



Perchance to Dream

Devised by MakeBelieve Arts

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Design Ian Teague

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Original Cast:

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Pre show

The children receive a letter at the start of the morning:

We need your help. Urgently.

We think you have information that we need.

We'll tell you more when we meet you.

Yours in tiredness

Tired x

Scene 1: Introduction

(King Do A Lot is playing a game of marbles. Tired and Arthur Wake greet the Children, Sandy is hiding behind a piece of covered furniture.)



Tired You came. Thank you. I'm so pleased you got my letter. I've heard you know a lot about sleep. Have you ever been to sleep? How was it? I dream of sleep.

Arthur You shouldn't have brought them here. What if the King finds out? We'll have to hide them from him.

Tired There's too many of them to hide.

Arthur Maybe we could cover them up?

Tired It's alright, they'll keep quiet, won't you? He'll never notice.

Arthur He will notice. Perhaps they could pretend they are people from the palace. If he looks at you, just sit up straight and act normal, that way he'll think you are supposed to be here and hopefully he won't say anything.

We should introduce ourselves. I'm Arthur Wake. I don't mean I'm half awake. I'm Arthur, it's my name, Arthur, Arthur Wake. I used to be Arthur Sleep, but then my mum



remarried and we move here. That's when I became Arthur Wake, if you see what I mean.

Tired I'm Tired, I've always been Tired. Ever since I can remember I've been Tired, I don't think I have a surname. I'm just Tired. Tired Tired...

Arthur I'm tired too.

Tired I thought you said your name was Arthur.

Arthur It is. Arthur Wake. But sometimes I still think I'm Arthur Sleep.

Tired This is where we live.

Arthur Welcome to the land where time stood still.

(Reveal a clock)



Tired It wasn't always like this. The clocks used to move, but then they stopped,

Arthur And it's all her fault.

(They point to Sandy)

Tired She is Sandy, the Sandman's daughter, and the legend goes that if she holds a bright umbrella over you while you are sleeping you will have the most beautiful dreams.

Arthur And if she holds a plain umbrella over you, you will have the worst of nightmares. I don't think she likes the King. That's him. He's King Do A Lot, cos he never stops doing.

Tired And we need to take you back in time to the place where our story begins.



Scene 2: Shadow Puppets

Tired Once there was a castle, that was as old as time. And in that castle, for as long as anyone could remember lived the royal family.

Every day as the sun rose, so did the Queen, and when the Queen woke so did the people, for that was how it had always been and how it would always be.

And the Queen ate breakfast, and the people ate breakfast, for that was how it was.

After her meal, the Queen went for a stroll and the people followed behind. If she stopped, they stopped. If she jumped, they jumped. If she ran, they ran. For that was how it had always been and how it would always be.



At the end of the hike, that seemed to go on for ever and yet no time at all, the Queen grew tired.

Now when the Queen was tired she took a nap. And when the Queen napped, so did the people, for that was how it was.

So the Queen woke hungry. She was always woke hungry. And when the Queen ate, so did the people.

And after her meal she tended her vegetables and the people looked after their crops, for that was how it had always been and how it would always be.

And each night as the sun disappeared and the moon shone, the lights in the kingdom switched off and the queen laydown to sleep.

And whatever the Queen did, the people followed, for that was how it was.



Day after day.

Night after night for as long as they could remember.

Arthur Until that night, out of nowhere, when it changed, and the Queen changed, and life changed. You see the Queen boarded a plane. She flew away, leaving her son, King Do A Lot in charge.

King By Mum, miss you already, don't worry, I'll look after everything.

Scene 3: The Ban on Sleep

(King comes out from behind the screen)

King I'm not going to follow that boring routine. There's too much sleeping involved

Sandy Did you know that? Did you know that? Did you know that? Did you know that?

King So I just realised, we spend a third of our lifetime sleeping?

That means that if you are 6 years old you have already slept for 2 years, and if you are 9 years old you've slept for 3 years. By the age of 12 you will have slept for 4 years of your life. Imagine if you were 75, like my grandad. He's been asleep for 25 years. Not all in one go of course, that would be ridiculous, but 25 years...

