



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 public 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.

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

– *Los Angeles Times*

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

– *The San Francisco Chronicle*

"With tender intimacy and an advocate's urgency, Brea's "Unrest" is both a revelation and a call to action. The movie does what all good documentaries do: It illuminates, it touches the heart, and it points the way to solutions."

– *The Salt Lake Tribune*

"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

"Using her own experience with the syndrome as a springboard, Brea offers an affecting film that, when made available on video, will be embraced by the millions suffering CFS worldwide."

– The Hollywood Reporter

"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 theaters, on campuses, and at schools, churches and hospitals, in groups ranging from ten to over 350 people
- The Time for Unrest social impact campaign offered 24 virtual screenings for a total of 832 attendees
- Supporters hosted more than 230 *Unrest* house parties for the film's 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 1 to 2.5 million American children and adults of all races, income levels, and geographic areas
- 75% of patients are women
- There is no diagnostic test, no FDA-approved treatment, 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 our economy \$17 to \$24 billion annually

LIBRARY LICENSING CONTACT

United States & Worldwide

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unrest.film