

Exercise Yourself to Sleep
By Thomas van Kalken

<<In Mindy's house. Mindy, Reggie, and Guy are decorating.>>

Mindy: [Efforting] Let's see, get this hung here...

<<balloons rustling>>

<<paper banner rustling>>

Mindy: Hey Reggie

Reg: Coo

Mindy: Hand me a piece of tape, will you?

Reggie: Coo

<<wings flap>>

<<tape dispenser>>

Guy: Is this all really necessary Mindy? I mean the balloons, the banners, the crackers and spinach dip?

Mindy: That's not spinach dip Guy Raz ... its toothpaste

Guy: What?!

Reg: Coo

Mindy: And I don't know if it's necessary ... I've never hosted an intervention before. Quick question, do you yell surprise when they come in?

Guy: Definitely not!

Mindy: Look, don't stress Guy Raz ... don't think of it as an intervention ... Think of it as a party for Fingerling and G-Force, with all of their nearest and dearest friends, where we tell them how their behaviour is affecting our lives and that we think we can help them get better.

Guy: That's exactly what an intervention is Mindy!

Reg: Coo!

Mindy: Quick! Someone's coming!

Guy: Okay, okay ... hit the lights Mindy!

Mindy: You got it! Heeeeeee-yah! <<smash>> <<electrical buzz>>

Guy: <<whispering>> Mindy! I didn't actually mean, 'hit' the lights!

Mindy: Hehe ... whoopsy ...

Reg: Coo!

Guy: <<whispering>> Shhhhhh! Here they come ...

<<tension builds>> <<the door slowly creaks open>> <<light switch on>>

<<all at once>>

Guy: Intervention!

Mindy: Surprise!

Dennis: Ohhhh, a surprise intervention! for me?

Mindy: Dennis! What are you doing here?

Dennis: You asked me to come over

Mindy: Yeah, like 2 hours ago.

Dennis: Yeah, well I was watching you from my house and you did not look ready to surprise me with an intervention 2 hours ago.

Mindy: The intervention isn't for you Dennis.

Dennis: What?! Who's it for?!

Guy: It's for G-Force and Fingerling!

Dennis: Oh, come on! No fair! I want a surprise intervention party.

Mindy: You're not the one up all night causing havoc!

Dennis: I could be!

Guy: Dennis, I can hear your snoring from my microhouse.

Dennis: Exactly! Havoc!

Mindy/Guy: Dennis!

Dennis: Ughhh! Fine ... Why are you having a surprise intervention party for G-Force and Fingerling anyway?

Mindy: Because they're up all night Dennis ... They were playing racquetball against my gingerbread mansion all night last night.

Guy: Yeah, and the night before that G-Force was mowing her lawn at 3 o'clock in the morning!

Dennis: Oh, yikes.

Mindy: Not to mention the techno polka music that Fingerling has been playing until the early hours of the morning.

<<cutaway gag?>>

<<Fingerling jamming out to techno polka music from Mindy's perspective>>

Dennis: Woah.

Reg: Coo

Guy: We think they might have a sleeping disorder called insomnia

Dennis: In-what-mia?

Guy: Insomnia ... if you have it, it means that your body has a hard time falling and staying asleep.

Mindy: We think it might be the reason for all these recent late night activities.

Guy: But we have a plan.

Mindy: Hence why we're hosting this intervention surprise party, that you're totally about to ruin!!

Reg: Coool!

Dennis: Oops.

Guy: Quick, someone else is coming.

Dennis <<gasp>>

Mindy: Everyone take cover!

Reg: Coool

<<tension builds>> <<door handle turns>> <<lights flick on>>

Dennis and Mindy: Surprise!

Guy: Intervention!

Reg: Coool!

Fingerling: Ahhh! What in the world wide web?!!

G-Force: <<no emotion>> <<blank>> Ooooweee, I'm so surprised ...

Mindy: Grandma G-Force ... Thomas Fingerling ...why don't you take a seat.

G-Force: Pass.

Fingerling: Can I have some of this toothpaste dip first?