What a boring waste of time.



Sandy And so the King called his Royal Guards and made a proclamation.

Tired Oyez, Oyez, Oyez...



Arthur By order of the Supreme Court,

Tired It has been announced today by his royal highness, King Do A Lot the third,

Arthur That bedtime is banned.

Tired That sleep is banned.

Arthur That cuddly teddies and bedtime stories are banned....

(Tired is holding a teddy that is thrown away)

Tired Anyone caught in possession of the above,

Arthur Or having a kip in the royal kingdom,

Both Will be put to death.



King Well only in extreme circumstances, I'm not a monster.

Sandy Which woke everyone up. And really annoyed me as I was left with nothing to do.

But it's not that easy to keep a whole kingdom awake, as you can imagine...

Tired I'm soooo sleepy.



Arthur I thought you were Tired.

Tired I am Tired, but in this bit of the story I'm sleepy, we all are...

Sandy Which really annoyed the King.

King I have to find a way to keep everyone awake...

Sandy And so the Royal Noise band was born.



(The royal band parades around shouting "Wake Up" to the audience.)

Which worked for a while

But the people were still sleepy

That's when the Prodders arrived

And the Ticklers (A whistles with a feather inside)

King Prodders and Ticklers, two of my better ideas.

Sandy So when people fell asleep, they were woken immediately.

(Arthur falls asleep and Tired blows a whistle to wake him)

Tired Oy come on. No sleeping allowed.

Sandy These were promptly followed by the Bellowers.

(Tired falls asleep and Arthur wakes her up)

Arthur WAKEEE WAKEEE...



(Set up bedtime routine. Tired and Arthur feed the King, and wash the King and he talks.)

Arthur Come on your majesty, time to get ready for bed.

King I don't want to go to bed, why do people have to go to sleep? It seems so ridiculous, closing your eyes and drifting off into nowhere. Think of all that time you are wasting. And for such a large part of your life. It just doesn't make sense.

There must be a way to stay awake. I just can't believe no-one has found it. I really need to give it some more thought. Maybe I could be the one person alive to beat sleep.

(Arthur cleans his teeth, then Tired feeds him a biscuit.)

Arthur Will you stop feeding him? I've got to brush his teeth again now.

King I don't understand, why do I have to go to bed?

(King stands up and is pushed back down again.)

Tired The King was having his usual night time tantrum.

King I don't want to do this, I'm not tired. Why do I need to go to sleep?

(Arthur and Tired start packing up the wash stuff.)

Arthur Come on your majesty, everyone has to sleep. It's what humans do.

Tired And animals.

Arthur And plants.

Tired Everything sleeps your Majesty.

King But I'm the King. Kings shouldn't have to go to bed. I won't do it, I won't.

Tired Your majesty, please.

Sandy But the King wasn't having any of it.

King I am the King, and as the King I can do whatever I please.

Summon the Sandman...

Tired No

King I said summon the Sandman

Arthur Your majesty, please. Please don't say that name again, not a third time. Nobody should say that name three times, you know that.

King But I want him now. Saaaaaaaaaaaaaaaaannnd Mannnnnnnn...

Sandy And if anyone says my name three times, well I have to appear. Well actually it's my dad name, but he was on holiday and I was in charge. I'm Sandy, the Sandman daughter. And I was sat minding my own business, getting my sleepy dust ready for a good night of sprinkling in everyone's eyes, when the call came in.



Well I'm not allowed to avoid it you see, it's one of the laws of this world. So I appeared...

(Sandy arrives by umbrella and does a curtsy.)



You called?

King I called the Sandman. Who are you?

Sandy I'm Sandy, the Sandman's daughter. I'm sorry, my dad is away at the moment you will have to make do with me.

King Well I don't want to sleep.

Sandy You and the rest of the world. I spend half my life waiting for everyone to go to bed. Anyone would think sleep was bad for you. There's me standing in the cold, waiting to



help you off to the land of nod and you lot are all moaning, like sleeps some kind of punishment. I don't want to go to bed, I'm not tired, if only I could stay awake forever.

