

SEATTLE
REP

Sensory Guide



BY
AMY HERZOG
DIRECTED BY
ALLISON NARVER

About the Show



Duration:

Approximately 90 minutes with no intermission

Content Advisory & Resources: This production contains strong language and heavy, mature themes, including chronic illness and mortality.

The second half of the play is set in a hospital. Heart monitors and respiration ventilators can be heard. This production involves an unseen child with cerebral palsy and related medical conditions, including seizure order and lung disease. For more information visit seattlerep.org/MaryJane

About the Show: Mary Jane is a cheerful caregiver and unflagging advocate for her toddler, Alex, who lives with cerebral palsy and chronic illness—but the American healthcare system can wear anybody down, especially a single parent. While navigating her son's health challenges, Mary Jane meets and builds community with women from all walks of life, experiencing joy and connection amidst the distress and heartbreak. Poignantly humorous and deeply cathartic, this semi-autobiographical drama by Tony-nominated playwright Amy Herzog is a love letter to caregivers and support systems of all kinds.

Guide Development: This Sensory Guide was created specifically for Seattle Rep's production of *Mary Jane*. The Guide was produced by Matty Sythandone, Sensory Guide Contractor and neurodivergent individual, with training and guidance provided by Sensory Access. This production was audited during a performance on Thursday, March 26, 2026.

SENSORY IMPACT KEY



Auditory Impact



Visual Impact



Emotional Impact



Strobing Effects

COMMON DECIBEL (dB) LEVELS

70

Office/classroom chatter

80

Busy traffic, dog barking

90

Hairdryer

100

Lawnmower, construction site

110

Concert, night club










120

Police siren, airplane taking off

SENSORY GUIDE | THE HEART SELLERS

INTERVAL	DESCRIPTION	IMPACT
0-15 MINUTES	<ul style="list-style-type: none"> • up to 80.3 db • Play starts in a blackout • Emotional impact • Monitor sounds respiration ventilators • Mention of cancer • Car sounds 	
15-30 MINUTES	<ul style="list-style-type: none"> • up to 73.6 db • Monitor Sounds • Lights down to glow • Soft instrumental • Lady bug light prop shines into audience • City sounds 	

SENSORY GUIDE | MARY JANE

INTERVAL	DESCRIPTION	IMPACT
30-45 MINUTES	<ul style="list-style-type: none"> • up to 81.9 db • Emotional impacts • Television sounds 	 
45-60 MINUTES	<ul style="list-style-type: none"> • up to 76.4 db • Emotional moments • Anxious moment on stage 	
60-75 MINUTES	<ul style="list-style-type: none"> • 65.6 db • Sensitive moment 	
75-90 MINUTES	<ul style="list-style-type: none"> • up to 70.6 db • Monitor and respiration ventilator sounds • Lights dim (no blackout) 	  
90 MINS	<ul style="list-style-type: none"> • up to 68.5db • Star light shines across stage and actors • Lights fade to blackout before curtain call • Audience applause; audience members may choose to stand while clapping 	 

Seattle Rep's Sensory Accessibility

Sensory Guides are available for all productions online (posted around each show's Opening Night) and in hard copy at Coat Check at the Theater. **Fidget items** and **sensory kits** are available for all audience members to borrow from Coat Check.

Visit seattlerep.org/Accessibility to learn more about Seattle Rep's accessible options and seattlerep.org/Sensory for sensory-friendly performance information, or call our Box Office at 206.443.2222, text 206.565.2996, or email tickets@seattlerep.org.

Save the Date

- Join Seattle Rep for our final Sensory Friendly Performance of the 2025/26 Season at Branden Jacobs-Jenkins' **Appropriate** on Saturday, April 25 at 2 p.m. Learn more and purchase tickets at seattlerep.org/Sensory

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This Sensory Guide was produced for Seattle Rep's production of *Mary Jane*, directed by Allison Narver and performed in the Leo K. Theater, March 19–April 19, 2026. Under no circumstances should this Sensory Guide be reproduced, distributed, publicly displayed, or modified by an organization that is not Seattle Rep.

This Sensory Guide was created with express permission and preliminary guidance from Sensory Access. Sensory Access aims to make all the events most people take for granted more accessible to those with sensory processing difficulties. Learn more and support this incredible organization at sensoryaccess.org