

INSO:MNIA

spring/summer 2026
primavera/estate 2026
research: Elisabetta Arcaroli

Insomnia catches us in the silent hours:
while the universe shuts down, we remain vigilant,
prisoners of the fear of losing control.
The mind clings stubbornly to the flow of time,
to the ticking of the clock,
while the exhausted body begs for respite.
It's as if an invisible tension were denying our ability to rest
and every inch of us were suspended
between torpor and a subtle energy
which keeps us in a state of alertness.
The minutes are like blank pages waiting
to be written on by our thoughts.
And yet, in that forced wakefulness,
there is room for something new,
something to forge an intimate bond with
the night and its signals: the faint noise of the wind,
the soft moonlight,
the slow breathing of the sleeping city.
Re-establishing contact with our surroundings
can calm that restlessness, anxieties, inner torments.
Insomnia is a strange contradiction,
an unsuccessful challenge between the need to rest and
the fear of giving in, of letting go.
However, it is in those motionless hours
that we can really listen to ourselves, face up to our
hidden, insidious thoughts and reframe them.
Rather than reject the time given to us,
we can grasp it and accept those endless moments
as a precious gift: our secret place
where even silence has something to say.

Nervous, fleeting aspects oscillate between
excitement and relaxation.
Fluid fabrics, slightly wrinkled like bed sheets,
are paired with thick, compact materials.
Sleek silks balance out patent-effect glossy leathers.
Smooth textures and lingerie satins are teamed with
outerwear in the bright tints of illuminated windows.

Sudden flashes of colour, ranging from
headlight yellow to alarm-clock reds and greens,
radiate a nocturnal palette made up of
dark black, deep blue and silent grey.

L'insonnia ci cattura nelle ore silenziose:
mentre l'universo si spegne, noi restiamo vigili,
prigionieri della paura di perdere il controllo.
La mente si aggrappa ostinata al fluire del tempo,
al battere delle ore, mentre il corpo,
stanco, chiede tregua.
È come se un'invisibile tensione frenasse il riposo e
ogni centimetro di noi rimanesse sospeso
tra il torpore e un'energia sottile
che ci trattiene in uno stato di allerta.
I minuti sono come pagine bianche che attendono
di essere scritte dai pensieri.
Eppure, in quella veglia forzata,
c'è spazio per qualcosa di nuovo,
per stringere un legame intimo
con la notte e i suoi segnali: il rumore sottile del vento,
la luce morbida della luna,
il lento respiro della città addormentata.
Ritrovare il contatto con ciò che ci circonda
può calmare quell'irrequietezza, le ansie, gli intimi tormenti.
L'insonnia è una strana contraddizione,
una sfida non vinta tra il bisogno di lenirsi e
il timore di cedere, di lasciarsi andare.
Tuttavia, in quelle ore immobili,
riusciamo meglio ad ascoltarci, a guardare in faccia
i pensieri celati e insidiosi per trasformarli.
Piuttosto che rigettare il tempo che ci è dato,
possiamo prendercelo, custodire quei momenti infiniti
come si fa con un dono prezioso: il nostro luogo segreto
dove anche il silenzio ha qualcosa da dire.

Aspetti nervosi e sfuggenti oscillano
tra eccitazione e relax.
Tessuti fluidi, lievemente stropicciati come lenzuola vissute,
si abbinano a materiali corposi e compatti.
Sete scivolose bilanciano pelli lucide effetto vernice.
Texture carezzevoli e rasi lingerie si accompagnano
a capispalla in tonalità luminose come finestre accese.

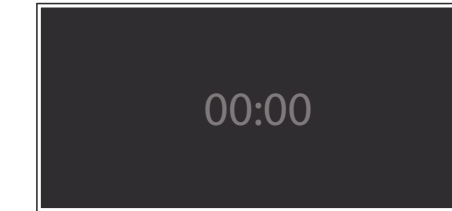
Improvvisi lampi di colore, che spaziano
dal giallo faro ai rossi e verdi di sveglie digitali,
irradiano una palette notturna, fatta di
neri cupi, blu profondi e grigi silenti.



02

Images Immagini: 02. Alain Cornu.

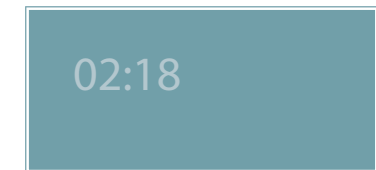
KEY COLOUR



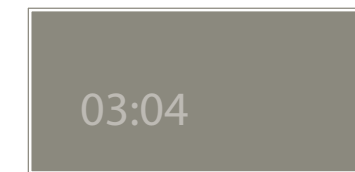
19-4203 TCX
eclipse



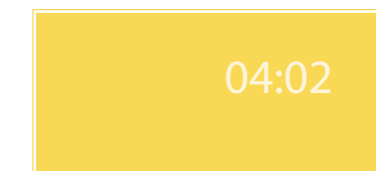
19-4010 TCX
starless sky



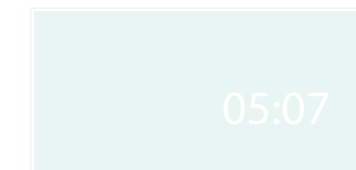
16-4612 TCX
stand by



17-0208 TCX
night shadow



13-0756 TCX
glowing window



11-4607 TCX
dawn

03:45⁹



03

long flow of time
stream of consciousness
fixation

lungo scorrere del tempo
flusso di coscienza
chiodo fisso

Images Immagini: 03. Chad Pitman, ignant.com - 04. Bruno Guerrero, unsplash.com.



