

NORDISK FILM PRODUCTION
&
HANDMADE FILMS IN NORWEGIAN WOODS
PRESENT



NIGHTMARE

A FILM BY KJERSTI HELEN RASMUSSEN

100' – NORWAY – 2022 – 1:239 – ATMOS

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wild bunch
INTERNATIONAL

65 RUE DE DUNKERQUE - 75009 PARIS

TEL : +33 1 43 13 41 35

FLAVIEN ERIPRET

feripret@wbinter.eu

<http://wildbunch.biz>

INTERNATIONAL PRESS

MANLIN STERNER

TEL: +46 76 376 9933

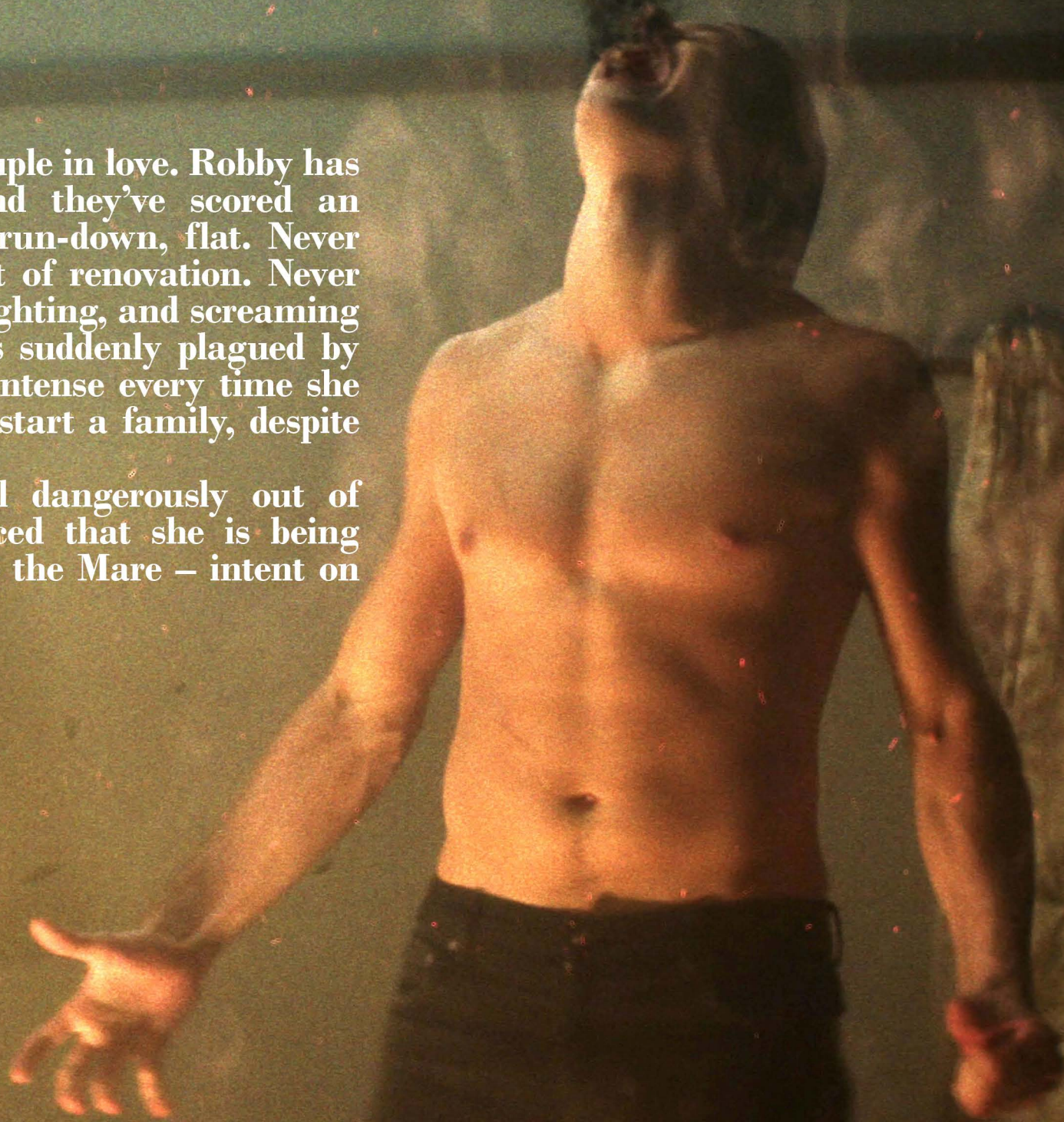
manlin@manlin.se

PRESS KIT AND PHOTOS DOWNLOADABLE AT
<https://www.wildbunch.biz/movie/nightmare/>

SYNOPSIS

Mona and Robby are a young couple in love. Robby has just landed his dream job, and they've scored an amazing deal on a spacious, if run-down, flat. Never mind that it requires quite a bit of renovation. Never mind the neighbours' constant fighting, and screaming baby... Never mind that Mona is suddenly plagued by night terrors which grow more intense every time she falls asleep... Robby is eager to start a family, despite Mona's hesitation.

