

APPENDIX I

SYNOPSIS OF *BEFORE I GO TO SLEEP*

Before I go sleep by S. J. Watson is a novel, with the main character Christine Lucas, 47 years old and married who suffers from rare form of amnesia. Every day, she wakes up with no memory of her past, including who she is, where she is, or the people around her. She loses her memories every time she falls asleep, erasing the events of the previous day. Also in every morning, she wakes up believing she is much younger than her actual age, often thinking she is in her twenties, despite being in her forties. Her husband, Ben, tells her they've been married for many years, and he patiently explains her condition and their daily routine, giving her a sense of stability, though she still feels confused and disoriented.

Then the story begins to rise when she receives a call from Dr. Nash, a neuropsychologist who has been working with her without Ben's knowledge. Dr. Nash informs her that she's been keeping a secret journal in shoebox inside the wardrobe, where she records the events of each day to try to retain some continuity in her life. When Christine reads her journal, she finds a shocking note written in her own handwriting: "*Don't trust Ben.*"

This discovery turns Christine into a world of chaos, planting seeds of doubt about the one person she's relied on. She begins to question what is real, whom she can trust, and whether Ben has been manipulating her all along. As Christine reads further in her journal, she starts to uncover pieces of her forgotten past. She learns that she had once been a writer, that she had a son, and that Ben had told her their son had died, though she has no recollection of this. She also begins to suspect that Ben may be lying to her about the accident that caused her memory loss.

The tension rises when Christine's memories become more vivid, and she starts to question not only Ben's role in her life but also Dr. Nash's motives. She discovers that she had been involved in an incident years earlier that led to her current condition, but the details are muddled. Christine must navigate the maze of her damaged memory.

Eventually, Christine discovers the shocking truth: the man she knows as Ben is not her husband. He is actually Mike, an ex-boyfriend who abducted her years ago after her injury. Mike has been pretending to be her husband and keeping her isolated, lying to her every day to control her. He is also the one who attacked her and caused her memory loss.

With the help of Dr. Nash, Christine escapes from Mike. The police arrest him, and Christine is reunited with her real husband, Ben. Although her memory is not fully restored, Christine begins to recover and has hope for a better future as she reconnects with her family.

The main themes in the novel are identity and memory. Christine loses her memory every day, which makes her struggle to understand who she really is. The novel explores how memory shapes one's identity and how memory loss can shake one's self-confidence and relationships. Trust and deception are other important themes. Christine must decide who she can trust in her life.

The novel shows how fragile trust can be and how deception can destroy a person's life. The novel is also about self-discovery. Christine goes on a long journey to find the truth about who she is and what is really happening in her life. This process is full of struggles, but it ultimately leads her to a deeper understanding of herself. "Before I Go to Sleep" is a gripping novel with a suspenseful plot and profound themes of identity.

APPENDIX II

BIOGRAPHY OF THE AUTHOR

S.J. Watson is a British author best known for his debut psychological thriller *Before I Go to Sleep*, which became an international bestseller. Born in Stourbridge, West Midlands, England, Watson worked in the healthcare field before becoming a writer. He trained as an audiologist, working primarily with children who have hearing impairments, and was involved in the NHS (National Health Service) for a number of years. However, Watson had always harbored ambitions of becoming a writer. S. J. Watson currently lives in London and continues to write, working on new projects that she hopes will match the success of her debut. Her work continues to be appreciated by readers around the world, who appreciate Watson's ability to create captivating and surprising stories.

In 2009, Watson took part in the Faber Academy's "Writing a Novel" course, where he began writing *Before I Go to Sleep*. The novel, written over the course of a year, went on to become a massive success, receiving widespread critical acclaim and being translated into over 40 languages. The book's gripping plot and suspenseful storytelling quickly caught the attention of readers and publishers alike.

Before I Go to Sleep was published in 2011 and became a major hit, topping bestseller lists worldwide, including *The New York Times*. The novel was also adapted into a film in 2014, starring Nicole Kidman as Christine Lucas, with Colin Firth and Mark Strong in supporting roles. Watson's success with his debut novel opened doors in the literary world, and he followed it up with a second novel, *Second Life*, in 2015, which explores similar psychological thriller territory, focusing on identity, deception, and the darker sides of human nature.

The narrative, presented through Christine's perspective, allows the reader to feel the confusion and anxiety she experiences, creating a deep and emotional reading experience. One of the novel's greatest strengths is Christine's character development. Watson describes her emotional journey in great detail, from confusion and despair to courage and determination as she

tries to uncover the truth about herself. Christine's transformation from passive victim to strong, independent individual is one of the most satisfying aspects of the story.

Watson's writing is often described as gripping, atmospheric, and filled with tension, drawing readers into the complex emotional and psychological landscapes of his characters. His interest in the fragility of memory, identity, and trust serves as a core theme in his work, making him one of the standout voices in the psychological thriller genre.

The novel's plot is full of unexpected twists and turns, keeping the reader on their toes and engaged. Watson carefully weaves together small clues that lead to a surprising and satisfying climax. The tension that builds slowly but surely makes this a hard novel to put down. However, some readers may find the plot a little repetitive, especially since Christine's amnesia requires some information to be repeated. However, this repetition serves to reinforce the sense of loss and confusion that Christine experiences, adding emotional depth to the story.

Despite his initial career in audiology, Watson's transition to writing was a remarkable one, demonstrating his versatility and storytelling ability. His novels continue to attract readers with their intricate plots and exploration of the darker aspects of human psychology.