

**SOMERSET
HOUSE**

24 HOURS

IN

UCHRONIA

24 Hours in Uchronia invites you to imagine a world without clocks and calendars, where our bodies and the environment tell us what to do and when. It runs from sunset to sunset, and includes installations, conversations, performances and recordings.

Our sense of time is encoded into us from birth, based on societal norms of work and school, as well as technologies such as artificial light. But all cultural systems are constantly changing, and ours is increasingly driven by precise timing technologies and the dominance of screen-based devices. Such algorithmic structures conflict with natural rhythms and the human biological clock.

How much of each day do you spend outdoors, exposed to daylight? How long do you sit, staring at a screen? When is the best time of day for working, exercising, napping and daydreaming?

Create your own uchronia (time utopia) as you navigate a series of rooms dedicated to different bodily phases of the day, each with its own programme of activities.

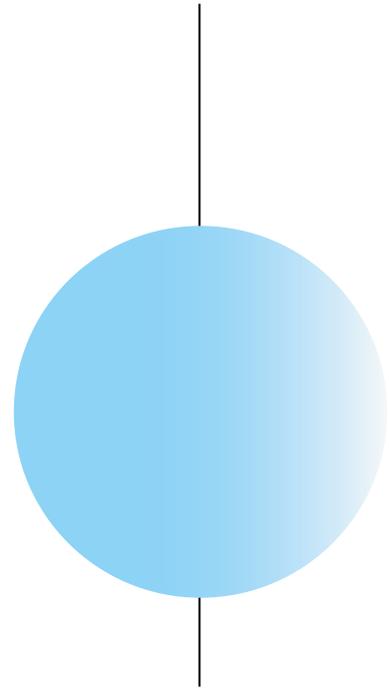
— **Helga Schmid**

24/7 A Wake Up Call
For Our Non-Stop World
31 Oct 2019 - 23 Feb 2020

Extended Exhibition Opening Hours
Friday 7th until 00:00
Saturday 8th from 09:00

24/7 is supported by world renowned lighting company Signify

MOVEMENT PHASE



The Movement Phase is the most active phase within the body's circadian rhythm. The ideal light condition is external daylight; you will find the space in an activating blue. Over three to five hours, bodily strength, alertness, muscle strength, cardiovascular performance, body temperature and blood pressure are all at their peak, and we are the least likely to sleep. Our present day living conditions run in contrast to this, however—the predominant body position of an average city dweller is sitting for up to 15 hours each day.

FRIDAY

Durational

A Room for a Pinoleptic
Interactive Installation
Nayan Kulkarni, 2020

Beholder

VR Interactive Installation
United Visual Artists, 2019

18:00 to 19:00

Composition 01
Sound Piece
Ronnie Deelen

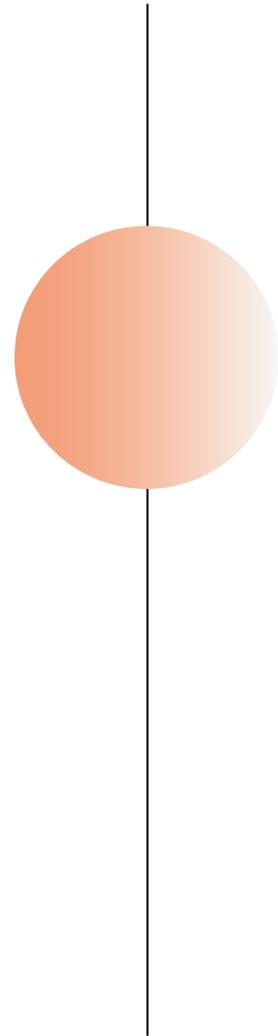
19:30 to 20:00

Where's The Funk?
Rhythm Singing Workshop
Yaprak Goker

21:00 to 21:30

Designing Time
Dance Performance
Laura Lorenzi with Ronnie Deelen

INTUITIVE PHASE



The Intuitive Phase is a cool-down phase, where creative thinking is at its peak. The mind starts to wander, logical thinking dissolves into a rather playful stage. The light modulates through a variety of colours representing a sunset moment. Ideal body posture is sitting, standing or moving.

