

Shu Lea Cheang + Matthew Fuller

Sleep 79, 2018.

Re-base: When Experimentation Becomes Attitude

Curated by Wang Jun Jieh

C-LAB, Taiwan, 10/10/2018 – 27/01/2019

Art for sleepers, art by sleepers and art as sleep.

Sleep79 runs for 79 days. It asks, “How can we have an aesthetics of sleep”?

What does it imply to have an aesthetic relation to the world without being awake? Art, attending to which usually implies being alert, but which also has a long history of working with the everyday, the mundane, the bodily, and the imperceptible or intuitive is one resource here. Equally, how might we rework things that are often outside of art, such as medical processes, or brewing, so that new conditions for sleep arise?

These 79 days of sleep work with some of the following approaches:

Duration. Projects that work over a period of time involve variation in waking state and provide a terrain for moving across from wakefulness to sleep with soundscapes and language to accompany and texture it.

Transposition. Refine everyday activities such as the making and taking of food and drink, the doing of exercise and movement, by transposing them into an art context .

Instituting. We seek an imagination of what the institution might look like were it to recompose itself in relationship to other kinds of bodily state.

Recording. What archives of sleep can we find in film, books, sound, art? What records are made by and of sleepers? What kinds of archives might be assembled for sleepers, when they are awake, to understand this third of life?

Rethinking. We open the question of the organism up to experiment and enquiry. Sleep can be understood as placing us in a position of vulnerability; something we share with the nonhuman participants in the world and a valuable condition from which to think and to act.

Shu Lea Cheang

As an artist and filmmaker, Cheang works with a range of art media and film formats , including installation, performance, net art, public art, and mobile web serial. Her work *BRANDON* (1998-1999) was the first Guggenheim Museum web art commission/acquisition. In 2018, she participated in the Gwangju Biennale and Taipei Biennial. Cheang will hold a solo exhibition in the Taiwan Pavilion in the Venice Biennale 2019.

Matthew Fuller

Professor of Cultural Studies at Goldsmiths, University of London and an author known for writings in media theory, software studies, critical theory, cultural studies, and contemporary fiction, Fuller is also an artist collaborating with numerous groups. Publications include *Media Ecologies: Materialist Energies in Art and Technoculture* and, with Andrew Goffey, *Evil Media*, and *How to Sleep: The Art, Biology and Culture of Unconsciousness*, which provides an initial starting point for the Sleep 79 project

Collaborators

Architectural design | B. K. Yeh

Architectural construction | Electric Light Culture & Creative Co., Ltd

Mobile Sleeper

Based on a style of design inherited from ancient times, the classic working class transport of Taiwan, this three-wheeler is able to offer sleep at a range of inclines or for the occupant to lie flat. It can be used by one or two people to lie down, and allows for some more users when they are perched around the edge. The *Mobile Sleeper* is designed for *Sleep 79* as a way of thinking mobility and the way in which sleeping audiences might interact with the events of which they are part.

Sleep-enhancing Drinks

Herb Tea maker | Lin Chih-Yu (Weed Day)

Deep in the mountain and wilderness, people embrace nature and the weeds of nature embrace people. Bursting with vitality, the weeds can be made into herbal tea. We are surrounded by nature, each square of land, each weed,

bears a character of its own. Observing the conditions of plants and soil, Weed Day collect, select, cut, clean, dry and make the weeds into a pot of tea. The sweet and mellow tastes of the weed teas relax us and relieve our anxieties. Two weed teas for a taste of the city are offered - "Solemn Silence" made from the weeds growing around C-LAB and "Hustle and Bustle" picked from sidewalks.

Schlafgutbier v.2 *Ho-Wa-Kuen* beer | Alechemist

Alechemist are a renowned small brewery based in Taipei who have a keen interest in the relationship of plants and agriculture to beer. Having reintroducing the agricultural growing of barley to Taiwan, they are active in finding local plants that make complex flavours. This "Schlafgutbier" (v.1 was produced for *Sleep48* in Linz, Austria by Thor brau and Stadtwerkstadt) uses the bitter flavors of Siberian Ginseng, *Eleutherococcus senticosus* a plant used for centuries in Asia for its fortifying properties. A video showing the brewing of this beer will be shown throughout *Sleep 79*.
<http://www.alechmist.com.tw>

Works on show throughout *Sleep 79*

Sakiko Yamaoka

Best Place to Sleep, Tokyo, 2007, video

Video documents of guerrilla performances of sleep in the ATM foyer of a Tokyo bank. It shows one of many sleep actions carried out by Yamaoka at this time. Their redistribution of the public and private, political and biological produce highly condensed evocations of contemporary life.

YOUNG-HAE HEAVY INDUSTRIES

The Art of Sleep, (Beirut Version) 2018, video

This characteristically text-only video is an insomniac's reverie that solves some of the major conundrums of our time. Watch it and grow wise.

Matthew Fuller

Heroes of Sleep, 2018, photographs and documents

A collection of photographs and documents and an accompanying text on the durational work of early key figures in Twentieth Century Sleep Science.

Sleep Archive

A small library of key texts from medical science, history, literature, art, philosophy and cultural theory. Visitors to the exhibition are invited to read these texts at their leisure.

Sleep 79 Events

The following are a series of events invented and curated for Sleep 79. All are invited to attend. (The organizer reserves the right to modify or cancel the event.)