Everyone thinks children are bad, but adult are just the same. Playing on their computer games, or watching the telly, or going out partying all night, anything to avoid me. It's not good you know. My poor dad was exhausted. That's why he's left me in charge. There's only so long you can wait for someone to dose off, especially when you have to get around the whole world. And those sandbags are heavy. But no you don't think about me do you. You just make your lights brighter and your music louder and your shops stay open 24 hours a day. Anything to avoid sleep.

Tired She was in a bad mood.

Arthur But the King didn't notice.

King As the King I have the right to command you to do anything I wish.

Sandy Well technically that's not true. As the King you have the right to make me or my dad do one favour for you, and whatever it is we have to obey, but you only have one wish.

King Well I want to use it now.

Sandy And I am sure this has been carefully thought out, and spoken about with your advisors.

King Yes.

Tired No, your majesty, please, No, we need to talk about this.

Arthur Whatever you're going to wish for, please think about it first.

Sandy Are you brave enough to use your wish, your majesty?

King Yes I am. I wish that...

Tired No your Majesty.

(King turns around and glares at Tired and Arthur and they shut up.)

Sandy Go on.

King I wish that...

Sandy I'm waiting.

King I wish that the Kingdom of Do-A-Lot,

Sandy Be careful what you wish for,

King Can do without sleep.

Sandy Too late, it's done.

(The magic happens)

**Scene 5: Stuck in bedtime**

Tired And at that precise moment,

Arthur 8 minutes to 8,

Tired Just before bedtime,

Arthur The curse started,

Tired And Time stopped,

Arthur And the clocks stopped,

Tired And she disappeared,

Arthur And we've been stuck here ever since,

Tired Day after day,

Arthur Night after night,

Tired Unable to sleep,

Arthur Always awake,

Tired For as long as we both can remember.

Arthur Trapped in those minutes just before bedtime,

Tired But never allowed to walk up the wooden hills to Bedfordshire,

Arthur Never to have a proper bedtime again,

Tired Or a cup of cocoa,

Arthur Or the chance to cuddle up with a teddy bear,

Tired Or have someone read us a bedtime story.

Arthur Once upon a time, in a land, far, far away,

Tired Never taking off our slippers,

Arthur Or wrapping up in a blanket,

Tired With a hot water bottle,

Arthur So warm,

Tired So cosy.

Arthur I used to love having a bath before bedtime.

Tired With bubbles,

Arthur And sometimes we'd play for a while,

Tired Or build a den,



Arthur And make up stories,

Tired Ghost stories.

Arthur This reminds me of a pillow.



Tired And snuggling into bed,

Arthur Waiting to be tucked in,

Tired And kissed goodnight.

Arthur I miss bedtime,

Tired And I miss sleep.

Arthur I'm always tired.

Tired No I'm Tired.

Arthur We're all tired.

Tired But never sleepy,

King I'm tired too. Sometimes I think about bedtime, and snuggling up into the quilt, and laying my head on the soft pillow. And feeling warm and comfortable.

I miss the bedtime stories. The adventures. The soothing voice.

(Looks at Tired and Arthur)



And I know secretly they blame me.

But it wasn't all my fault. Everyone thought that bedtime was boring. Everyone used to moan and beg for just five more minutes. Please, I'm not ready yet, it's too early.

So I stopped it. They should be grateful.

At first it was fun.

The parties, the music, the ticklers and whistle blowers.

But now I feel lost, like I'm stuck in this place, waiting for something that's never going to happen.

And I wasted my wish. I could have had anything, but I chose this.

Trapped in the minutes before bedtime, never to sleep, never to wake, tired but not sleepy.

I have to sort out this mess. If only I could find a solution.

Tired Maybe they can help.

Arthur You said we wouldn't mention them,

Tired Your majesty, let me introduce you to some friends mine.

(Reveals audience)

King Where did they come from?

