



GOODNIGHT PINEAPPLE

Documentary, 70 min

1. LOGLINE

As Irish composer Michael McGlynn's hearing changes, GOODNIGHT PINEAPPLE explores creativity, family and identity when the sense at the centre of a life begins to shift.

2. 100-WORD SYNOPSIS

GOODNIGHT PINEAPPLE is an intimate documentary portrait of Irish composer Michael McGlynn, founder of the vocal ensemble ANÚNA. For decades, Michael has built his life and artistic identity around music, composition and listening, while his hearing has gradually begun to change. Filmed over several years in Ireland and Iceland, the film follows Michael through work, family and everyday life. Warm, funny and at times painful, it is not a story about overcoming disability, but about creativity, identity, ageing and adaptation - and what happens when something fundamental to both your work and sense of self begins to shift in unexpected ways.

3. LONG SYNOPSIS

GOODNIGHT PINEAPPLE is an intimate, warm and often humorous portrait of Irish composer Michael McGlynn, founder of the vocal ensemble ANÚNA and an artist who has spent decades building his life around music, sound and listening.

At the same time, Michael's hearing is gradually changing.

The film begins with that contradiction, but refuses the familiar narrative of an artist overcoming disability. Michael continues to compose, arrange and work with music through experience, memory, technology, instinct and the people around him. His hearing loss is always present, but it is never allowed to become the definition of who he is.

Filmed over several years in Ireland and Iceland, **GOODNIGHT PINEAPPLE** moves between Michael's professional and private worlds. Through Michael himself, his wife Lucy, his daughters, his mother, his brother John and people he has worked closely with, a larger portrait begins to emerge - of his childhood, the creation of ANÚNA, his relationship with music and the sometimes unconventional ways in which he approaches his work.

Producer and recording engineer Brian Masterson reflects on how Michael's changing hearing affects the studio process and how they adapt the act of listening itself. At the same time, family life keeps the film grounded in something much more ordinary: dinners, arguments, jokes, memories and the small absurdities that exist alongside the serious questions.

There are pubs, swearing, freezing water, choir rehearsals and pineapples.

The film's title comes from one of those private, ridiculous moments and reflects its tone. The existential and the everyday are never separated for very long.

At its centre, **GOODNIGHT PINEAPPLE** asks a simple question: what happens when something you have used to define yourself begins to change?

Music is the way into the story, but this is not primarily a music biography. It is a film about creativity, family, ageing, identity and adaptation - and about continuing to be yourself when the body begins to change the conditions.

4. MICHAEL McGLYNN — SHORT BIO

Michael McGlynn is an Irish composer and the founder of the ANÚNA Collective. For decades, his work has explored the human voice, sound, space and the possibilities of ensemble singing.

His artistic life has been shaped by composition and listening, and his work with ANÚNA has brought him into contact with singers, musicians and audiences internationally.

GOODNIGHT PINEAPPLE follows Michael at a point when the physical conditions surrounding that work are changing. As his hearing gradually deteriorates, his need to compose and create remains.

The film approaches Michael not simply as a musician dealing with hearing loss, but as a composer, husband, father, son and brother whose identity has been built around a lifetime of making and listening to music.

5. BJÖRN RALLARE — DIRECTOR BIO

Björn Rallare is a Swedish filmmaker, screenwriter and producer based in Linköping, Sweden.

With a background in graphic design, music and cultural production, he now works primarily with documentary and narrative film, both independently and commercially.

His filmmaking is centred on people, presence and story, with a particular interest in human behaviour, identity, belonging and the tension between personal history and the present moment.

Rallare's films have screened at around sixty international film festivals and have received several awards and cultural recognitions.

Alongside commissioned work, he develops independent film projects through Havanna Produktion.

GOODNIGHT PINEAPPLE was written, directed, filmed and edited by Björn Rallare.

6. DIRECTOR'S STATEMENT

I was never interested in making a film about a diagnosis.

