

AUTUMN

Episode #1

"Sleep Hygiene"

Written by

Madelyn Starr

INT. JADE'S APARTMENT

We hear the sound of WINDCHIMES -- which we'll hear every time we're in Jade's apartment. It's quiet, gentle, but a deep, low pitched sound.

JADE ADLER is in her late 20s, she's indulgent and skeptical, but right now she has an eerie calm that hides a hurricane of feelings.

JADE

My name is Jade Adler. I'm making this recording in case anything happens to me. That way, maybe someone else can put the pieces together, even if I haven't. I should start with Autumn. I work for wellness coach Autumn Gandara, and I produce her podcast Autumnal Vibes. There's something weird going on with her and I don't know what it is. If you're listening to this, then that means that my recordings got to you somehow and I... well, I might need help. I'm digging into it now, but things are getting strange and, honestly, I'm scared. So please, listen carefully.

THEME MUSIC PLAYS

JADE (CONT'D)

Autumn, episode 1. Sleep hygiene.

INT. JADE'S APARTMENT - CONTINUOUS

JADE

Okay.
I think it began with Cosmic Dust,
so I'm going to cut in a clip of
Autumnal Vibes--

Pause, we hear Jade CLICK a key, then we cut into--

INT. RECORDING STUDIO - AUTUMNAL VIBES RECORDING

We hear the wrap out of a wellness podcast. Influencer AUTUMN GANDARA (early 30s, vocal fry and confidence) leads the conversation.

AUTUMN

I know what my shout out for the week is. I am absolutely loving this product right now.

Jade jumps in. They're both using their PODCAST HOST VOICES.

JADE

What's that?

AUTUMN

Flower essences! They're so fresh and cleansing, and each of them have amazing healing properties based on the different flowers.

JADE

(laughing)

Flowers have healing properties?

AUTUMN

Of course, babe. It's like essential oils but even more natural, if you can believe.

JADE

I have to say, I can't.

AUTUMN

Well, find a way. The flowers are soaked in pure, clean water that pulls out all of their amazingness. None of the crazy processes you have to do to get an oil. I just put a few drops of the essence of Black-Eyed Susans on my tongue each night, and it has made a world of difference making me feel grounded and more connected to the earth.

JADE

Makes sense. That is where flowers come from.

AUTUMN

I think you should take Calendula. It could help you be more open to other beliefs.

They both LAUGH -- it's lighthearted teasing.

AUTUMN (CONT'D)

And before we take off for the day,
don't forget to order my brand new
supplement, Cosmic Dust. It's a
clinically proven, really yummy,
natural way to kickstart all those
systems of your body that have been
struggling and support all your
natural functions. Jade, why don't
you tell them where they can find
Cosmic Dust?

JADE

(awkward, tense)
Yeah, uh, our website,
autumnalvibes.com

There's an AWKWARD PAUSE as Autumn waits for Jade to
continue. When she doesn't, she takes back over.

AUTUMN

That's right. Thanks, Jade. That's
about it for our show today, my
ducklings.

She waits for Jade again, who's still tense, her friendly,
joking manner gone.

JADE

Don't forget to rate and review,
and find us on all social medias.

AUTUMN

(confused but hiding it)
Yep, all that boring stuff, and of
course recommend us to whoever you
think could benefit from some good
old fashioned healing. I'm Autumn
Gandara--

JADE

And I'm Jade Adler.

AUTUMN

And this has been Autumnal Vibes.
Byeeeeeeeeeee.

INT. JADE'S APARTMENT

Back to Jade's narration and windchimes.

JADE

Cosmic Dust had only been on the market for a few weeks at that point, but I was already concerned about it. Autumn isn't the most meticulous person, so I wanted more information. I didn't turn the mics off yet, so I have our conversation from after that episode recording.

Another CLICK.

INT. RECORDING STUDIO - LATER

Immediately after the recording ended. Autumn SIGHS, shakes off her energy, takes off her headphones.

AUTUMN

That went well. I think next time maybe don't be so weird during the sign off?

JADE

I didn't know we were going to keep selling Cosmic Dust.

AUTUMN

Why wouldn't we?

JADE

I told you, we got some weird complaints from the giveaway winners and I think we should look at the formula again. Look at these emails. Fatigue, sleepwalking, missing time. All in the weeks following their first course of Cosmic Dust.

AUTUMN

That could be from anything. People love to complain.