Tired I invited them. They are experts on bedtime. As far as I know they all had a good night sleep last night. Maybe they can give us some ideas.

PARTICIPATION: How do you get to sleep?

(Tired, Arthur and King divide audience into four groups. One group is left without anyone to work with.)

Sandy I recognise all of you, I sprinkle sleepy dust in your eyes at night. Well if they are all talking to a group, I want one as well. You can be mine.

(In the groups find out about what the children do at bedtime. Do they try to avoid going to bed or do they go to bed easily? What time do they go to sleep? Why do they think we need to sleep?)



BACK ON STAGE

Tired I found out some really interesting things. (Mention a few.)

Arthur My group knew loads about sleep.

King So did mine.

Tired, Arthur Wake, I think I know what we have to do.

We need to contact the Sandman.

Tired The Sandman?

King Yes

Arthur Are you sure sir

Tired He's really dangerous,

Arthur You know what happened last time sir.

Tired Do you really want to do that again?

King That was his daughter. Maybe he's back from his holiday. Maybe he can help us.



Maybe he can give us back our bedtime.

Come on, please, we'll do it together.

Both Okay

(The three of them hug each other nervously as they call)

All Sandman, Sandman, Sandman.

Sandy I'm not going to answer them.

King I think you need to sound like you mean it.

All Sandman, Sandman, Sandman.

Sandy He's had his wish.

King Maybe we need to shut our eyes.

All Sandman, Sandman, Sandman.

Sandy Uh Uh.

King Why is it not working?

Tired Maybe you're only allowed to call him once.

Arthur Maybe you've had your chance.

King Well if he won't come to me, then I shall have to go to him.

Arthur But where do you find the Sandman?

King In the Forest of Clocks.

Arthur How do you get there?

Tired You have to catch the Dream Train through the Mountains of Sleep. Didn't they teach you anything at school?





Sandy Tickets, Tickets

(They throw down the tracks and appear at the station. Sandy is in disguise as a Ticket Collector.)

SONG: Dream Train

All Dream Train please carry me back,
 Dream Train stay on the right track,
 Take me back where I belong,
 Sound the whistle and gong,
 Tell the gang I won't be long.
 Dream Train please turn on the steam,
 Morning will soon end my dream,
 Stop when the sweet old lady hollers,

Sandy Welcome,

All My Dream Train.

Sandy The next Dream Train to arrive at platform 2 is the 8 o'clock mountain service to the Forest of Clocks. In the interest of safety stand back from the edge of the platform. Please mind the Nap.



Arthur I remember this place.

Tired Me too. I used to have such wonderful dreams. I dreamt once that I was flying, it was the most beautiful summer's day, my family were down below and I was soaring above their heads, calling out to them to join me. What about you, your Majesty?

King I don't remember my dreams. What about you Arthur?

Arthur I've had that dream. The same as you Tired. I was running on the top of these houses, along all the roof tops and I jumped so high I could see the birds. And then I was getting chased and then I stopped being able to run and my legs weren't moving and I couldn't go anywhere, and it was really scary, and then....

(Sandy interrupts Arthur by singing)



All Dream Train please carry me back,
 Dream Train stay on the right track,
 Take me back where I belong,
 Sound the whistle and gong,
 Tell the gang I won't be long.
 Dream Train please turn on the steam,
 Morning will soon end my dream,
 Stop when the sweet old lady hollers,

(Sandy takes off her hat and bows down.)

Sandy Welcome,

(They all recognise her for a moment, and then it passes.)

All My Dream Train.

Sandy May I have your attention please? Dream Train Corporation are sorry to announce that due to the disruptions to time caused by the King's Curse, we regret to report that the Dream Train will no longer be running. We are sorry for any inconvenience.

Arthur What?

Tired No, that's not fair.

Arthur How are we going to get there now?

King We might as well clear this up. The trains not running.

(They clear up the station. The King watches them. He spots something in the distance.)

King What was that?

Tired What?

King I thought I saw something moving along those mountains.

I think you need to go and investigate. I'll stay here and watch.

(King takes out his binoculars.)

