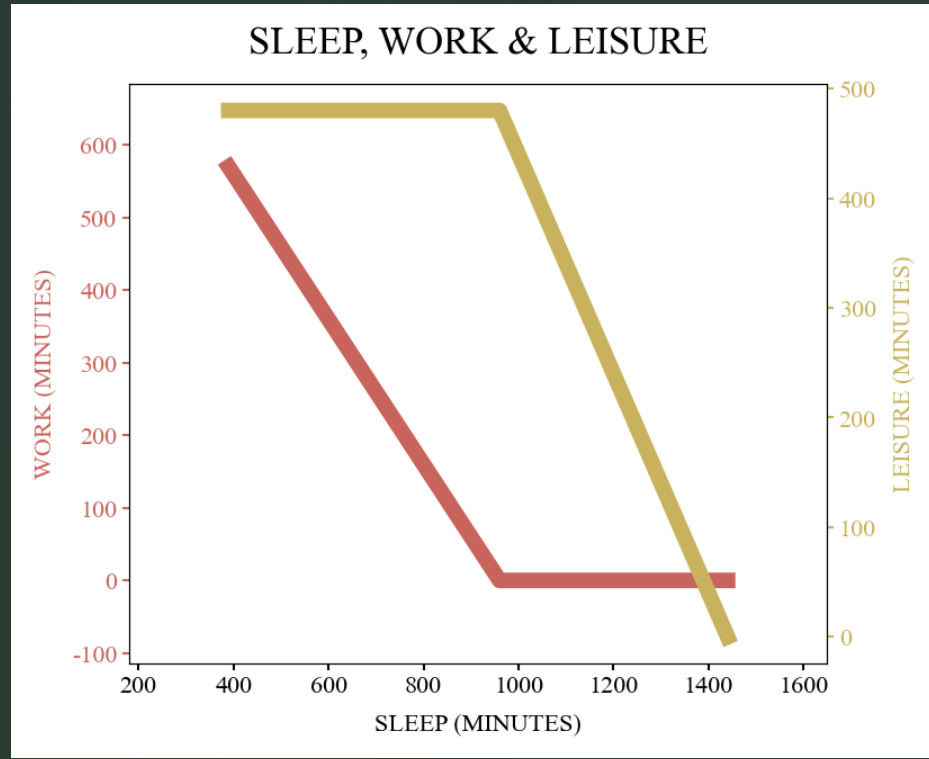
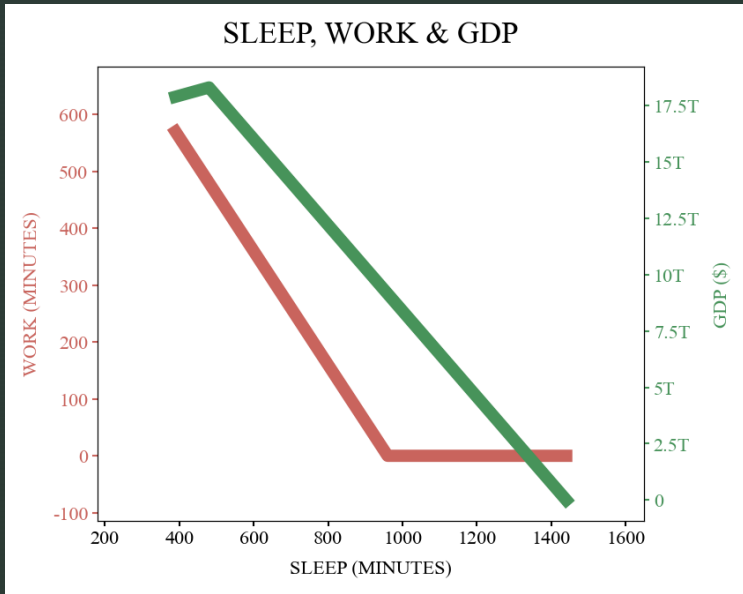


In the installation, titled *Sleep Study*, audiences can experience the dreamscapes from custom daybeds.

The design of this reclining furniture takes inspiration from the deck chairs of Thomas Mann's novel, *The Magic Mountain*, where tubercular patients doze awaiting a cure, as well as from the sleeping pods of Silicon Valley, where sleep is seen as another parameter to be optimized in the unending pursuit of excessive wealth and power.

The work also includes an attempt to model the climate effects of a user's changing sleep schedule, drawing on research that correlates average sleep time and GDP, and GDP and carbon emissions. Emission reduction scenarios are presented for a population following different sleep schedules.





Work and sleep, reviewed by the GPD and carbon emission. Some related effects with this vision with sleep.



Furniture design in collaboration
with Jordana Maisie Design Studio

Exhibit

In the installation, the dreamscapes can be experienced from custom daybeds as the basic element in which to represent this title.

“The design of this reclining furniture takes inspiration from the deck chairs of Thomas Mann's novel, *The Magic Mountain* where tubercular patients doze awaiting a cure, as well as from the sleeping pods of Silicon Valley where sleep is seen as another parameter to be optimized in the unending pursuit of excessive wealth and power.”

Connection:

- The titled for this art contained the time domain for humanity basic requirement in daily lifetime. Sleep behavior with time domain and environment domain. Based on GDP to understand the various with the common topic about sleep. Then have a goal to go “Total sleep”
- Simplify the element in sleep and combine some basic elements with IoT and personal remind with these effect go to cell phone App. These kind of art let people join for long and visualized these long period of data which ignored by people and remind through these data about the sleep.
- The furniture and music provide to release motion to let the time as expect for sleep. Like practice sleep behavior personally and know the group external compare with internal.

Comments:

The art record and remind the main element about sleep. During the presentation. It is a kind of big data to tell the story and let some basic element and tools to let the story more closely to individual.