JADE

Okay, but are you sure that the test trials took into consideration other supplements our listeners might take? What if it's interacting with something? I really wish you'd give me more of the background on it, Autumn.

AUTUMN

I put so much time and research into it, and I know it's formulated correctly. You're not the only person who can do something right, you know.

JADE

That's not what I meant. It just doesn't seem smart--

AUTUMN

Babe, you know Cosmic Dust was my passion project. It's safe, I promise.

JADE

But, what about--

Autumn's voice shifts from bubbly influencer to creepily soothing.

AUTUMN

There's nothing to worry about Jade. And I'm a little offended you don't believe me.

She doesn't sound convinced.

JADE

Alright...

AUTUMN

(cold)
Let's just move on.

JADE

Okay, okay, I'm sorry. I believe you.

The breezy tone is back.

AUTUMN

Thank you.

JADE

Happy?

AUTUMN

Always.

JADE

Okay, I have a cut of the gut microbiome episode for you to listen to-- oh, wait, the mics are still on.

The recording CUTS OFF -- Jade turned off the podcast equipment.

INT. JADE'S APARTMENT

WINDCHIMES are back.

JADE

That was yesterday. Everything was normal. Or so I thought. Here, this is from this morning...

She CLICKS us to--

INT. JADE'S CAR - THAT MORNING

Jade is confused.

JADE

I don't know how I got in my car. Oh my god. It's 9:45 in the morning. I don't understand. It was lunchtime. I don't remember going home last night.

Jade is now PANICKED.

JADE (CONT'D)

Uh, this is Jade Adler giving one-way consent to be recorded. I know that doesn't matter in California. But. I don't know what else to do.

She takes a shaky breath.

JADE (CONT'D)

I'm sitting outside Autumn's house in my car. It's time for work, but I don't remember driving here. I don't remember going home last night. The last thing I remember is shutting down the podcast yesterday. Autumn and I argued about... something? I think? I don't remember. It's just a blur.

(MORE)

JADE (CONT'D)

The freakiest thing is that this isn't the first time I've forgotten a few hours. The last few months, there have been an hour or two. Once in a while... I thought I was-- Well, I've been having a hard time with some personal things. But I've never forgotten this long before. How could I forget a whole night? Some of the Cosmic Dust customers complained about missing time. But I'm not taking Cosmic Dust.

(beat)

I don't know what to do. Nothing like this has happened before. I guess... I'm gonna leave this recorder on. That way, if I forget again, I'll be able to find out what I did.

(beat)

Alright. I should go in.

She OPENS her car door and SLAMS it behind her.

EXT. AUTUMN'S GARDEN

JADE

(whispering)

Ok, I'm going to the studio in Autumn's backyard, where we run the podcast and the whole Autumnal Vibes empire from.

SFX: Gate opening and closing.

JADE (CONT'D)

It's really just a converted guesthouse. Oh, Autumn is already inside.

Jade falls silent as she gets close, her feet CRUNCHING ON GRAVEL.

INT. RECORDING STUDIO

Autumn is a morning person.

AUTUMN

Good moooooorning!

JADE

Hey.

AUTUMN

Are you in a better mood today?

JADE

(forcing it)

Of course. Why wouldn't I be?

AUTUMN

Hmm. Are you journaling like I told you to?

JADE

Yes.

AUTUMN

Meditating? Doing your gratitude rituals? How's your altar?

JADE (CONT'D)

Yes. Yes. Cleansed.

AUTUMN (CONT'D)

Okay. Good. Well, I hope you're ready to talk about your demons.

JADE

What?

AUTUMN

It's sleep hygiene day?

JADE

Oh shit.

AUTUMN

You forgot.

JADE

Sorry.

AUTUMN

And I even reminded you yesterday.

JADE

You did?

AUTUMN

Yeah?

JADE

I'm sorry, I don't remember, it's been a lot lately.

AUTUMN

Oh. Oh, you're telling me. I completely get it, babe, but I can't let you off the hook. We don't have another topic ready to go.

JADE

Of course. I'll be fine, I can do it. But before we start, I wanted to talk to you about some concerns I still have about Cosmic Dust.

AUTUMN

We can talk later. You know my energy falls in the afternoon. We need to record while I'm fresh.

JADE

Fine.

JADE (CONT'D)

Ready?

AUTUMN

Always.

JADE

Room tone.

(beat)

Alright. Five, four...

Silent three, two, one.

INT. RECORDING STUDIO - AUTUMNAL VIBES RECORDING

SFX: Autumnal Vibes intro harp.