Eventually, Mona's issues spiral dangerously out of control as she becomes convinced that she is being attacked by a mythical demon – the Mare – intent on possessing her unborn child.



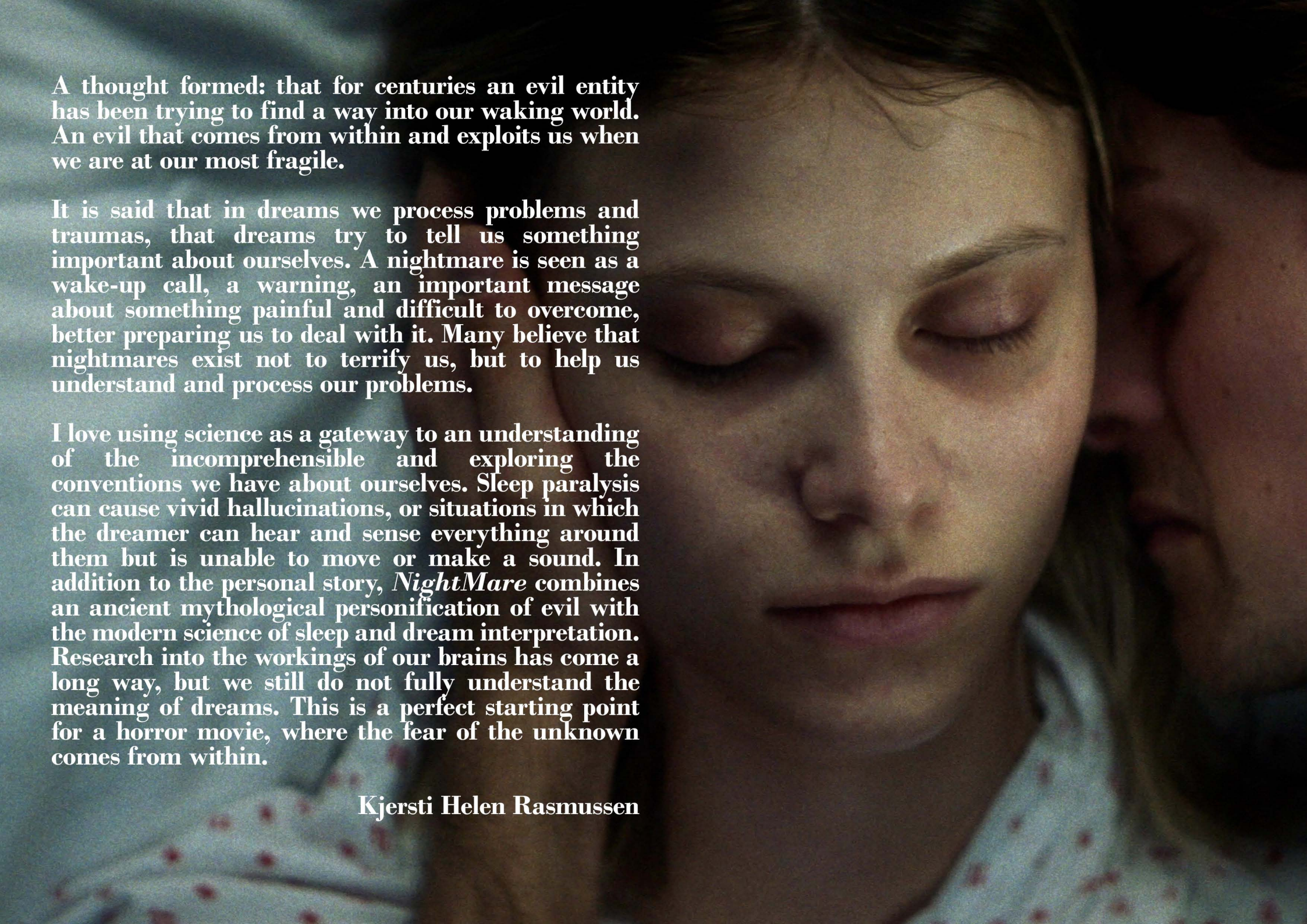


DIRECTOR NOTES

NightMare is the story of a woman who is about to lose her grip when her dreams and reality begin to blur. It is a horror movie in which a strong female lead, Mona, fights her inner demons as she battles the Mare. I wanted to examine a young woman's perspective and show the choices and dangers she faces. Female themes are explored throughout the film (the balance between career and private life, society's expectations of women, the fear of becoming a mother...). Mona is 25 years old and feels the weight of society's demands. It is assumed that she will have ambitions both at work and in her private life; at the same time, she starts experiencing her body changing. I have always missed such questioning in this genre, where women often are portrayed simply as victims.