Mindy: You can have some dip later Fingerling, right now Guy Raz has something he'd like to say to you ...

Guy: Oh right, the speech ... I have it right here hold on ... <<unfolding paper>>
<<clears throat>>

Mindy: <<whispering>>Reggie ... hit the music ...

Reg: Coool!

<<soft emotional music starts>>

Guy: <<reading>> Dear G-Force and Thomas Fingerling ... we're here today because we care about you and want to help.

Dennis: And I'm here because I thought this party was for me.

Mindy: Shhhhh!

Guy: <<reading>> We want you to know that you don't have to face this alone, we believe we may have found a solution to help you find the rest and peace you deserve.

<<round of applause>>

Reg: Coo

Dennis: Wooooow...

Fingerling: I don't get it.

G-Force: Me neither.

Mindy: We think both you and Grandma G-Force might have a sleeping disorder called insomnia.

Dennis: Yeah. It means you have trouble falling asleep!

Guy: That's right.

Reg: Coo!

Fingerling: Now that you mention it, I have been having trouble finding the old sandman.

G-Force: And my bed time of 5:30 is but a distant memory.

Guy: Well don't worry you two, that's why we're here.

Mindy: That's right, we think we might have something that'll help.

<<Mindy picks up a bag of something>>

Dennis: Ooooh! What's in the bag?! Presents? I love presents! This is the best intervention I've ever been to!

Mindy: Here you go, one for you Grandma G-Force ... and one for you Thomas Fingerling ... here you are Dennis, and Reggie ...

Dennis: Yaaaaayyy

Reg: Coool!

Mindy: Okay everyone open!

G-Force: I already did

Fingerling: So did I.

Mindy: Ughhh! We were meant to open it all together ...

Dennis: Ok, I'll go next! <<ripping paper>> Ooooooooooh, a bracelet! Cool.

Guy: Not just any bracelet Dennis ... that is a fitness tracker ...

Dennis: Oh I don't get it.

Guy: It's real simple, you put the fitness tracker on your wrist like this ... <<velcro sfx>> Then you link it up to your phone like this <<do ding sfx>> and then it tracks all of your activities throughout your day ...

Mindy: Yeah, look ... <<while jumping up and down>> jumping ... jumping ... <<phone beeps>> <<slightly out of breath>> See look 5% of my daily activity goal is completed.

Dennis: Wooooah Kew-wal!!! Look at all these activities it can track ... hop scotch, tag, running man ...

Fingerling: So how's this pretty little bracelet meant to help me sleep?

Guy: Well, according to the latest sleep research; exercise ... if done correctly ... can help you get your sleeping back on track!

Mindy: So. we thought that if we all helped with getting you two some exercise during the day ... then it might just help with your sleeping at night!

Fingerling: Well, I hate to disappoint you but the only exercise I'm interested in is eggs, with a size a bacon.

Guy: What?

Fingerling: Let me show you <<clear throat>> exercise ... eggs are sides ... eggs are sides ... to bacon! Therefore exercise is bacon.

Guy: Uh, I don't think that logic works Fingerling.

Fingerling: Of course it does ... Now get me my bacon.

G-Force: Get the man his bacon!

Mindy: Nobody's getting any bacon.

Dennis: What about me?

Guy: No!

Fingerling: Rats

Dennis: Rats

Mindy: Instead we're all going to work out in my newest, state of the art home-gym!

Dennis: Ooooooh, fancy!

reg: Cool!

Mindy: Come on everyone ... it's just in the shed out back. FAollow me ... walk walk walk walk walk walk ... <<they all step outside>> Lemme just open the door here. <<intense series of door locks locking>> <<a beat>> <<one final lock>> There we go ... now ... walk walk walk ... Ah, here we are ... okay, everyone ... welcome to my home gym ...

<<big doors swing open>> <<it sounds just like an arcade>> <<the gang transitions in>>

Guy: Uh, Mindy?

Mindy: Yes Guy Raz ...

Guy: What is this place?

Mindy: What do you mean it's my home gym.