AUTUMN

Welcome to Autumnal Vibes, where every season is right for wellness! My ducklings, the sun is shining, life is beautiful, and I am here to guide you through the great big world of wellness and healing. I'm Autumn Gandara, and I am joined as always by my fearless producer Jade Adler. Say hi, Jade.

JADE

Hello, everyone.

Jade's upbeat podcast voice sounds forced, especially next to Autumn's effortless charismatic crooning.

AUTUMN

Longtime listeners know that I'm always interested in ways that our brains react to the bonkers stimulation of the modern world, so we have a particularly gooey topic to dive into today. We're talking about sleep hygiene and everything that goes along with it, including a particularly gnarly side effect know as, drumroll please.

Jade DRUMROLLS with her hands.

AUTUMN (CONT'D)

Thank you, Jade.
Sleep paralysis!
So buckle up, light your incense, and let's begin our practice.
If you haven't heard of sleep paralysis, you're not alone. It's a weirdly obscure yet super common condition, and it's so understudied. We think that five percent of people experience it regularly, but up to fifty percent of people go through it at least once in their lifetime.

JADE

Really? I had no idea it was that common.

AUTUMN

I know. Even its causes aren't fully understood.

JADE

So what is sleep paralysis exactly?

AUTUMN

Well, I'm so glad you asked, Jade--

JADE

We planned this.

Autumn LAUGHS.

AUTUMN

Jade giving away all my secrets.

AUTUMN (CONT'D)

Okay. So. Sleep paralysis is this really creepy thing where people wake up, but they can't move their body. They're just stuck there, laying in bed, eyes open, but completely helpless. And loads of them report seeing things during their episodes. Demons or visions or other spooky critters.

JADE

Some scientists even theorize that it's where stories about alien abductions come from, which weirdly makes a lot of sense when you think about it.

AUTUMN

Totally. There are other creepers too, like succubus legends.

JADE

And for those who don't know, succubuses - succubi? -- are female demons who seduce men in their sleep. It's very scary.

AUTUMN

And a little bit saucy.

JADE

You're enjoying this too much. Okay, so that's the background. But there is a scientific explanation. Basically there's an overlap between your body's sleep cycles in a way that there shouldn't be. You're going through the waking stages of sleep and REM at the same time, so while your eyes might be open, your mind is still dreaming.

AUTUMN

And that brings us to how sleep paralysis can be used as an indicator of poor sleep hygiene and how we can use good wellness practices to fix that. I don't know how many of my listeners suffer from this, but sounds like it has to be at least five percent of you, and that's enough to be worth addressing.

JADE

And if it doesn't affect you, you can enjoy the creepiness of hearing about it without any fear.

AUTUMN

Though you never know if you might suddenly catch a bout.

JADE

You make it sound like a disease. Or a threat.

AUTUMN

It's not to be taken lightly. But you know that, Jade, because, my ducklings, we are so lucky today, to have someone with us who will be speaking directly and personally on their own sleep paralysis.

Jade chuckles nervously, suddenly regretting agreeing.

JADE

Yeah...

AUTUMN

That's right, our very own Jade is one of that unlucky five percent who has regular episodes. She has agreed to speak about her unique experiences -- or should I say encounters?

JADE

You certainly could say that.

AUTUMN

Jade, let's dig into it. Tell us your story.

JADE

I mean, I wake up sometimes and can't move. It's not very sexy. It's the opposite, actually.

AUTUMN

Come on, Jade. Give us a little more. When did you first begin to have sleep paralysis?

JADE

Uh, well, I guess I was about eight. So for most of my life.

AUTUMN

That must have been so scary when you were a little girl.

JADE

It was. And honestly, it still is. It's not something you ever really get used to.

AUTUMN

So, what's it like? What does it feel like? Do you see anything?

JADE

It's always the same. My eyes fly open. I'm awake, but I can't move anything. I'm completely stuck. My head won't turn, my fingers won't twitch. I feel heavy and weighed down, like something is holding my arms and legs. It's like I'm paralyzed. I imagine it's similar to what it would feel like to wake up during surgery. So that's scary. But the weirdest thing is that it always happens at 3:24 AM on the dot.

AUTUMN

Like it's scheduled? How do you know?

JADE

I guess so. After the first few times, I put a clock on a shelf where I could see it from my bed.

AUTUMN

And do you see anything? Any hallucinations?

