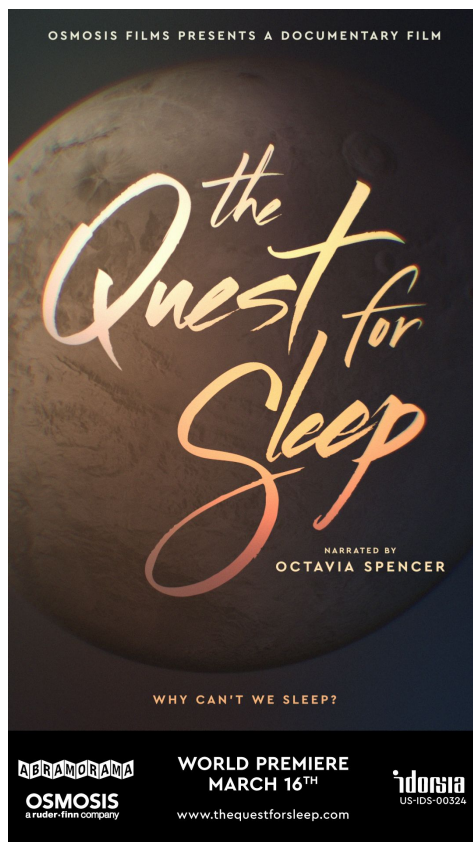


<https://www.youtube.com/watch?v=VKZo-8-xB7A>



This new documentary follows the sleep struggles of people who live with insomnia, including me, and the science behind this medical condition. Like approximately 25 million other adults in the US, I struggle with insomnia. In *The Quest for Sleep* – a documentary narrated by Octavia Spencer about the reality of living with insomnia – I share my story alongside others with trouble sleeping and sleep experts who explain the science behind why and how we sleep.

Learn more by visiting @TheQuestforSleep. #QuestForSleep #WhyCantISleep #Sleep #Zzz #Insomnia #Insomniac