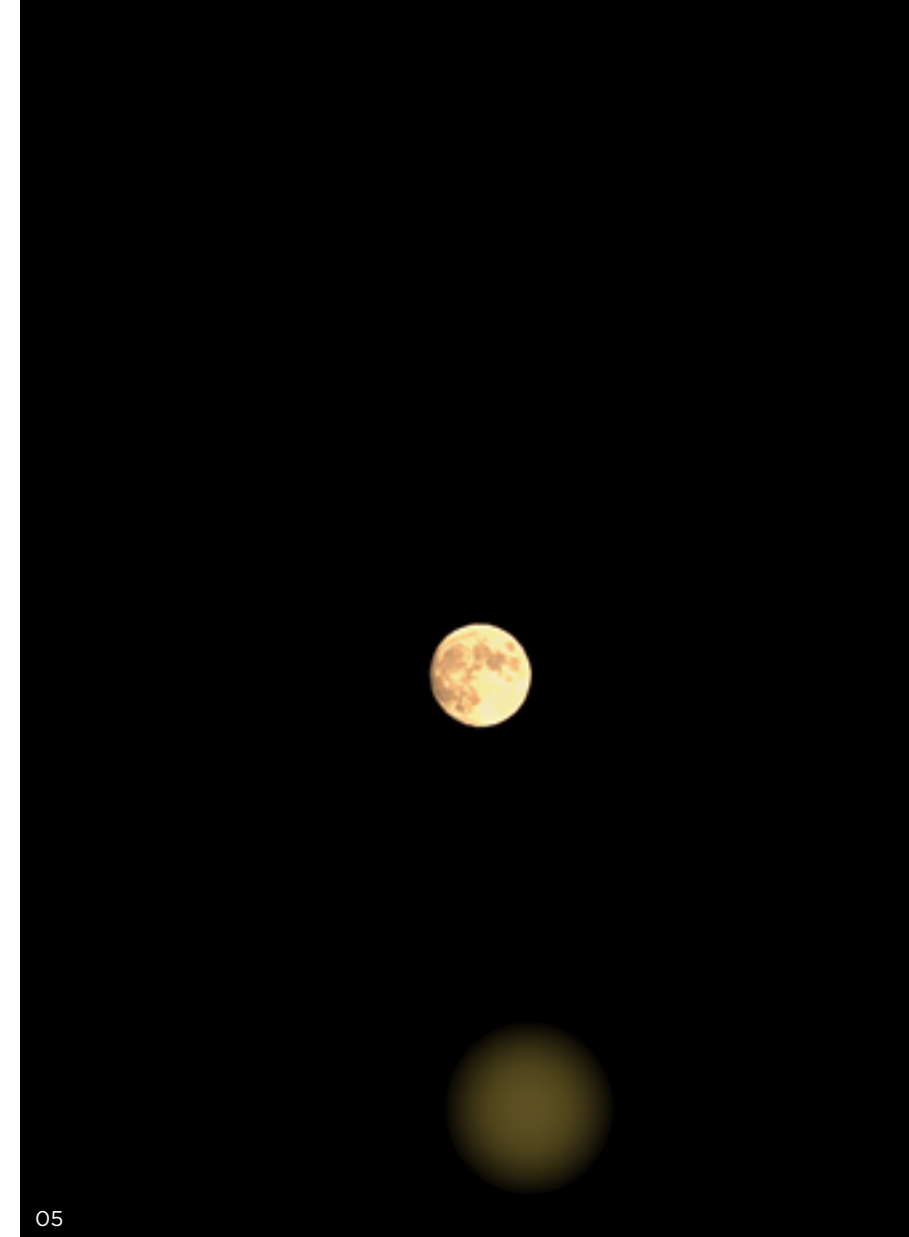
04

03:45⁹



HYPE / COLLECTION
UNTITLED CONTEMPORARY

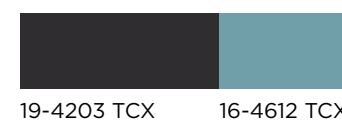
1. Tintunita - 2. Jackytex - 3. Mainetti Italia - 4. MeliaStage