JADE

Yeah. She's always there.

AUTUMN

(breathy, eager)
Who is she?

JADE

My sleep paralysis demon. Everyone's is different. I don't know if what you see means anything.

(MORE)

JADE (CONT'D)

But for me, it's this woman, and she's beautiful, but it's a sharp, otherworldly kind of beauty. Her face is always in shadow, so I don't know how I know, but I do. Sometimes her eyes flash, like a cat caught in a light.

AUTUMN

You have no idea what she looks like?

JADE

Not really. It's more that I have a sense of her. There are some details though. I can tell she's nude, but her hair covers her entire body. It goes all the way to the floor, and there are thorns woven into it, but they never seem to puncture her skin.

AUTUMN

And does she do anything?

It's like Jade can't stop talking about it now.

JADE

It used to be that she would just stare down at me. But it's gotten worse in the last few months, more frequent. And lately...

AUTUMN

What?

JADE

She's gotten closer, started touching me. Or it feels like she is. That never happened before. She lays on the bed next to me and strokes my hair, never saying a word, just watching me. But I can feel her weight on the mattress next to me and her fingers in my hair. At least, I think I can.

AUTUMN

Wow. What do you think she wants?

JADE

Well, she's from my subconscious, so that might take some therapy to unpack.

(MORE)

JADE (CONT'D)

(forced chuckle)

But it feels like she's looking
after me in some way, as crazy as
it sounds.

Jade takes a long moment, then gets more businesslike.

JADE (CONT'D)

Then after about ten minutes, I
wake up properly and she's gone. I
can move again and that pretty much
sums it up. Don't recommend, to be
honest.

AUTUMN

That is so spooky, Jade, but also
really moving and beautiful. Thank
you for sharing.

JADE

(like she had a choice)

Yeah, you're welcome.

AUTUMN

So let's unpack it. Talk about what
it could mean.

JADE

It means that my brain is half
asleep and half awake and I have a
recurring dream.

AUTUMN

You said it's from your
subconscious though. And dreams
mean things. What do you think it's
trying to tell you? There's so much
to consider.

JADE

Like what?

AUTUMN

Maybe one of your ancestors is
trying to tell you something, or
it's a representation of someone
you used to be close to, or a
spirit is haunting you--

JADE

(laughing)

I really don't think it's that
deep.

(MORE)

JADE (CONT'D)

More likely I just don't sleep well
and that's the nightmare my brain
conjures. Which brings us back to
the wellness of it all, doesn't it?

Autumn seems disappointed that Jade has segwayed them.

AUTUMN

Yes, and that's definitely
something we should address. I know
I'm a bit of a broken record on
this point, but modern life is so
overwhelming and causes so many
thoughts to run through our minds
constantly. I'm sure my listeners
can relate too. Our little human
brains aren't made to process this
much information so that overflow
has to manifest in some way.

JADE

That's for sure. I've been pretty
restless lately.

AUTUMN

Let's talk sleep hygiene. Do you
use your phone in bed?

JADE

Uhhhh....

AUTUMN

Jade! You know how I feel about
screentime! Okay, let's test
keeping your phone out of the
bedroom and no screens an hour
before bed. See if that helps.

JADE

Sure, I'll do that as soon as I
don't run your social media.

They both laugh.

AUTUMN

The listeners will understand,
babe.

JADE

While we're talking bedtime, I know
what our listeners have been dying
to hear about. We've gotten at
least twenty DMs about this since
you mentioned it last week.

AUTUMN

Oh?

JADE

Drop the skin care routine, Autumn.

Autumn GASPS in excitement, maybe even CLAPS.

AUTUMN

Oh, with pleasure! Okay, so I start with this amazing little serum--

The episode PAUSES and FAST FORWARDS - scrubbing sounds.

AUTUMN (CONT'D)

And that's basically it. Anyone can do it, you just need to find the time to take of yourself.

JADE

All twelve products of Autumn's holistic routine will be linked on our website. Check it out and see what might work for you.

AUTUMN

Absolutely. And while we're talking self-care, I want to take this opportunity to remind all of you beautiful ducklings out there about my supplement Cosmic Dust. It's finally out in the world like a little baby bird taking flight and I cannot be more excited about it, isn't that right Jade?

JADE

I'm not--

AUTUMN

It's such a delicious blend of organic, healing ingredients proven to support brain function and naturally help with focus and anxiety and all the other things that come with the distractions of this crazy world we live in. It's a sweet little powder so all you have to do is add it to your coffee or blend it into the smoothies you're already making -- no pain, just slide it effortlessly into your existing routine. And I'm gonna let you in on a secret, listeners.