FRIDAY

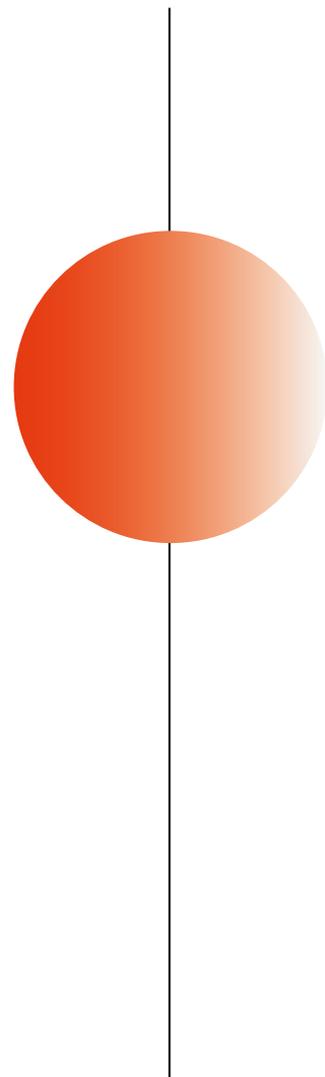
Durational

150 > 4Hz - Rhythmic Rocking Chair
Interactive Installation
Nick Ryan, 2020

17:30 to 18:30
Collective Breathing
Rhythm Drawing Workshop
Jayoon Choi

20:00 to 21:00
When Time Stops
Philosophy Talk
Federico Campagna

SLEEPINESS PHASE



From the Intuitive Phase, the body experiences a smooth transition into the Sleepiness Phase. Body temperature drops, the hormone melatonin sets in, which leads to a decrease in alertness. At a duration of around two to three hours, this phase coincides with the biological processes of increased sleepiness and suppressed bowel movements, leading to the sleep phase. In terms of light, the sleepiness phase is associated with a dimmed light of a very low lux rate consisting of red-orange hues. Ideal posture is sitting or lying.

FRIDAY / SATURDAY

Durational

Sleep Installation
Savoir Beds, 2019

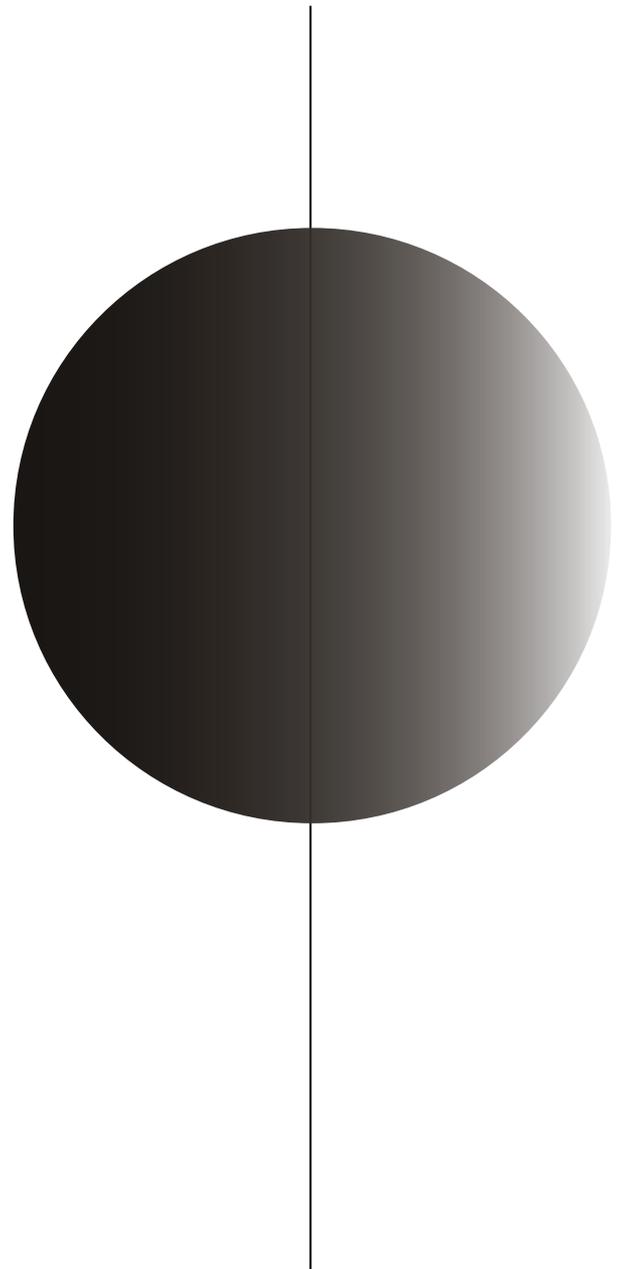
19:00 to 20:00

Cellumonials (have a gut time)
Meditative Workshop
Amanda Baum and Rose Leahy

21:30 to 23:30

50lx
Sonic Exploration Evening Performance
Project Instrumental

SLEEP PHASE



The Sleep Phase is the longest stage of the circadian rhythm, but varies widely from five to eleven hours for an adult. In this phase, the hormone melatonin peaks, the body experiences its deepest sleep, lowest body temperature, alertness, and gastric activity. The ideal light condition is complete darkness, and lying is the ideal posture.