05

endless night
inner torment
without losing control

notte infinita
tormento interiore
senza perdere il controllo

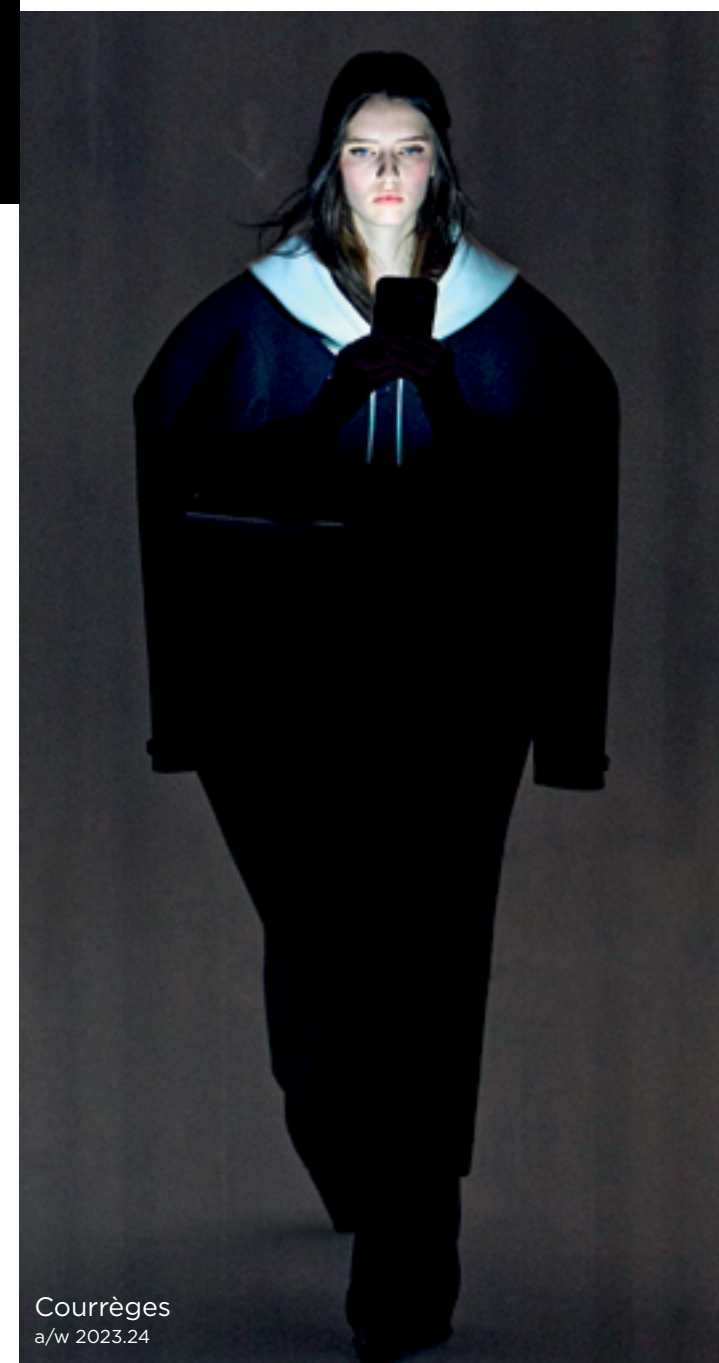


19-4203 TCX

16-4612 TCX



06



Courrèges
a/w 2023.24

Images Immagini: 05. Clemens Poloczek, ignant.com - 06. Kristina Kutena.



07

12

the slow breath of the city
suffocating silence
restless movements

il lento respiro della città
silenzio soffocante
movimenti irrequieti



08

Images Immagini: 07. Alain Cornu - 08. Cottonbro, pexels.com.



1. Albini 1876 - 2. Italian Converter - 3. Canclini1925 - 4. Redmark - 5. Dragoni - 6. Tintunita



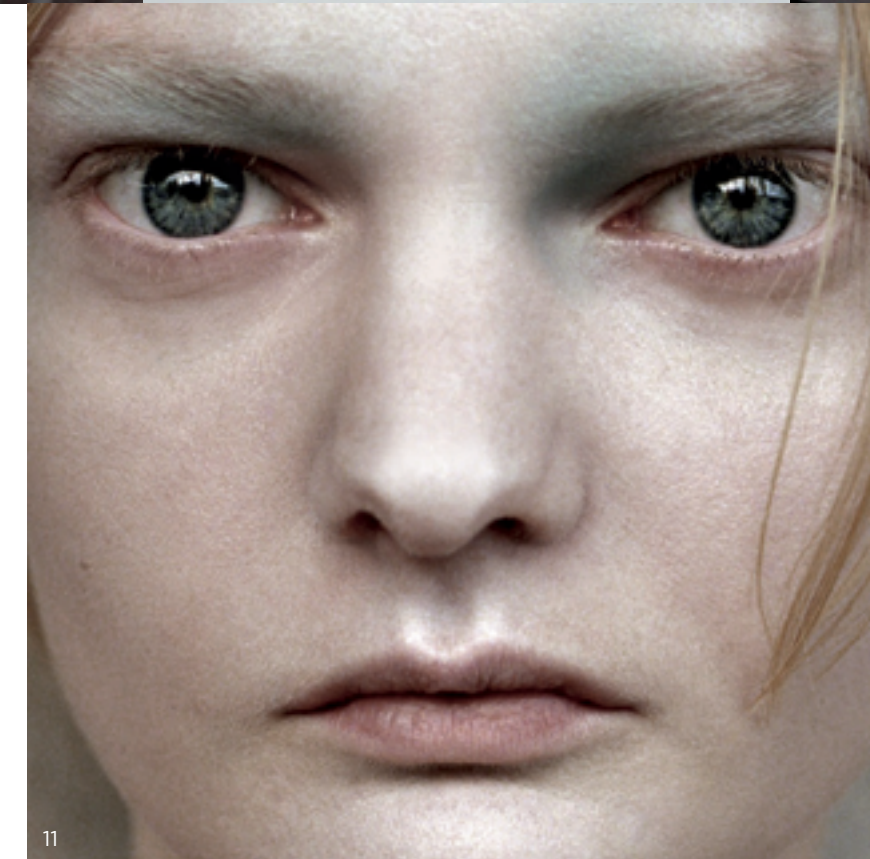
1. Dragoni - 2. Albini 1876 - 3. Nastrotex Cufra - 4. Mainetti Italia - 5. Emmetex



09

10

Images Immagini: 09. Krista Mangulsone, unsplash.com - 10. Can Sun - 11. Ph. Myrthe Giesbers for Jane Magazine via Instagram.com/andrewcolvinmakeup.