Guy: It looks just like an arcade Mindy!

Mindy: Well yeah, I tried the whole treadmill, dumb bell thing at first but it really wasn't really working for me ... so I started adding some machines that really got my heart pumping ...

Guy: Like a whack-a-mole?!

Mindy: Oh yeah ... that one's intense.

Guy: Okay, so where are we going to be taking G-Force and Fingerling first?

G-Force: I wanna crash the bumper car

Mindy: There's no bumper cars here Grandma G-Force

G-Force: Well humph.

Dennis: Ooh what about the claw game? I wanna win a stuffed Reggie!

reg: Cooo!

Mindy: We're not playing the claw game Dennis, we need something that's really going to get our hearts pumping so we can all hit our activity goals.

Guy: What about the basketball shooting game Mindy? That's pretty active?

Mindy: Close Guy Raz but not quite ... <<looking around>> We need something like ... <<gasp>> bingo ...

Guy: What? Which one Mindy!

Mindy: That one!

Guy: Dance pants revolution?

Mindy: That's right ...

Fingerling: I love that game, dance pants revolution is how i learned to do the cracked knuckle shuffle ... <<Fingerling starts cracking knuckles and dancing>>
Oooh ah! Here we go! Ooh!

Mindy: Perfect! Come on everyone ...

<<they all walk over>>

Dennis: I still don't understand how this arcade is going to help Tommy and Gramma G-Force sleep at night..

Mindy: First of all Dennis, this is a home gym, not an arcade and secondly. It's the exercise we're doing here that's going to help them get a better night's sleep.

Guy: You see exercise and sleep are kind of like two gears working together.

<<harps as we go into story time>> <<cogs are whirling>>

Guy: <<vo, slight echo>> with each cog working in sync with the other.

Mindy: <<vo>> exercise makes you tired and in turn, helps you sleep ...

Guy: <<vo>> and sleep helps your body recover and do more exercise ...

Mindy: <<vo>> a system in perfect balance.

Guy: <<vo>> but for those with a sleeping disorder ...

Mindy: <<vo>> they're extra sensitive to any changes to this exercise/sleeping cycle ...

Guy: <<vo>> and even the slightest change can throw off this delicate balance and bring those cogs grinding to a halt ...

<<gears grinding to a halt>> <<harps>> <<out of storytime>>

Guy: So by doing just the right amount of exercise at the right time we're hoping to get G-Force and Fingerling's gears back in sync.

G-Force: Dibs! I wanna play first.

Fingerling: No way, dude! I'm playin first!

Mindy: Ok, this is a two player game so you can go both go first ...

<<at same time>>

G-Force: Fine!

Fingerling: Fine

Mindy: Let me just put in the coins here ... <<coins get deposited>> <<bleep bloop power up>> there we go ... and now you just hit start! <<button push>>

Arcade Machine: Ooooooooookay! Here we go! <<energetic dance music starts>>

Fingerling: Oooo!

<<G-Force and Fingerling starts dancing>>

G-Force: Ooooh ahhhh!

<<G-Force continues to dance in the background>>

Guy: So Mindy, how long do you think all this is going to take?

Mindy: Not too long Guy Raz ... you don't actually need to do that much exercise to get a good night sleep ... in fact if you over do it you might actually make it harder for yourself to fall sleep.

Guy: What do you mean?

Mindy: Well scientists have found that too much exercise can increase a thing called cortisol in your body.

Dennis: Oh cortisol! I think that's the fungal cream mother uses.

Guy: What? gross. No Dennis, cortisol is this chemical that your body creates when it's stressed out.

Dennis: Oh.

Mindy: Exactly, and having too much cortisol in your body can actually make it harder for you to fall asleep.

Dennis: So why are we exercising then!? I'm so confused!

Mindy: Because Dennis if you're able to do juuuuuust the right amount of exercise ...

Guy: Meaning not too much, and not too little ...

Mindy: Then exercise can actually help get rid of cortisol in the body and help you get a good night sleep.

Guy: Which is why we're all wearing these fitness trackers?