Scene 6: The Journey to the Forest of Clocks



Sandy Good, they've seen me. Now all I need to do is get them to follow me home.

This is the Mountain of Sleep.

(The Sandy Puppet appears and walks along the mountain of sleep)

Welcome to the first peak, the First Stage of Sleep. Light sleep, shut eye, drifting in and out. If someone wakes you before you've gone any deeper you might not even realise you've been sleeping.



Up I go. Phew.

This is Stage Two of Sleep. Can you hear the mumble of sleep talking?

If you've ever had that feeling of falling, and you jolt yourself awake. That's because your muscle contract in light sleep.

Talking of falling, it looks really far down.

I bet it will make a good slide though...



Weeeee! Past Stage Three – weeee!

And all the way down into Stage Four – Deep Sleep. If you don't get enough deep sleep you have no time to recharge. The Immune System becomes weaker and you catch colds more easily. I think it's time to go all the way up to the final stage. Luckily I have my umbrellas.



Up, up, up to Stage Five.

REM sleep. Rapid Eye Movement, where your dreams come alive, and if you wake up in this stage you may be able to remember them.



And over there, is the Forest Of Clocks. I'll hide until they find me, and because I can, and they can't, I'm going to sleep.

Arthur Your Majesty, I think that was the Sandman's daughter. We need to follow her.

King Which way did she go?

Tired I think she went this way.

(Cut out Puppets of the cast wiz across the mountains)



Arthur Wait for me.

Tired Come on up, the views amazing. It feels like the beginning of sleep.

Arthur Now that's what I call a mountain.

Tired Look, I think I saw her.



King Follow her, quickly, go,

Arthur The view is incredible,

Tired And there's sprinklings of Light Sleep all over the place,

Arthur Lets go down.

Both Wweeeeeeeeeee...

King What are you two doing down there?

Tired We're in the place of deep sleep your majesty.

King I'm coming down. I won't be loooooooooooooonggg. Wow that was amazing.



Arthur Well done your Majesty.

King Come on lets go, there is no turning back.

Arthur Just up this mountain and we're nearly there.

Tired I feel dreamy up here.

King Let's slide" down again. Wweeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeee...

Tired What is this place?

(They run around setting up the Forest of Clocks)



Scene 7: The Forest of Clocks

Arthur Wow

(Big transition from castle and mountains to Forest of Clocks)



Tired There's so many clocks.

King But they're not moving.

Tired And neither is she.

Arthur Do you think she's dead?

King I'm not sure.

(Sandy stirs)

Tired She definitely breathing.

King Do you think she's asleep?

Arthur Is that what it looks like?

King I can't remember.

Arthur She looks cosy.

King She looks dreamy.

Tired I think that is what sleep looks like.

King We'd better wake her.

Tired Do we have to, she looks so peaceful.

King Yes we do. I don't see why she should sleep when we can't.

Arthur Cooooeee, wakee, wakee. It's not working.

King How can we wake her up?

Tired Maybe we could prod her,

Arthur Or tickle her,

King Just like we used to.

Arthur I've still got my whistle,

Tired Me too.

(They blow whistles and the King checks)



King Nothing, maybe it's time for a farewell gig from the King's Royal Noise Makers.

(They hit the instruments. Sandy stands up and sleep walks.)

Arthur It worked.

(King waves hand in front of her face)

King No it didn't. She's not awake.

Tired She's sleep walking.

Arthur Should we wake her?

Tired No.

Arthur Why not?

Tired If you wake someone who is sleepwalking they can get really confused and lash out at you.

King How do you know that?

Tired I don't know?

(Sandy starts swaying and falls into their arms.)

Arthur Look her eyes are twitching. She's gone into REM sleep



Tired Where did you learn that?



Arthur It must be this place

King We'd better call her dad.

Both Dad???

Arthur Are you sure?

King I mean call the Sandman...

All Sandman, Sandman, Sandman...

(Sandy wakes up)

Sandy Ahhhh what are you doing?

King We were trying to find your dad.

