

OFFICIAL PRESS KIT

BRAINSOMNIAC

She wants to sleep. Her brain has other plans.

ABOUT THE FILM

Synopsis

In a darkly hilarious exploration of mental health, a perimenopausal hypochondriac insomniac attempts to sleep, but is forced into battle with MY BRAIN (personified by Kirsten Vangsness “Criminal Minds”) who keeps ME (Allison Munn “Nicky, Ricky, Dicky & Dawn” “One Tree Hill” “The Big Show Show”) up all night with a series of escalating, imaginary emergencies.

As the hours tick towards morning, fears of a kitchen-knife-wielding intruder, bladder cancer and early-onset Alzheimer’s crescendo with a phantom heart attack that sends ME running to the ER ... for the second time in a single day. The diagnosis? Anxiety. Will she ever escape her racing mind? ME is going to try.

www.brainsomniacfilm.com
brainsomniacfilm@gmail.com

FORMAT Short Film · 18:44

GENRE Dark Comedy

STATUS Seeking Festival Premiere · 2027

FILMED January 2026 · Santa Barbara, CA

DIRECTOR Deva Dalporto

STARRING Kirsten Vangsness
Allison Munn



Principal Team

DEVA DALPORTO · KIRSTEN VANGSNES · ALLISON MUNN

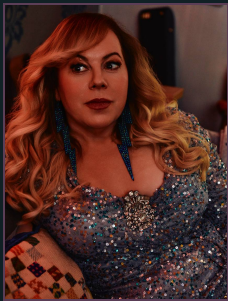


WRITER / DIRECTOR

Deva Dalporto

Deva Dalporto is known for her funny viral videos about motherhood and her music parodies for which NBC dubbed her the “Weird AI of YouTube Moms.” Her videos have garnered a billion views and have been featured on *Good Morning America*, *The Today Show*, *People Magazine* and many more.

One of the first women to create humorous viral videos about motherhood, Deva helped spark an entire category of raw, irreverent mom creators. She previously served as a Senior Editor for Nickelodeon’s parenting website, and her writing appears in several parenting anthologies. *BRAINSOMNIAC* is her narrative filmmaking debut. · More at www.devadalporto.com



ACTRESS — “MY BRAIN”

Kirsten Vangsness

Kirsten Vangsness is an actress, playwright, and arts activist best known for her beloved portrayal of tech genius Penelope Garcia across fifteen seasons of CBS’s *Criminal Minds* — a role she also extended as a writer, co-authoring five episodes. She currently appears as the maybe-evil Bigelow McFiggleshorn in *Wizards Beyond Waverly Place* and in the new *Scrubs* reboot.

On screen, she executive produced and starred in the film noir spoof *Kill Me, Deadly*, and has appeared in *Dave Made a Maze* and *Diane & Devine Meet the Apocalypse*.

Her new play *Outdated* is touring through 2026. She is the creator and host of *Bits!*, a monthly creativity salon in Hollywood. Recipient of the Open Fist Excellence in the Arts Award, the L.A. Drama Critics Circle Natalie Schafer Award, and the HRC Visibility Award. · Instagram: [@kirstenvangsness](https://www.instagram.com/kirstenvangsness)



ACTRESS — “ME”

Allison Munn

Allison Munn is a Los Angeles-based actress with an extensive body of work across television and theatre. She is best known for her recurring roles on *The Big Show Show*, *Nicky, Ricky, Dicky & Dawn*, and the beloved teen drama *One Tree Hill*. Her television credits also encompass *What I Like About You*, *That '70s Show*, *Carpoolers*, and guest appearances on numerous network and cable series.

A classically trained theatre artist, Munn began her career in New York, starring as Luisa in the Off-Broadway production of *The Fantasticks*. She is a graduate of the College of Charleston and originally hails from South Carolina. · Instagram: [@allisonmunn](https://www.instagram.com/allisonmunn)



Behind the Camera

**CINEMATOGRAPHER**

Noah Freeman Hecht

Noah Freeman Hecht is a filmmaker based in Encinitas, California. A graduate of the University of California, Santa Barbara with a degree in Film & Media Studies, his cinematography blends naturalism with emotional precision — chasing stories from the Pacific Ocean to the mountains of India, and everywhere in between.

His images lean into crafted light and lived-in spaces, often capturing the quiet in-between moments that say the most. Whether shooting narrative, commercial, or documentary work, Noah's eye is drawn to intimate moments, textures, and the small visual details that make a story feel personal.

**PRODUCER**

Margo Zimmerman

Margo Zimmerman is a Producer and Production Manager with over twenty years of experience leading award-winning feature animation, live-action television, and global distribution operations. Her work in Production Management for Pixar Animation Studios includes *Toy Story 4*, *Soul*, *Lightyear*, and *Inside Out 2*.

Prior to Pixar, she managed English-language localization and co-production partnerships for iconic Japanese animation titles including *Ghost in the Shell* and *Neon Genesis Evangelion* at Starz Media and Production Managed several live-action series for ABC and Showtime.