Mindy: Exacteritos Guy Raz ... once we hit those juuuuust the right amount of exercise ... we should hear our little fitness trackers ding!

<<ding>> <<ding>>

Mindy: Just like that! looks like Grandma G-Force and Fingerling just hit their exercise goals.

<<the music on the arcade completes and Fingerling is huffing and puffing>>

G-Force: You're gonna have to do better than that Fingerling.

Fingerling: <<gasping for air>> Oh yeah! Well, ugh, I need to sit down.

Mindy: Okay ... who's next?

Dennis: Ooh, me, me, me!

Mindy: Okay Dennis, why don't you and Reggie get up there ...

reg: Cooo!

Mindy: Okay putting in the coins <<coins dropping>>

machine: Welcome to dance pants revolution! Press play to begin ...

Mindy: Alright ... it's all good to go!

Dennis: Are you ready to dance your pants off Reggie?

Reggie: Coo!

Dennis: Here we go!

<<button push>> <<exciting electronic dance music begins>> <<Dennis and Reggie start dancing>> <<the rest of the gang cheers them on>>

Mindy: Now when we get up there Guy Raz, remember our high score. We gotta see if we can beat it tomorrow.

Guy: Tomorrow?

Mindy: Yeah

Guy: What do you mean tomorrow?

Mindy: Well we're gonna be coming back here to do this all again tomorrow ... and the day after that and the day after that and the day after ...

Guy: <<cutting her off>> What? Mindy, why do we have to keep on coming back to your arcade ...

Mindy: Home gym.

Guy: Right, your arcade/home gym every day?

Mindy: Well Guy Raz, scientists have found that the most important thing to improve how well you sleep is actually ... consistency.

Guy: Ah! You mean building a routine.

Mindy: Exactly ... if you really want to get a good night's sleep, you can't just exercise once and call it a day ... you have to build a habit. Doing the same kind of exercises around the same time every, single, day ...

<<ding>> <<ding>>

Mindy: Hey, looks like it's our turn.

<<the music on the arcade completes and Dennis is huffing and puffing>>

Dennis: <<gasping for air>> Did, did i win?

reg: Cool!

Mindy: Not even close Dennis, now scootch over its mine and Guy Razzy's turn.

Dennis: Okay fine ...

<<Dennis and reg get off the machine>> <<Guy and Mindy shuffle on>>

Mindy: Alright ... one <<coin drop>> two <<coin drop>> three coins <<coin drop>> ...

machine: Get ready for dance pants revolution! Press the button to begin ...

Mindy: You ready Guy Raz?

Guy: As I'll ever be!

Mindy: Good, because here ... we ... go!

<<Mindy smacks the button and electronic dance music starts>>

<<Mindy and Guy make dancing noises as they go>>

Mindy: Oooh ... ah ... yeah!

Guy: Yeah! Ha ... oooh!

<<the rest of the gang is cheering them on>>

<<the music climaxes>>

Mindy: Boo-yah! Wait to go Guy Raz ... new high score! Up high!

<<high five>>

Dennis: <<whisper yelling>> Mindy! Shhhhh ... look ...

<<we hear snoring>>

Mindy: Awe! Look, Guy Raz ... Fingerling and G-Force fell asleep on the skeeball machine ... gah, old people are so cute when they sleep!

Guy: Well looks like your arcade exercise regime is working Mindy ... they're both out like a light!

Mindy: Yeah, but there's only one way to find out if it will stick. And that's to come back tomorrow and do this all over again.

Guy: That's right; consistency is key ...

Mindy: ... to a good night's sleep.

Dennis: Wait, we're coming back here tomorrow?

Mindy: Yup ... and the day after that ... and the day after that ...

Dennis: [whining] What? No!! Ahhh, Mindy! I wasn't even keeping track of my high score! Reggie, do you remember what we got?

reg: Cool!

Dennis: Yes, I know you beat me, but by how much!

reg: Cool!

Dennis: Yes I know it was a lot Dennis

Mindy: Ughh!

<<we fade out to snoring and arcade noises>>

END