Sandy You woke me up cos you want to get hold of my dad?

King Yes.

Sandy I told you, he's not here. And I was having such a nice dream. And getting my beauty sleep.

Arthur Beauty sleep? I thought that was a myth. I can't remember the last time I slept.

Sandy You can tell.

King We need to speak to the Sandman.

Sandy I told you, he's not here.

King Then you'll have to do, we need your help.

Sandy I've already helped you as much as I'm allowed, you only get one wish you know.

King And I want to un-wish it.

Sandy You can't.

King Why not?

Sandy I don't know. That's the rules. I didn't write them.

King So what can I do to make it better?

Sandy No-one's going to help you. You brought this on yourself. You have to take full responsibility.

Scene 8: Saying sorry

King This has been a complete waste of time, she won't help us, there's nothing I can do.

Arthur There must be something sir.

Tired Maybe sir, as you made the wish, not wanting to speak out of turn sir, but if you disappeared maybe the curse would be broken.



Arthur Yeah, perhaps if you left,
 Tired Or died,
 Arthur Or got on a plane and joined your mother,
 Tired Maybe then the curse would be lifted.

King Or perhaps I should say I was sorry.

(A clock start to tick and then stop.)

Arthur Maybe you could say what sir?
 King Sorry.

(Clock gets a bit louder and Sandy walks over.)

Tired What did you say?
 King I'm sorry.

(More ticks and stopping)

Sandy Pardon?



King I said I'm sorry. I'm sorry I got rid of sleep, okay, we need bedtime, we need sleep, I'm tired, I'm fed up of always being awake and I'm sorry.

Sandy So what you are trying to say is, that you were wrong.
 King Yes I was wrong, can you help us now?

Sandy It's not really my problem.

Tired But you've been affected by it, haven't you?
 Sandy What do you mean?



Arthur Well I didn't think the Sandman, or his daughter, well I didn't think that they needed to sleep and now you can.

Tired Yes and all your clocks have stopped too.

King So the curse is affecting you.

Arthur And I don't know about you, but if I'd put a curse on the whole kingdom,

Tired While my father was away,

King Then I don't know if I'd be quite so carefree about what he would say when he finally returned home.

Tired But if you can't help us,

Arthur Which you obviously can't,

King Then maybe having no bedtime isn't such a bad thing after all.

Tired I quite like being awake,

Arthur And no one's going to tell us off or make us go to bed,

King So we might as well go home and enjoy it.

(They turn to go.)

Sandy Wait, maybe I can help you. I need to consult the Book of Sleep.

(She grabs the book and they run around her, except for the king)





Arthur (Reading from the book.)

Nightmares. Many people have nightmares. These normally occur later in the night and cause strong feelings of terror, distress or anxiety. Talking about them can lessen the fear.

Tired Bedwetting. A worrying problem for some people. Try to avoid teasing them about it. Reassure them instead. If symptoms persist consult your GP.

Sandy Snoozing. A fifteen minute snooze in the middle of the day works wonders for you. Making you feel recharged and full of energy.

King Is there anything about wishes that go wrong?

Sandy Ah yes here it is. Sleeping Curses: A sleep curse can only be broken by the person who wished it, first they have to admit they are wrong and then they need to get a good night's sleep. After that the curse will be lifted.

King But I have admitted I was wrong.

(Clocks tick a bit)

Sandy So now you have to sleep.

King But I still don't feel sleepy.

Scene 9: The Vulnerability of Sleep

Tired Come on your Majesty, we need to make up a bed for you.

Arthur Your Majesty. (Arthur becomes a bed)

Sandy Are you asleep yet?

King No.

Sandy How about now?

King No.

Tired Do you want an extra pillow? (Tired becomes a pillow)

Sandy Are you asleep now?

Hello? No it's not working is it?

I need to find something that sleeps well.

(Sandy looks in the book)

Lions, the lion is the King of the jungle.

King That's me.

Tired Maybe you could pretend to be a lion sir?



Arthur Where do lions sleep?

Sandy Anywhere they want to.