(MORE)

AUTUMN (CONT'D)

If you take Cosmic Dust, you are making a deal with yourself. Actually, you know what, you're making a deal with me. I will be your accountability partner on this journey. We are going to get you to experience life again. So this is the agreement: you purchase Cosmic Dust and put in the work. In exchange, I will introduce you to wonders you've never imagined.

There's a long, tense moment of silence.

JADE

(uncomfortable)

You can find all the products we've talked about--

AUTUMN

Including Cosmic Dust.

JADE

Yes, including Cosmic Dust. You can find them all on our website, autumnalvibes.com. Don't forget to rate and review, and let us know what you're thinking about on all social medias.

AUTUMN

And share what you've learned with your less enlightened friends. The wellness tent is big enough for all of us. I'm Autumn Gandara--

JADE

And I'm Jade Adler.

AUTUMN

And this has been Autumnal Vibes. Byeeeeeeeeeee.

SFX: Autumnal Vibes harp outro

INT. RECORDING STUDIO

Jade throws her headphones to the table with a CLATTER. Both of them are back to normal voices.

AUTUMN

What is your problem?

JADE

I told you I wanted to talk about Cosmic Dust.

AUTUMN

Ok? And we can talk about it now.

JADE

We should figure out what's wrong with it, not push it on the show.

AUTUMN

There is nothing wrong with Cosmic Dust, Jade.

JADE

Oh yeah?

CLICKING as Jade pulls up her emails.

JADE (CONT'D)

Listen to this email.

"Hey Autumn, absolutely love your show! I really admire everything you do and the message you're getting out in the world, but I just wanted to make sure that I'm using Cosmic Dust right. Since I started taking it, I've been super tired. Like fatigue levels of tiredness. Is this normal? All my best, Eliza."

SFX: mouse scrolling.

JADE (CONT'D)

Or this one:

"Love the show, blah blah blah. Super excited for Cosmic Dust to kick in, but I've been sleepwalking and waking up in my backyard since I started taking it. I'm worried my kid will follow me out - any recommendations?"
Or another one--

AUTUMN

I get it, Jade, but that's all normal.

JADE

How? How is that normal?

AUTUMN

Cosmic Dust has to work into your system and expel all the toxins built up over years before it can kick in. Those are all just proof of their bodies working to adjust to the product and getting rid of the yucky toxins. They're all going to feel great so soon.

JADE

It doesn't sound normal.

AUTUMN

I worked with dietitians and herbalists to create it. It's been tested. Do not worry about those little side effects.

JADE

They don't seem little to me, and I'm not so sure. I sent a sample to an independent lab and just got the results--

AUTUMN

You're such an overachiever.

JADE

This is serious. There's one ingredient that they weren't able to identify. We should call the packaging plant -- maybe the formula got contaminated?

Autumn SIGHS, on damage control.

AUTUMN

You're fixating, and I think we both know what it's a distraction from.

JADE

I don't know what you mean--

AUTUMN

This is about Fran, isn't it. Jade, you need to be gentle with yourself. Break ups are so hard, even though I really do think you're better off.

JADE

(hard)

This isn't about Fran.

AUTUMN

Burying the feelings won't help you heal, babe. I'm starting to think maybe he had a bit of a point. You're throwing yourself headfirst into this Cosmic Dust stuff, which is nothing to worry about. You fixate on work a lot.

JADE

I'm not-- I've worked through it, and I'm doing fine--

AUTUMN

Really? You said yourself that your sleep paralysis is getting worse. And you blamed running my socials! Why don't we take a moment and process? Make some tea and we can come back to this conversation fresh.

JADE

Fine.

Jade's CHAIR SCRAPES, an electric kettle BOILS.

JADE (CONT'D)

I'm not--

AUTUMN

Let's sit in the silence.

The kettle DINGS, water is POURED. A mug is SET DOWN.

AUTUMN (CONT'D)

Drink. It'll help.

Jade takes a long SIP.

AUTUMN (CONT'D)

How do you feel?

Jade's tone is completely different, perfectly cheerful now.

JADE

Great, why wouldn't I be?

AUTUMN

You're right, babe.

INT. JADE'S CAR

Jade is driving home, monologuing to herself.