11

racing mind
unceasing thoughts
emptiness around

mente in fuga
pensieri incessanti
vuoto intorno





12

04:07¹⁰

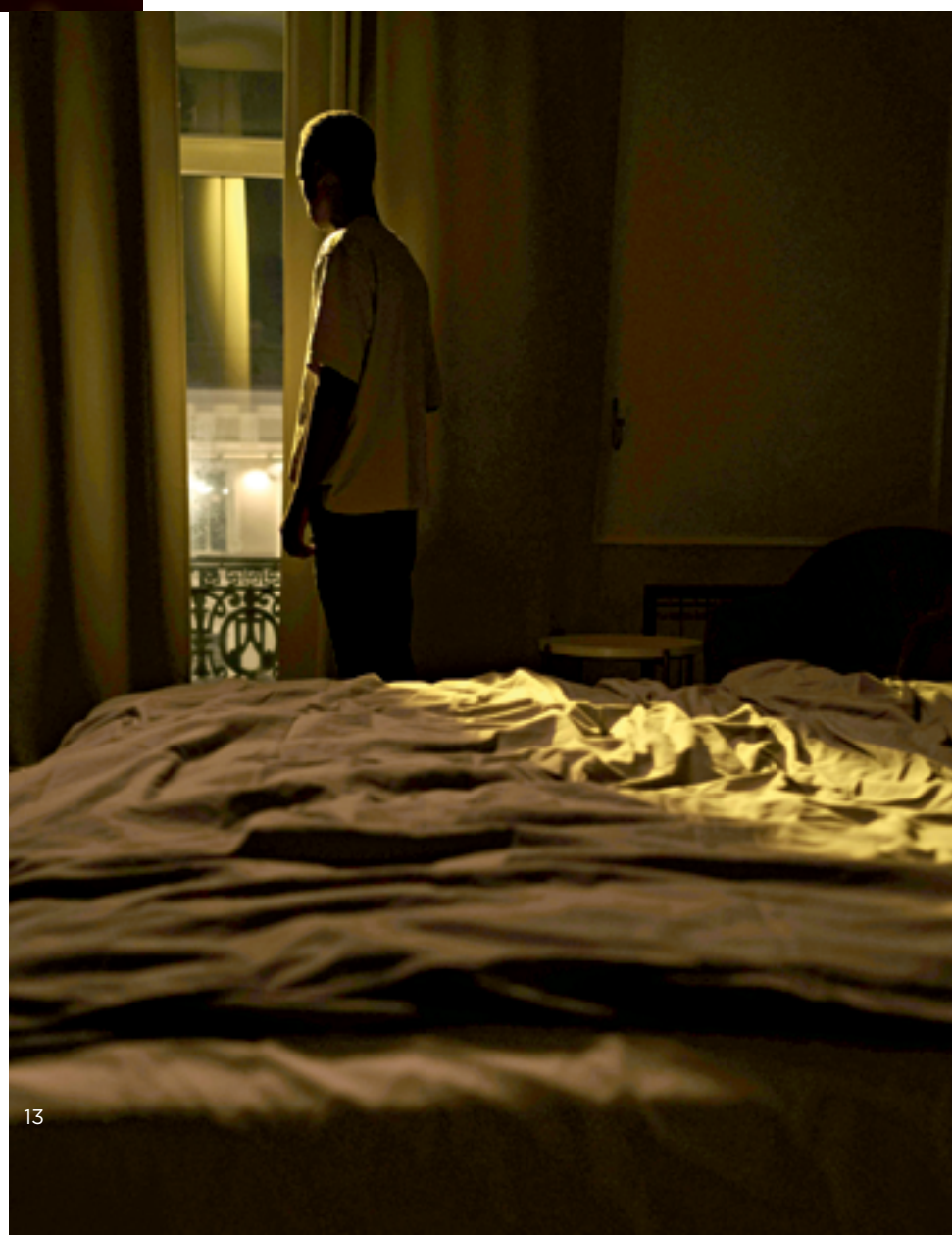
04:07¹⁰



14

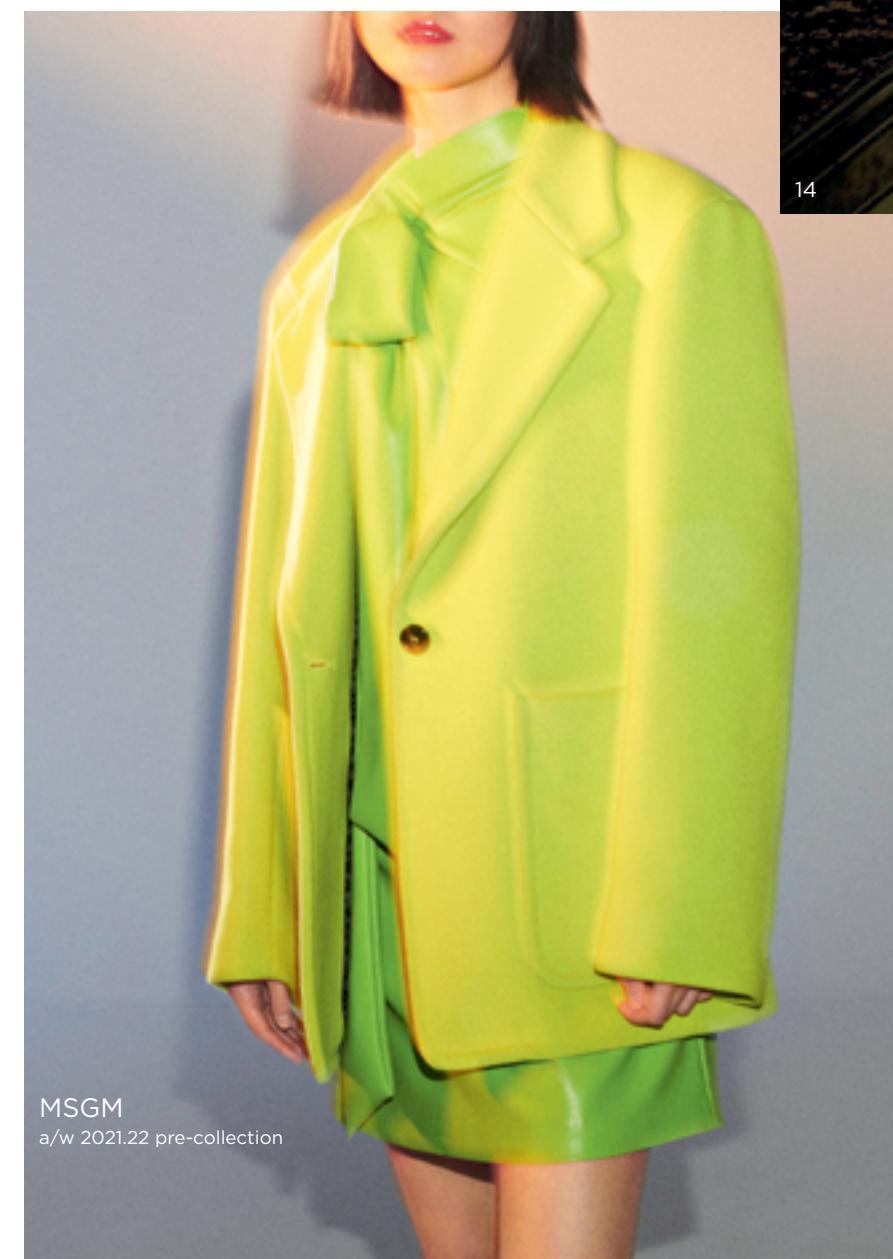
faint lights
minute by minute
life through a window