What interested me was Michael.

He is a composer whose entire professional life has been built around listening, yet the physical conditions of listening are gradually changing for him. That contradiction immediately raises questions that extend far beyond music: how much of our identity is tied to what we do, and what happens when something we have always relied upon begins to change?

But I also knew that **GOODNIGHT PINEAPPLE** could not become a story about overcoming disability.

Michael is not waiting for a narrative arc in which he defeats hearing loss. He continues to compose, work, argue, joke, travel, swear and be Michael. He adapts through experience, memory, technology, stubbornness and the people around him.

That was the film I wanted to make.

Over several years of filming in Ireland and Iceland, the story gradually expanded beyond Michael's work. His family became essential to the film because they reveal different versions of the same person: composer, husband, father, son and brother.

I wanted the camera to stay close enough for those contradictions to remain visible.

The film therefore has no traditional narrator explaining Michael to the audience. Instead, the story develops through conversations, observations, music, landscapes, family relationships and the moments that happen between the things we originally intended to film.

Humour became crucial.

A film dealing with hearing, ageing and identity could easily become solemn. Michael is not solemn. Neither is his family. So there needed to be room for pubs, swearing, freezing water, ridiculous conversations and the pineapple that eventually gave the film its title.

For me, that is where the film becomes human.

GOODNIGHT PINEAPPLE is about hearing, but it is also about something more universal: the uneasy process of discovering that the things we use to define ourselves are never completely permanent.

And perhaps identity is not what remains unchanged, but what we manage to carry with us as things change.

7. TECHNICAL / PRODUCTION INFORMATION

Title: GOODNIGHT PINEAPPLE

Format: Documentary Feature

Year: 2026

Country of Production: Sweden

Runtime: 70 minutes

Written, Directed, Filmed and Edited by: Björn Rallare

Sound: Peder Carlsson

Produced by: Havanna Produktion

In association with: It Takes Three to Tango

(Margrét Pálsdóttir, Michael McGlynn & Björn Rallare)

Filming Locations: Ireland and Iceland

Resolution: 4K

Aspect Ratio: 16:9

Audio: 5.1 Surround / Stereo

Delivery Formats: DCP or digital file

Subtitles: Not currently available

Website:

goodnightpineapple.com

8. FULL CREDITS

A FILM BY

Björn Rallare

WRITTEN, DIRECTED, FILMED AND EDITED BY

Björn Rallare

FEATURING

Lucy Champion
Linda Connolly
Bjarni Guðmundsson
George Hutton
Brian Masterson
Aisling McGlynn
Clare McGlynn
John McGlynn
Lauren McGlynn
Michael McGlynn
Barry McGowan
Nejc Rudel

SOUND

Peder Carlsson

PRODUCTION SUPPORT

Anúna Teo

POST-PRODUCTION SUPPORT

It Takes Three to Tango

PRODUCED BY

Havanna Produktion

in association with

It Takes Three to Tango

consisting of Margrét Pálsdóttir, Michael McGlynn & Björn Rallare

MUSIC

ANÚNA — Éarendel
M'ANAM — Gunnarshólmi
SYSTIR — Once I Had a Sweetheart
The Night Visiting Song — Sung by George Hutton

Licensed from Artist:

Max Jackson — *Give It To Me*
Out of Flux — *I Don't Like Robots*
Yehezkel Raz — *Ballad to a Mexican Desert*
The Raft — *Living Without Me*
UMLALA — *Floor Dolls*
Yuval Maayan — *Perfect*
Max Hixon — *Let Me Dream*
Messwave — *Blink n Miss*
Ya Soos — *Party*

THANKS TO

Michael McGlynn and family
Margrét Pálsdóttir
Windmill Lane Recording Studios
Mullets Barber Shop
The Kicking Donkey
Mosó Grill

LICENSED FOOTAGE & MUSIC

Artist
Motion Array