



FILM STUDIES



**LIGHTS OUT
SOUNDTRACK**

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“LIGHTS OUT” DIR. DAVID F. SANDBERG

INTRODUCTION

I choose to build a soundtrack for “Lights Out” because this was one of the most complex and emotionally deep movies we watched. I appreciated the way the writers handled mental illness. I thought that the way they personified Sophie’s depression through an old friend turned monster was very unique.



BACKGROUND

SOPHIE

She is the mother to Rebecca and Martin, wife to Paul. She has struggled with very intense depression from a young age.

REBECCA

She is Sophie's grown daughter who has moved out. She returns to help Martin, her younger brother. She's dating Bret.

MARTIN

He is roughly 10 years old. Diana has been threatening him in his mother's house, which is why he leaves to Rebecca's.

BRET

He is Rebecca's boyfriend and very loyal to her. He accepts their troubles without much question.

DIANA

She had a condition where she could not go into the sun. She met Sophie at the psych ward when they were young. The treatments there almost killed her and turned her into what she is today. She will never let go of Sophie and preys upon her when she is most depressed.

The Songs



WHAT THE WATER GAVE ME

Florence + the Machine

[https://m.youtube.com/watch?](https://m.youtube.com/watch?v=am6rArVPip8)

[v=am6rArVPip8](https://m.youtube.com/watch?v=am6rArVPip8)



MY GIRLFRIEND IS A WITCH

October Country

[https://m.youtube.com/watch?](https://m.youtube.com/watch?v=f51YNwL4zaY)

[v=f51YNwL4zaY](https://m.youtube.com/watch?v=f51YNwL4zaY)



ONE WAY OR ANOTHER

Until the Ribbon Breaks

[https://m.youtube.com/watch?](https://m.youtube.com/watch?v=9Qig_j75jgo)

[v=9Qig_j75jgo](https://m.youtube.com/watch?v=9Qig_j75jgo)

What the Water Gave Me

STAND OUT LYRIC

“Lay me down
Let the only sound
Be the overflow
Pockets full of stones”

CONNECTION

This song is about suicide. Sophie’s struggles with depression are a major theme and catalyst of the movie.

SOUND

The sound of the song is gloomy and sleepy, a way much of the film is spent, as they can never sleep.

BONUS

“Oh, my love, don’t forsake me”. Diana embodies this lyric. The whole point of the movie is that Diana will not let Sophie go.



MY GIRLFRIEND IS A WITCH

CHARACTER CONNECTION

This song fits for Rebecca's father. When all of the strange and supernatural events started happening to them, he was very confused and blamed them on Sophie, eventually abandoning the family. He thought this was all Sophie's fault. Hence the lyrics "my girlfriend is a witch".



ONE WAY OR ANOTHER

THEME CONNECTION

This version of One Way or Another, is slowed down and enhances the already creepy lyrics. As this is a horror movie, it fits quite well. It also can be viewed as a peak into Diana's (the "monster") brain. She's going to get Sophie, no matter what.



FINAL WORDS

This movie shows a very dangerous relationship. Diana and Sophie were good friends until the psych ward almost killed her. And now, Diana could never let her go. The movie is also an amazing metaphor for depression. I think these songs represent that.

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ONE WAY OR ANOTHER

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MY GIRLFRIEND IS A WITCH

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