luci flebili
minuto dopo minuto
vite dalla finestra



13

Images Immagini: 12, 13. Cottonbro, pexels.com - 14. Alain Comu.



MSGM
a/w 2021.22 pre-collection

13-0756 TCX 19-4203 TCX



15



Christopher Kane
s/s 2020 pre-collection

urban night
forced wakefulness
like zombies

notturmo urbano
veglie forzate
come zombie

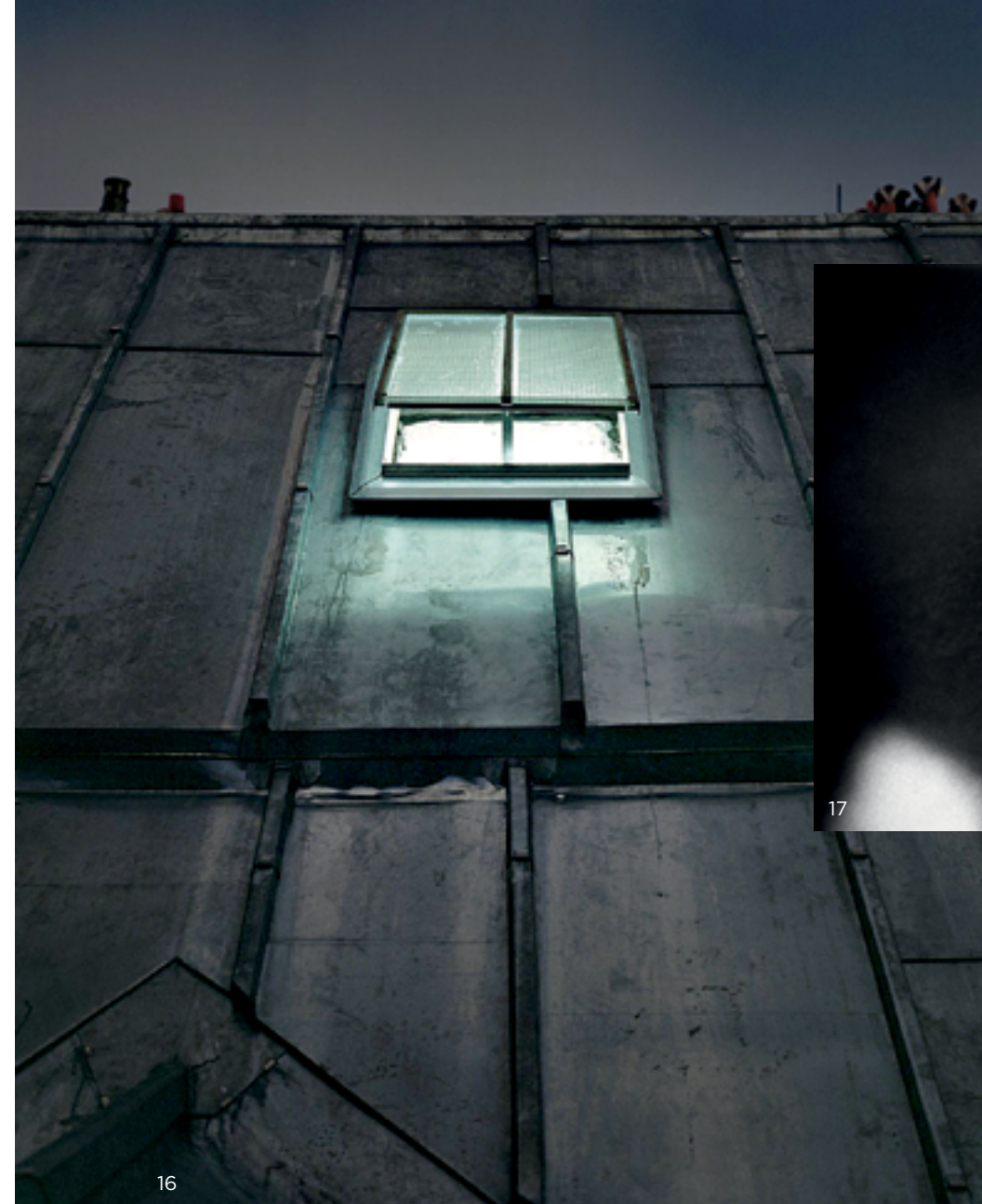


Images Immagini: 15. Julian Lozano, unsplash.com.

