

## ABSTRACT

Insomnia is a sleep disorder that is common in humans caused by several factors, one of them is the feeling of anxiety that disturbs the mind. With the experience of insomnia experienced by the author, the prisoner's cinema phenomenon occurs which is an optical phenomenon, namely the experience of seeing dreams produced by imagination and phosphene forms when the eye is deprived of visual stimulation for a long period of time. The memorable experience that creates an aesthetic experience is visualized through video artwork using 3D animation techniques. The use of 3-dimensional animation techniques in making video art can produce depth in the images presented so that they are close to the dimensions of the real world. With the aim of providing an aesthetic experience experienced by the author so that it can create an impression from different perspectives. The benefit is to provide new insights to the public about the phenomenon of prisoner's cinema. This 3-dimensional animation video artwork with the theme of the prisoner's cinema phenomenon presents a unique atmosphere that is unfamiliar with its geometric objects.

**Keywords:** insomnia, aesthetic experience, prisoner's cinema, video art, 3d animation