Readings for Sleeping

This weekly event will examine the relationship between sleep and text. Artists and professionals in various fields will be invited to “read” soporific texts - such as code, philosophy, literature, diaries, manuals, and laws – in low, flat, mechanical, solemn, and unnatural tones. After each recital, the members of the audience who surrender to sleep will be documented to reflect the connection between each text and sleep. These efforts will not enhance the message conveyed by the text but rather they will expand on a traditional use of text; when read aloud, texts can induce sleep giving them new meaning.

Time: Every Thursday, 21:00-23:00

Venue: Art Space II

Sessions:

15th November 2018, Audrey Tang, contribution to speech to text corpus in Mozilla (Common Voice)

22nd November 2018, Shih-Chieh Ilya Li, reads *The Power of Silence*

29th November 2018, Chocorockxin Lee, reads diaries

6th December 2018, Liu Po-Li, reads music theory

13th December 2018, Chang Tieh-Chih, reads *BOB DYLAN THE LYRICS(1961-2012)*-Chip version

20th December 2018, Tree Chen, reads *Jorge Luis Borges Obras Completas*

27th December 2018, Jennifer Lu, reads *Civil Code*

3rd January 2019, Hsu Yen-Ling, reads *Sapiens (From Animals Into Gods): A Brief History of Humankind*

10th January 2019, Lee Wei-Jing, reads lyrics

17th January 2019, Lucifer Hung, reads *A Sunflower in the Underworld*

24th January 2019, Lim Giong, reads *Liao-Fan's Four Lessons*

Sanatorium for Information Shock-Workers

These events seek to reinterpret Konstantin Melnikov's plan for the building *Sonata of Sleep*. Melnikov, an architect during the Soviet era, believed sleep was the foundation of health and proposed to build a multi-sensory dormitory that used relaxing and soothing sounds to improve the quality of sleep for the shock-workers of the first five year plan. The architectural scheme was never realized in Melnikov's lifetime. Now, Taiwan-based sound artists participating in this project will reconstruct Melnikov's concept and build a sound sanatorium for workers who are exhausted by the constant bombardment of information in this post-industrial era.

First Set

Date: From 17th to 18th November 2018, 17:06-6:12. (From sunset to sunrise, overnight event)

Venue: Art Space II

Artists: Lim Giong, Lee Min-Ju, Hung Tzu-Ni, Lai Tsung-Yun, Betty Apple

Second Set

Date: From 12th to 13th January 2019, 12 hours from 17:23 to 6:41. (From sunset to sunrise, overnight event)

Venue: Art Space II

Artists: Sheryl Cheung, SHENG, Hsu Yen-Ting, Hsieh Feng-Chen, Olifa Hsieh

Brainwave coding for sound performances: Wang Lien-Cheng

(In this set of performances, sound artists will use the data generated from electroencephalograms which capture the brain waves of sleeping audiences.)

Sleep with Mosquitoes

Call for participants! We cordially invite you to seize this rare opportunity for sleeping in the outdoor area of the Taiwan Contemporary Culture Laboratory (C-LAB). Participants are allowed to sleep *quovis modo* outside the former Air Force General Command Headquarters so long as they feel warm and safe (yet tents are forbidden), whether they attempt to sleep better, sleep for sleep's sake, sleep in on the next day, suffer from insomnia, or perform an alternative sleeping action for the project Sleep 79.

Date: From 8th to 9th December 2018, 17:05-6:27. (From sunset to sunrise, overnight event)

Venue: Art Space II

Is Your Bed My Bed?

In collaboration with a professional sleep management team, participants will be divided into groups according to their preferred sleep-aid strategies, ideas or patterns that will be subsequently analyzed by clinical psychologist Wu Chia-Shuo and psychologist Tsai Yu-Che. The chronic insomnia rampant in the present day will also be addressed through game-based interaction.

Date: 22th December 2018, 17:10-20:00

Venue: Art Space II

Sleep management: Wu Chia-Shuo (Clinical psychologist) and Tsai Yu-Che (Assistant professor in Psychology)

Work out Your Sleep Neurons

Based on interviews with a physical therapist, a yoga instructor, a dancer, a masseur, and specialists in sleep management about their understanding of the interplay between sleep, body and motion, artist Liu Chih-Hung has developed a series of physical movements with illustrations based on the connection between physical act and mental state, allowing the participants to "activate their sleep neurons" in different forms.

Date: From 22nd to 23rd December 2018, 17:10-20:00. (From sunset to sunrise, overnight event)

Venue: Art Space II

Physical Development: Liu Chih-Hung

Avatar Sleep

Computer games have different roles for sleep and the places of sleep. In most games, sleep does not appear at all. In other cases, games assign key roles to, for instance, the bed as a place for re-spawning. In some other games, only non-player characters sleep. A few games establish sleep as a key part of the play-cycle.

In this event, we invite game players to bring their equipment and to perform sleep within the limits of their favourite game. Sleep may be paradoxical and it may be peaceful. C-Lab will be filled with the virtual slumber of avatars. All are invited to bring a game and to perform its version of sleep from sunset to sunrise.

Date: From 26th to 27th January 2018, 17:34-6:39. (From sunset to sunrise, overnight event)

Venue: Art Space II

** Admission to all events is free of charge. Prior registration is suggested and are accepted on a first-come-first-served basis. If applications are oversubscribed before the deadline, we will stop accepting applications without further notice. Please visit <https://rebase.clab.org.tw/> for full details.*

** Registration for “Sleep with Mosquitoes”: Individuals or groups (a maximum of 4 persons) are welcome to submit a proposal for sleeping outdoors (incl. a brief description with text and image) before 20 November 2018, from which we will select a total of 20 individuals (max.) for this event.*

** The organizer reserves the right to modify or cancel the event.*