SATURDAY

Durational

In Here / Out There

Sleepdome Interactive Installation

Michaela French, 2020

00:00 to 9:00

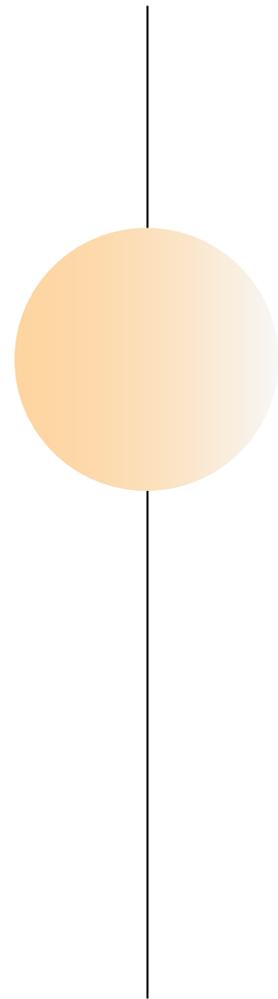
See & Hear More Overnight

Online @somersethouse

#247exhibition

WAKE-UP PHASE

The Wake-up Phase is one of the shortest phases, lasting between half an hour to one hour. In this stage, the body undergoes a transition from sleep to wake, from lying to standing wide awake. The body experiences the sharpest rise of blood pressure, production of the hormones cortisol and testosterone, while melatonin secretion stops. Just as in nature, it is a sunrise moment: from a dark reddish, low-light intensity to an activating blue of higher intensity.



SATURDAY

Durational

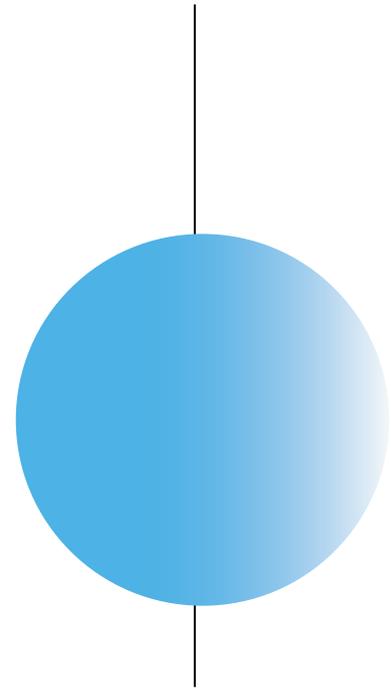
150 > 4Hz - Rhythmic Rocking Chair
Interactive Installation
Nick Ryan, 2020

10:00 to 11:00
Collective Breathing
Rhythm Drawing Workshop
Jayoon Choi

12:30 to 13:30
A Wake Up Call for Our Non-Stop World
Curators and Artist Talk
Sarah Cook, Jonathan Reekie
and Helga Schmid

CONCENTRATION PHASE

The first peak of the day is the Concentration Phase. It is one of the longest phases, with a duration of approximately three to five hours. During this period, the body is at its peak with regard to concentration, short-term memory, and logical reasoning, aligning with a peak in the hormone cortisol. The heart rate and blood pressure are at their maximum. The body position might vary over the course of the phase, changing from active positions of walking and standing to sitting still. Concerning the light, it is at its brightest stage, in full spectrum—this is comparable with the path of the sun through the course of the day, which is at its highest point.



SATURDAY

Durational

A Room for a Pinoleptic
Interactive Installation
Nayan Kulkarni, 2020

Beholder

VR Interactive Installation
United Visual Artists, 2019

10:00 to 11:00

Composition 02

Sound Piece

Piotr Ceglarek

11:00 to 12:00

Body Clock/s in a 24/7 World

Chronobiology Talk

Debra Skene

12:00 to 14:00

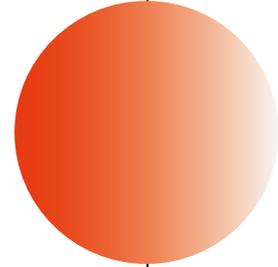
Composition 03

Sound Piece

Ronnie Deelen and Piotr Ceglarek

NAP PHASE

After approximately twelve hours from the point of deepest sleep (in the Sleep Phase), the body undergoes a second rest phase as part of the circadian rhythm. The Nap Phase lasts from around thirty minutes to two hours. In this stage, alertness and concentration significantly decrease. The phase is not intended for deep sleep in complete darkness, but rather for taking a rest and contemplating. In terms of light, dimmed lights of a very low lux rate consisting of red-orange light are ideal, and lying down is the ideal posture.