JADE

I'm gonna try to talk things out to work through everything, since I can't exactly call-- Anyway. I love Autumn, I really do, but she can have tunnel vision about what she wants. I'm worried she's burying her head in the sand. But we had such a nice afternoon shooting content for socials in her backyard. The sun was so restoring, it felt like nothing could possibly be wrong. She's got the most amazing garden. I couldn't believe it was LA when I first saw it. So lush and green. It was like the Secret Garden. And she's got all these little gravel paths that lead to meditation circles made out of these different natural materials. She convinced me to take a break in one of them today - the mushroom one - and do some mindfulness exercises and I do think it helped. Maybe it was just nice to be outside.

I don't know. She might be right. I haven't actually dealt with the break up with Fran yet. He always thought I was way too dedicated to Autumn. "It's just a job, she's your boss not your friend." He never got our relationship. I don't know if anyone does, honestly.

Autumn was the first person to really believe in me. I moved out here to figure out what I wanted to do, and Autumn didn't care that I didn't know yet. If anything, I think it made her excited. Not another mindlessly driven person looking for something transactional.

Fran never got what that meant to me. What Autumn meant to me. You know, I vividly remember the party where I met Autumn.

(MORE)

JADE (CONT'D)

Someone I vaguely knew invited me and I was alone at the edge, watching this beautiful bohemian woman at the center of the party making everyone laugh. She has that quality where she seems so effortless, and you immediately want her to like you. When she saw me, it felt like a spotlight had hit me. She asked me who I was and all I could say was "Jade." She looked at me -- it felt like she was looking into my soul -- and she laughed. "Balance. Jade gives balance. I need some of that."

And that was that. Three years later, I'm producing her podcast and practically running her entire life.

I've always thought we were close. But now I'm here.

And it's my job to look out for her, for both of us and what we've built together. I don't want us responsible for putting something in the world that might be dangerous, and I know behind all the confidence that Autumn feels the same way. Cosmic Dust has been such a passion project for her. She handled all the logistics herself instead of having me do it, which she never does, so maybe she overlooked something she didn't realize was important. She's probably right though. Being tired isn't exactly a smoking gun of a symptom. I'll feel better when I get the results of the lab tests on Cosmic Dust.

(sigh)

I should do some self-care.

INT. JADE'S APARTMENT

Jade is panicky again. MUSIC kicks in some point during this monologue and builds to the end music.

JADE

I just listened to the recording of what happened today.

(MORE)

JADE (CONT'D)

I don't know what-- It's-- I don't remember getting the lab results. The email isn't even in my inbox. Definitely don't remember discussing them with Autumn. And I would remember that! Wouldn't I? I got to work. We talked. We sat down to record... and everything else is a blur. How did I have a whole conversation I don't remember? I finished my tea and we did the photo shoot, I remember, but before the tea... Nothing in between. Autumn wouldn't drug me. I don't think she would drug me. That's impossible. I need to, I don't know what--

SFX: computer click.

INT. JADE'S APARTMENT - LATER

Calm Jade cuts in, but some of the panic creeps through.

JADE

I ramble on like that for a while. You're caught up to me now. I don't remember recording the podcast today. I talked about my sleep demon and I don't even remember it. After I calmed down enough to think, I checked my email. The lab results were in my trash folder. All normal except for one unidentifiable ingredient. Results inconclusive, effects can't be determined. Autumn thought I was dumb and gullible enough that she didn't even delete the email permanently. I don't know what is happening, but I think she's doing something to me. Something to stop me from looking into Cosmic Dust. Which means there is something wrong with it and she doesn't want me to know. What does Autumn want? What's happening to me? And if you're listening to this, what is going to happen?

CREDITS MUSIC

CREDITS

Autumn was created by Madelyn Starr.
It was written and produced by Madelyn Starr.
It was edited and produced by Evan Moreland.
The cast of this episode is Leesa Kim as Jade Adler. Carolyn Vasko as Autumn Gandara.
If you want to learn more about the show, visit autumnpodcast.com and find us on social media @AutumnPodcast.

POST-CREDITS

Hello ducklings, creator Madelyn here. Thank you so much for listening to the first episode. This is a fully independent audio drama and was a labor of love from everyone involved, so we're so excited to get this out in the world and to your ears. If you liked the show, you know what to do. Recommend us to your friends, rate, subscribe, review. All those things really help support a small show like ours. We have a great eight episode coming to you and will be releasing episodes every other Monday. Thanks again for listening.

END OF EPISODE 1