1. Tintunita - 2. Opti - 3. Petralux - 4. Lanificio Moessmer - 5. Argomenti Tessili - 6. Gunold



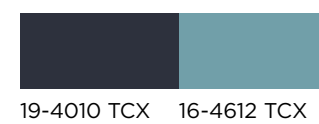
1. Brunello - 2. Maglificio Maggia - 3. Tintunita - 4. MeliaStage - 5. Ramponi - 6. Mainetti Italia - 7. Persiskin



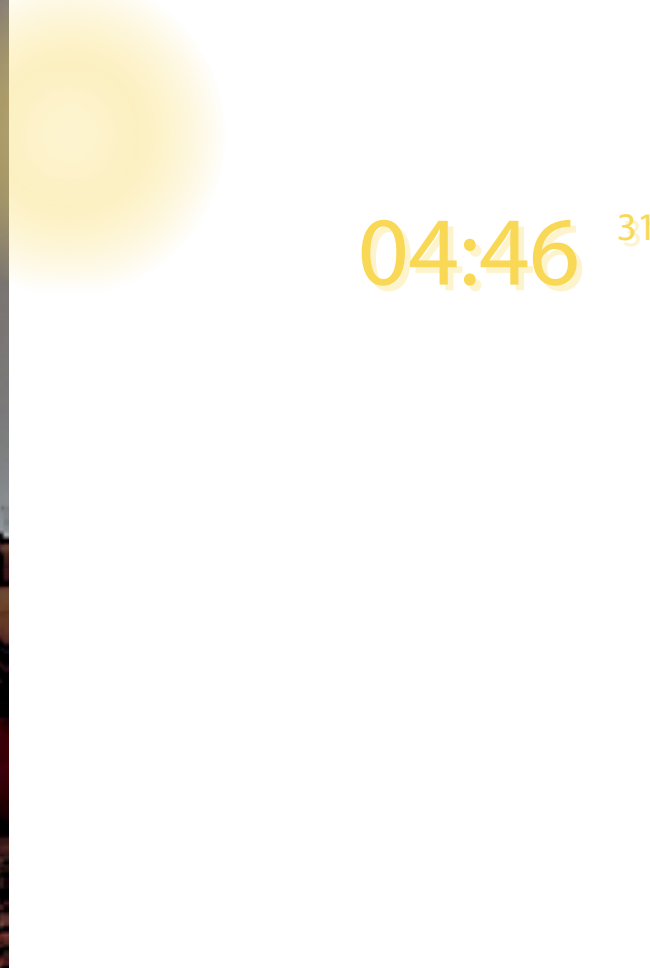
Images Immagini: 16. Alain Cornu - 17. Lina Scheynius, ignant.com.

tired eyes
digital awakenings

occhi stanchi
risvegli digitali



Courrège
a/w 2023.24



MSGM
a/w 2021.22 pre-collect

04:46

13-0756 TCX 11-4607 TCX



1. Dragoni - 2. Ramponi - 3. Petralux - 4. Tintunita - 5. J-Val - 6. Tech Print - 7. Mainetti Italia

Images Immagini: 18. Alain Cornu.



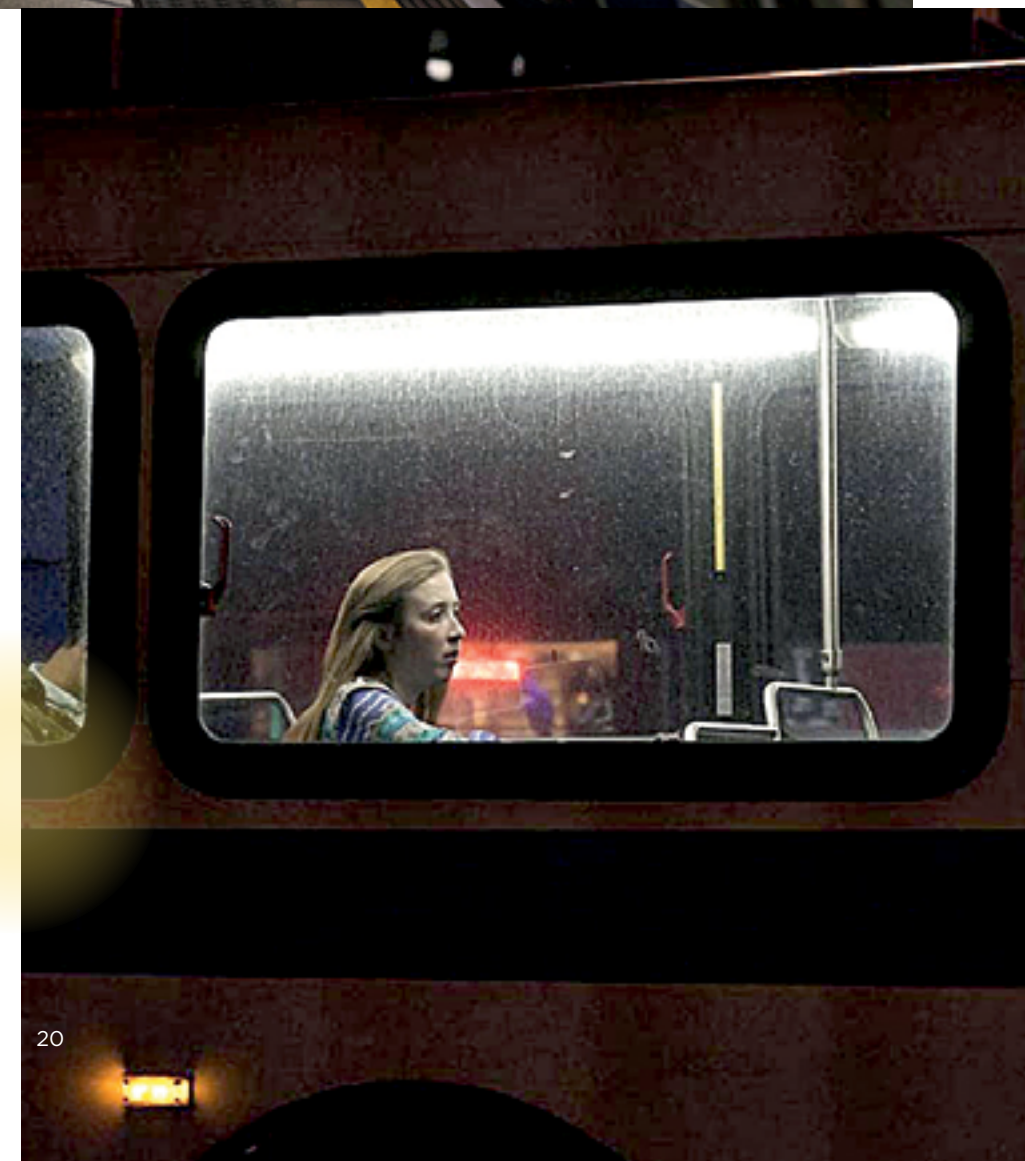
1. Tintunita - 2. Brunello - 3. Carvico - 4. Opti - 5. Nanni 1955 - 6. Italian Converter - 7. Lanificio Angelico - 8. Emmetex



