



UNREST

Directed by Jennifer Brea

TRT: 97 mins

LANGUAGE: English, Danish

DISTRIBUTORS: Shella Films & Little by Little Films

**Add this Sundance award-winning documentary
to your library's film collection.**

Jennifer Brea is about to marry the love of her life when she's struck down by a fever that leaves her bedridden. When doctors tell her "it's all in her head," she turns her camera on herself as she looks for answers and fights for a cure.

"Bracingly inventive and moving"

– *The Guardian*

"Astonishing"

– *BBC*

"Brilliant"

– *The Daily Telegraph*

"Riveting...equal parts medical mystery, science lesson, political advocacy primer and even a love story."

– *The San Francisco Chronicle*

"Remarkably intimate, deeply edifying and a stirring call to action."

– *Los Angeles Times*

"Her documentary is a testimony not just to the terrors of ME but also to the struggles that women often face when relaying information about their own bodies to medical providers. [A] heartbreaking look at what it takes to survive a poorly understood disease."

– *The Washington Post*

"The treatment of today's ME/CFS patients is comparable to that of lobotomy patients decades ago. When the full history of ME/CFS is written one day, we will all be ashamed of ourselves."

– *Prof. Dr. Ola Didrik Saugstad, Professor of Pediatrics, WHO Advisor, Norway*

ABOUT UNREST

- *Unrest* had its World Premiere at the Sundance Film Festival in January, 2017 and has since exhibited at more than 50 film festivals worldwide
- Since its theatrical release, *Unrest* has screened more than 500 times in theatres, on campuses, and at schools, churches and hospitals, in groups ranging from ten to over 350 people
- It has been shortlisted for the Grierson Trust Award for Best Cinema Documentary, won the Illuminate Award at Sheffield Doc/Fest, and a Special Jury Prize for Editing at Sundance
- Supporters hosted more than 230 *Unrest* house parties for the film's US television broadcast on PBS Independent Lens in January, 2018

WHAT IS MYALGIC ENCEPHALOMYELITIS (ME)?

Myalgic Encephalomyelitis (ME), commonly known as Chronic Fatigue Syndrome (CFS) or ME/CFS, is a devastating multi-system disease that causes dysfunction of the neurological, immune, endocrine and energy metabolism systems.

ABOUT ME

- ME/CFS affects an estimated 15 to 30 million people around the world -- children and adults of all races, income levels, and geographic areas
- 75% of patients are women
- There are no diagnostic tests, no approved treatments, and no cure
- People with ME/CFS have lower quality of life measurements than any other disease tested
- At least 25% of ME/CFS patients are home or bed-bound
- 84 - 91% of ME/CFS patients either are not yet diagnosed or are misdiagnosed
- Symptoms typically persist for years; recovery is rare
- ME/CFS costs the UK economy at least £3.3 billion annually

LIBRARY LICENSING CONTACT

United States & Worldwide

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unrest.film