

The starting point of the installation *Polysomnogarden* was research on the sleep state by an interdisciplinary team consisting of a visual artist, an automation programmer, a musician and sound artist, and a neuroscientist. Its aim is to 'read' how the body behaves during sleep, using medical data of polysomnography. It also aims to translate the body's polyrhythm in an environment that is transformed according to the stages of sleep. Their method essentially maps signals of bodily organs (brain waves, movements of the eyes and its muscles, the heart, breathing, and the position of the body, among others) in light, sound, and moving assemblages within a paradoxical interior garden, a garden-room, cut off from the outside world.

The work views sleep as a rhythmic phenomenon, and at the same time as a mystery, which it does not wish to solve. A medical method of 'surveillance', polysomnography is able to map and measure sleep, but does not have access to dreams, emotions, and thoughts that occur during sleep. Sleep is firmly shut, as if nature itself foresaw a daily refuge of privacy, the last one perhaps for people today.

Taking inspiration from and drawing on medicine and neuroscience, the installation will depict human sleep as a rhythmic and sensory experience in a long-lasting linear and abstract 'narration' in real time: that is, the actual sleep time of a real person in Athens in 2016, who while sleeping has contributed to the production a work of art.