Images Immagini: 19. Joël de Vriend, unsplash.com - 20. Travis Huggett, ignant.com.

denied dreams
solitary journeys
wandering shadows

sogni negati
viaggi solitari
ombre vaganti



20

05:01 ⁴²



Loewe
s/s 2024



Images Immagini: 21. Marc Kleen, unsplash.com.



1. Remmert - 2. Nastrotex Cufra - 3. Tintunita - 4. MeliaStage - 5. Preppy - 6. Gruppo Uniesse



22

dawn rays
mistreated beds
restart

raggi dell'alba
letti maltrattati
restart



23

11-4607 TCX 17-0208 TCX

05:55¹⁴

Images Immagini: 22. Raul Petri, unsplash.com - 23. Benoit Mouilla, unsplash.com.



N°21
s/s 2024 pre-collection

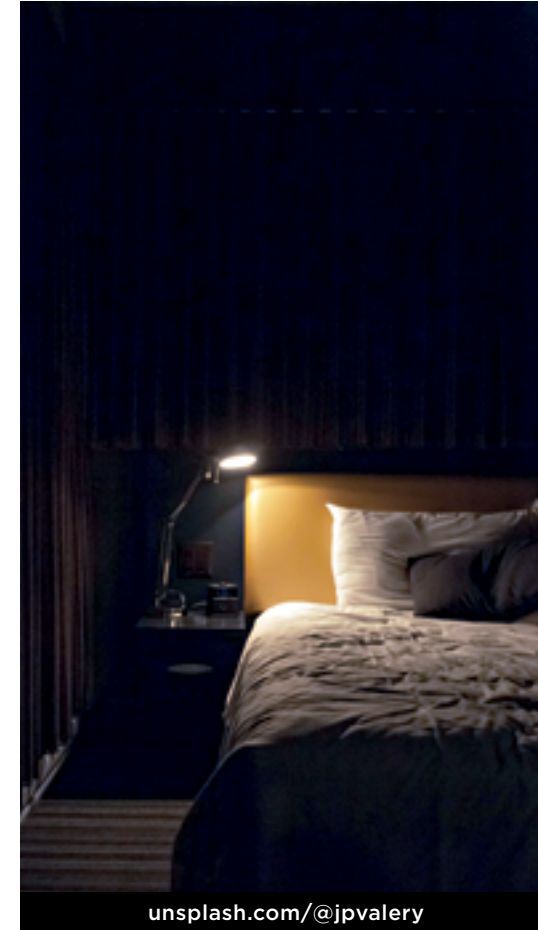
