

# How we lull ourselves to sleep

Accordion

Roelof Ruis

♩ = 102

*mf*

6

A

12

17

B

*mp*

23

*f*

29

C Drowsily

*mp*

34

40

45

D Hypnagogic

*p*

50

*rit.*

The musical score is written for a single staff in treble clef. It begins with a tempo marking of 102 beats per minute and a dynamic of *mf*. The key signature consists of three sharps (F#, C#, G#). The piece is divided into several measures, with section markers A, B, C (Drowsily), and D (Hypnagogic) indicating different parts of the composition. The dynamics vary throughout, including *mf*, *f*, *mp*, and *p*. The score concludes with a *rit.* (ritardando) marking.

55 *rit.*

60 air button: breathing **E** *a tempo*  
*ff* *pp*

68 *ff* *pp*

77 *mf*

85 **F** *mf*

92 **G**

98

104

113 *molto rit.*