SATURDAY

Durational

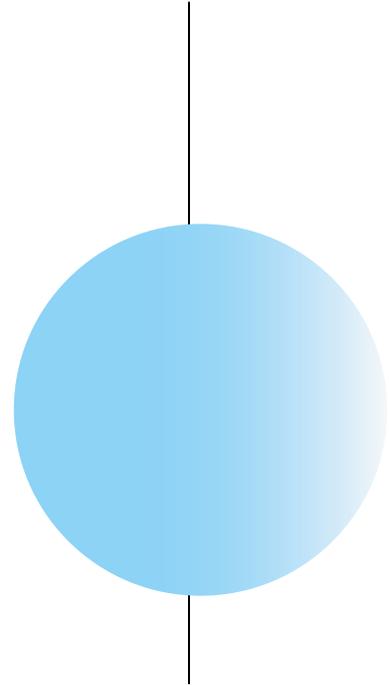
Sleep Installation
Savoir Beds, 2019

11:00 to 12:00
How Long is Now?
Circadian Workshop
Helga Schmid

13:30 to 14:30
Cellumonials (have a gut time)
Meditative Workshop
Amanda Baum and Rose Leahy

16:00 to 17:00
Poetry Reading
Lucy Mercer

MOVEMENT PHASE



We are back in the most active phase within the body's circadian rhythm: the Movement Phase. The ideal light condition is external daylight; you will find the space in an activating blue. Over three to five hours, bodily strength, alertness, cardiovascular performance, muscle strength, body temperature and blood pressure are all at their peak, and we are the least likely to sleep.

SATURDAY

Durational

A Room for a Pinoleptic
Interactive Installation
Nayan Kulkarni, 2020

Beholder

VR Interactive Installation
United Visual Artists, 2019

14:00 to 14:30

Where's The Funk?
Rhythm Singing Workshop
Yaprak Goker

15:00 to 16:00

Sleep Yourself Lean and Sexy
Interactive Talk
m.c. schraefel

16:30 to 17:00

Designing Time
Dance Performance
Laura Lorenzi with Piotr Ceglarek

UCHRONIA MANIFESTO

1.

The perception of having 'no time' is not only an individual issue. It is an essential, structural concern within Western societies, which needs to be addressed in the politics of time.

2.

Technologies shape and are shaped by society. They are neither the problem nor the solution.

3.

Deadlines – not bound to any laws or regulations – cross all the boundaries of labour and leisure, public and private, across all time zones.

4.

We are imprisoned in our own system of clocks and calendars, even so they are only one element in the interplay of temporality (lived time).

5.

Time is the true metric for human satisfaction and welfare rather than economic prosperity.

6.

Now is the time to question our existing working patterns and our current temporal structure.

7.

Now is the time to unlearn clock time and gain temporal freedom.

8.

No one can hold us back from consciously experimenting with the design of time, on an individual and societal level.

9.

Time is like an orchestra. It is about the right timing, with time spans reaching from one moment up to deep time.

10.

It is time for Uchronia now,
the temporal Utopia.

CREDITS & THANK YOU

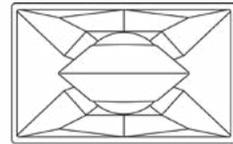
The VR Interactive Installation *Beholder* (2019) by United Visual Artists was commissioned by BOM (Birmingham Open Media). Thank you for the loan.

The Interactive Installation *150 > 4Hz - Rhythmic Rocking Chair* (2020) by Nick Ryan was made possible with the support of Kartell. Thank you for the loan of the Comeback Rocking Chair.

Thank you for curatorial support to Sarah Cook and Kevin Walker.

Thank you for the tireless support at Somerset House Trust: Jonathan Reekie, Dhikshana Pering, Sophie Greenstreet, Sophia Hinton-Lever, Kirstin Hay, Eoin Donnelly, Richard Thompson, Daniel Roberts, Jian Wei Lim and Eleanor Scott.

The event is kindly supported by:



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