INSO:MNIA sourcing



pexels.com/@carlnewton



suncannot.com



unsplash.com/@jpvalery



collater.al/alain-cornu-sur-paris



travishuggett.com



unsplash.com/@jagi22



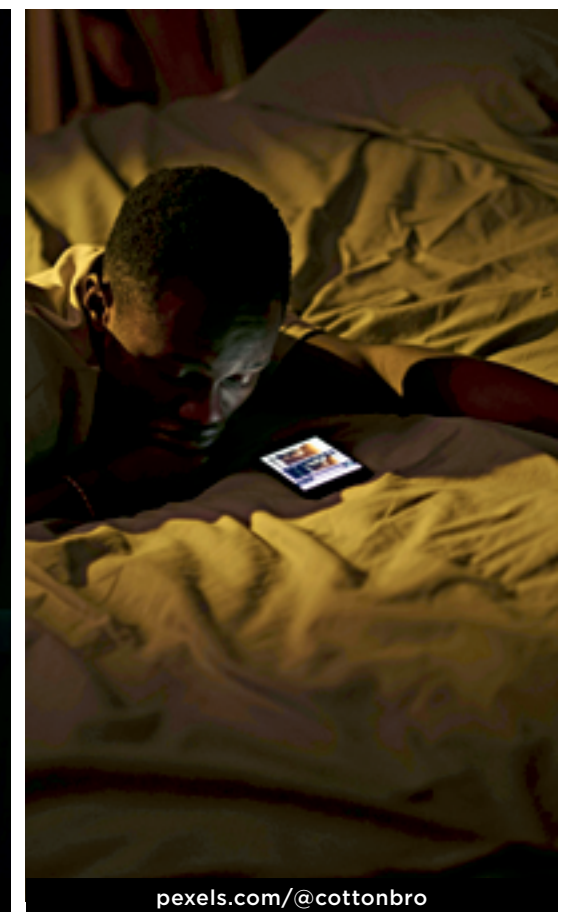
collater.al/alain-cornu-sur-paris



pexels.com/@cottonbro



unsplash.com/@pray4bokeh



pexels.com/@cottonbro

INSO:M NIA key looks



MSGM



Fashion East



Christopher Kane



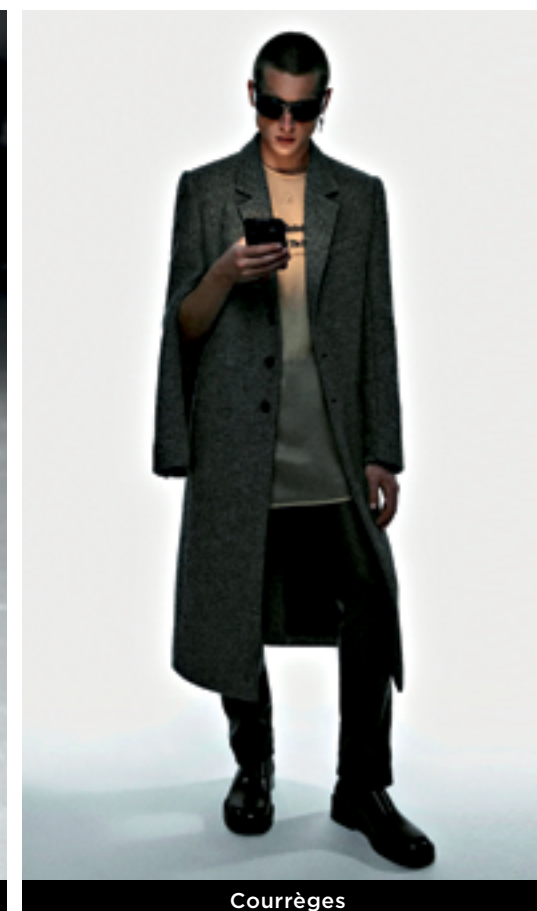
Courrèges



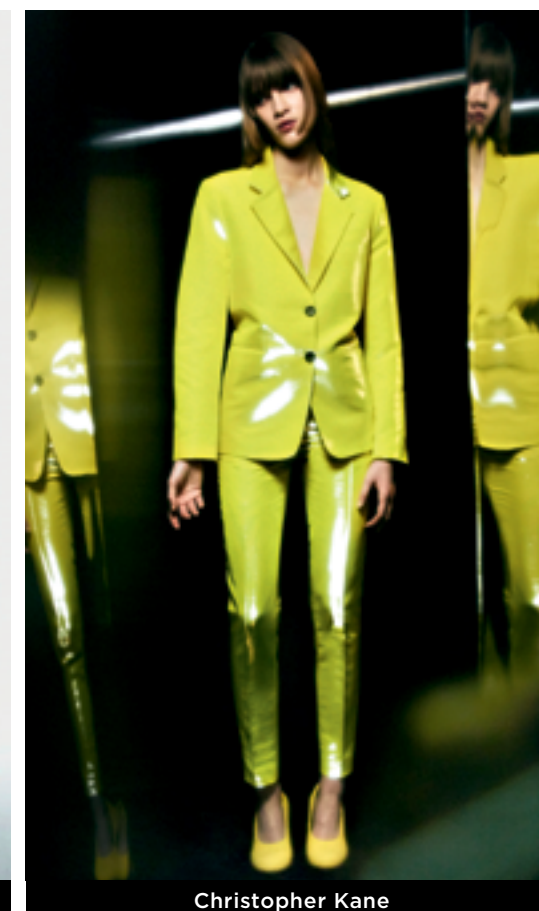
Loewe



Atlein



Courrèges



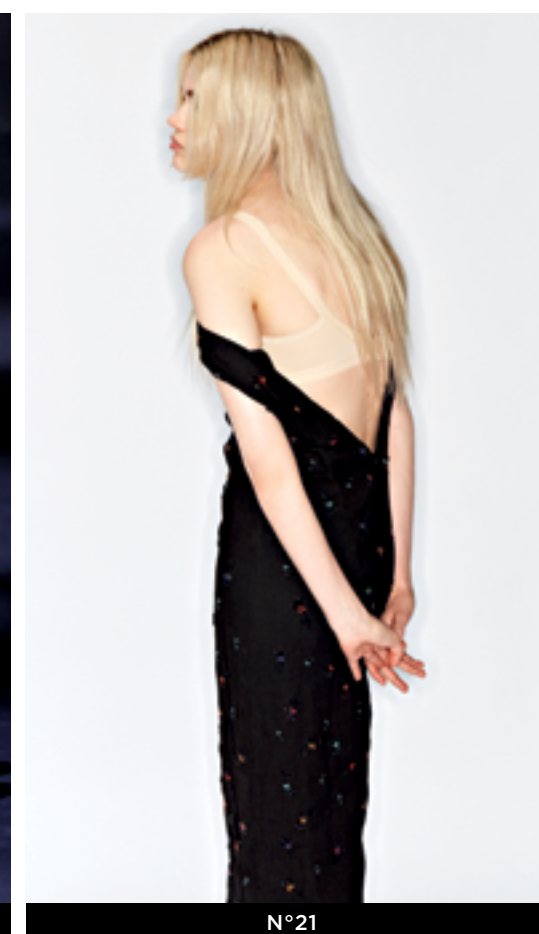
Christopher Kane



Christopher Kane



Fendi



N°21