The film was designed with few characters and locations. Most of the action takes place in the apartment or in the sleep clinic, creating a claustrophobic mood where dream and reality mix, as Mona begins to doubt herself.

In Nordic countries the nightmare demon is called the Mare, from which the English word *nightmare* and the French *cauchemar* are derived. The Mare is described as a suffocating demon that torments sleepers while riding on their chests. Stories of terrifying visitations during sleep are a universal phenomenon, and it fascinated me that people all over the world for countless generations have had the same experience of an evil force visiting them in their sleep, riding and choking them.



A thought formed: that for centuries an evil entity has been trying to find a way into our waking world. An evil that comes from within and exploits us when we are at our most fragile.

It is said that in dreams we process problems and traumas, that dreams try to tell us something important about ourselves. A nightmare is seen as a wake-up call, a warning, an important message about something painful and difficult to overcome, better preparing us to deal with it. Many believe that nightmares exist not to terrify us, but to help us understand and process our problems.

I love using science as a gateway to an understanding of the incomprehensible and exploring the conventions we have about ourselves. Sleep paralysis can cause vivid hallucinations, or situations in which the dreamer can hear and sense everything around them but is unable to move or make a sound. In addition to the personal story, *NightMare* combines an ancient mythological personification of evil with the modern science of sleep and dream interpretation. Research into the workings of our brains has come a long way, but we still do not fully understand the meaning of dreams. This is a perfect starting point for a horror movie, where the fear of the unknown comes from within.

Kjersti Helen Rasmussen

DIRECTOR BIOGRAPHY

Kjersti Helen Rasmussen graduated from The Danish Film School in 2002 and has worked as a screenwriter, creative consultant and director of short films.

Her feature directorial debut *NightMare* will make its world premiere at Austin Fantastic Fest, and its European premieres at London Film Festival and Sitges Film Festival in 2022.





EILI HARBOE

as **MONA**

2021

Projekt Z by Henrik Martin Dahlsbakken

2018

The Ash Lad – In Search of The Golden Castle by Mikkel Sandemose

2017

Thelma by Joachim Trier

«Winner - Norwegian Film Critics' Award»

«Winner - Mar del Plata for Best Actress»

«Winner – Amanda Award for Best Actress»

«Shooting Star – European Film Promotion»

The Ash Lad – In The Hall of The Mountain King by Mikkel Sandemose

2015

The Wave by Roar Uthaug

2013

Kiss Me You Fucking Moron by Stian Kristiansen

HERMAN TØMMERAAS

as **ROBBY**

2023

Birthday Girl by Michael Noer

2020-2022

Ragnarok by Emilie Lebech Kaae (*storyline*) & Adam Price

2021

Ninjababy by Yngvild Sve Flikke (*voice*)

2015-2017

Skam by Julie Andem

2008

Arkitekterne by Viliar Osland



A woman with blonde hair is lying on a bed with a light blue sheet and a brown pillow. She is wearing a white t-shirt with a colorful graphic print of a tropical scene with palm trees and a sunset. The text 'CAST' is overlaid in the top right corner in a large, white, serif font.

CAST

Eili HARBOE	Mona
Herman TØMMERAAS	Robby
Dennis STORHØI	Dr Aksel Bruun
Preben HODNELAND	David
Gine Therese GRØNNER	Siren
Siri Black NDIAYE	Liv
Peter FØRDE	Martin

A close-up, low-key shot of a man's face, heavily smeared with blood. The lighting is dramatic, with strong highlights on the blood and deep shadows on his features. In the background, another person is visible but out of focus, wearing a light-colored shirt.

CREW

Written and directed by

Kjersti Helen Rasmussen

DP

Oskar Dahlsbakken

Sound Designer

Yngve Leidulv Sætre

Production Designer

Cecilie De Lange

Original Music

Martin Smoge

Editors

Sjur Aarthun
Brynjar Lien Aune

Costume Designer

Stina Lunde

Special Effects

CG Artist - Erik Ferguson
Rebel Unit

**Producers
Production**

Einar Loftesnes, John Einar Hagen
Nordisk Film Production
Handmade Film in Norwegian Woods

**Norwegian Distribution
International Sales**

Nordisk Film Distribution
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