Nothing wants to eat them, so they can sleep where ever they like.

Arthur Try lioning down your majesty.

Sandy Fascinating thing about cats. They don't get paralysed in Rapid Eye Movement sleep like we do. You see when we are in REM our body gets paralysed so we don't thrash about and act out our dreams. But cats don't have that. You can see them twitching around and moving their paws.

Tired Look at the powerful King of the Beast, settling down to sleep.

Sandy Are you asleep yet?

King No, this is silly.

Arthur I thought you made a very good lion your majesty.

King But I can't get to sleep with you watching me.

(They turn their backs on him. King lies down again, but soon sits up)

I just realised, when you're asleep you don't know what's happening behind you.

Sleep makes you vulnerable, I never realised that.

(While he is talking the others make faces behind his back.)

Sandy Vulnerable?

King Yes, like anything could happen and you'd miss out. Or not wake up in time.

Maybe that's why I don't want to do it.



Sandy That's why our bodies keep moving through all the different stages of sleep, so you can wake up quickly if you need to.

And anyway, you humans are like lions, no predators, nothing wants to eat you. And you have houses and bedrooms and blankets and you don't have to sleep outdoors.

Tired So how do animals sleep? They have to be outdoors all the time,

Arthur And some animals have lots of predators. Sleep could be really dangerous for them.

Sandy It is. But they have different ways to keep safe.

King How?

PARTICIPATION TWO

Sandy It's hard to explain. Maybe they could help us. Why don't we all take a different animal and learn how they sleep.

King But we don't know anything about them.

Sandy Did you know that? Did you know that? Did you know that?

You do now...

Tired I know how Giraffes sleep. (Takes a group.)

Arthur And I know all about dolphins.

King And I suddenly understand about Parrot Fish.

Sandy And my group will look at herds.

(In groups find a way to represent the animal and show back your findings to the rest of the group.)

INFO:

Giraffes sleep standing up for most of the night. To get up from lying takes them 20 seconds. This would be too long if a lion was about to attack so they only sleep lying down when they feel very safe.

Dolphins only fall half asleep. One part of their brains switches off and the other stays awake. They alternate which half of their brain sleeps at various stages through the night. When they have young, the young sleeps fully, so the mother dolphin rests her calf on her fin and makes sure she goes to the top of the ocean whenever her baby needs to breathe. Dolphin mums go months without sleep when they are looking after a new baby.

Parrot Fish live surrounded by predators. Before they go to sleep they produce a big ball of mucus that tastes disgusting. They swim inside it and fall asleep. When they wake up they eat their way out of it.



Herds take turns to sleep. Half the herd goes in the middle of the group and gets some sleep. The other half stays on the outside, looking out for predators. When it's time to swap, the animals on the outside wiggle their way into the centre, pushing the ones who have slept out, so they can take a turn on guard duty.

BACK ON STAGE

King That is amazing.

Arthur And if all those animals can find a way to sleep, even when it's so dangerous for them.

Tired Then surely you can.

King You're right, I need to go home, I need to go to bed.

Arthur Do we have to cross the mountains again?

Sandy No, we can go by umbrella this time.

(Journey home by umbrella and as they move they set up for the palace.)

King Right, time for bed. I'm really going to give this a go.

Sandy, as I haven't slept for so long, once I do get to sleep will I sleep forever.

Sandy No, your majesty. Our bodies are amazing, and you only need to make up a third of the sleep that you've lost.

King Phew.

Where's my bed? It's been such a long time I've forgotten.

Tired Your majesty, we burnt all the beds when you banned sleep. You told us to.

King That's okay, just fetch me a blanket and a cuddly teddy.

Arthur We got rid of all of them as well.

King Oh.

Tired You could sit on your throne.

Arthur And use one of these dust sheets.

King Perfect. I'm going to watch some telly first, or play a computer game.

Sandy No. The blue light from screens is not good before bedtime. It's too similar to daylight and your brain gets confused and thinks it's morning.

Arthur Lie down sir, close your eyes.

Tired And try not to think about anything.



(The King lies down to sleep)



VOICE OVER:

Okay, I mustn't think about anything. Just shut my eyes and fade out.

But I'm cold,

What a day.

I can't believe I flew on an umbrella. That was amazing

Supposing I never sleep again?

Supposing no-one ever sleeps.

Shush brain, you need to relax.

I'd better not open my eyes.

I miss my mum, I wonder when she's coming back.

And I am hungry.

I could eat a whole plate of bangers and mash, with gravy.

I need the toilet.



No I don't.

Just think what everyone will say when we can all sleep again.

If I ever get there that is.

We could throw a party to celebrate.

No we couldn't. I don't need another party.

Sleep, please let me sleep.

But what if I can't?

(King sits up.)

King I just want to go to sleep. Supposing it doesn't work? I want to feel warm and safe and snuggle down. I never thought I would miss bedtime, but I do. I miss it so much. And now everyone's counting on me, and I don't know if I can do it. I'm scared. Supposing I let them down.

I have to stop thinking like that. I made a mistake and now I have to sort it.

Scene 10: Wee Willie Winkie

Sandy Perhaps we could tell you a bedtime story?

King Yes I love stories.

Sandy Well there's the Princess and the Pea.

King What's that about?

Sandy A princess trying to get to sleep on top of 100 mattresses, but she can't because there's a pea underneath one of them.

King No, not that one.

Arthur Sleeping Beauty?

King Sleeping Beauty, what's that about?

Tired Well it's about a princess who falls asleep for 100 years.

Arthur And she can only be woken up by a kiss from a handsome prince

King Ugggggggggggggggg. No I don't want that one.

Arthur Wee Willie Winkee?

Tired Yes.

Sandy Let's show him.

(Each of them covers themselves in sheets and says the rhyme, lighting up the sheet with their puppet.)



All Wee Willie Winkie runs through the town
Upstairs and downstairs in his night gown
Tapping at the window
Prying through the locks
Are all the children in their beds, its past 8 o'clock?
Past 8 o'clock, past 8 o'clock



(They come out from their covers. The King's head is covered. He slowly pulls the cover off)

Sandy Not asleep yet?

King That was really scary. That's going to give me nightmares.

Arthur We could sing you a song.

Sandy A lullaby.

Tired Dream Train.

Song

Dream Train please carry me back,
Dream Train stay on the right track,
Take me back where I belong,
Sound the whistle and gong,
Tell the gang I won't be long.
Dream Train please turn on the steam,
Morning will soon end my dream,
Stop when the sweet old lady hollers,

Sandy Welcome,

All My Dream Train.





Every night when I lay down and close my weary eyes,
 On my train of dreams I go to paradise.
 Sandman is the engineer when my train pulls away,
 Every night I hear him say,

Dream Train please carry me back,
 Dream Train stay on the right track,
 Take me back where I belong,
 Sound the whistle and gong,
 Tell the gang I won't be long.
 Dream Train please turn on the steam,
 Morning will soon end my dream,
 Stop when the sweet old lady hollers,

Sandy Welcome,
 All My Dream Train.

I can't wait till moonbeams come,
 And bring the end of day,
 For in dreams I'm back in days that used to be.
 On my train of dreams I'll soon be on my merry way,
 To the only place for me.

Dream Train please carry me back,
 Dream Train stay on the right track,
 Take me back where I belong,
 Sound the whistle and gong,
 Tell the gang I won't be long.
 Dream Train please turn on the steam,
 Morning will soon end my dream,
 Stop when the sweet old lady hollers,

Sandy Welcome,
 All My Dream Train.

Dream Train please carry me back,
 Dream Train stay on the right track,
 Take me back where I belong,
 Sound the whistle and gong,
 Tell the gang I won't be long.
 Dream Train please turn on the steam,
 Morning will soon end my dream,
 Stop when the sweet old lady hollers,

Sandy Welcome,
 All My Dream Train.



(Everyone goes to sleep and Sandy sprinkles sleepy dust. The King sneezes but goes back to sleep. The clocks start to tick.)

