

# **How we lull ourselves to sleep**

Roelof Ruis

A musical score for three staves. The top staff is treble clef, the middle staff is bass clef, and the bottom staff is a pedal point staff. The tempo is marked as 102 BPM. The dynamics for all three staves are marked as *mf*. The music consists of six measures. The treble staff features eighth-note patterns with grace notes. The bass staff features eighth-note chords. The pedal staff features sustained notes with vertical stems.

6

A

|| x. x | x. x |

2

17

II 8 | x x x. |

22

B

*mp*

*f*

*mp*

*f*

*f*

*f*

II - - - - - | - - - - - | - - - - - | - - - - - | - - - - - | - - - - - | - - - - - |

28

C Drowsily

*mp*

Drowsily

*mp*

Drowsily

*mp*

Drowsily

*mp*

II | x x x. |

33

II | x x x. |

38

43 D Hypnagogic  
*p*  
Hypnagogic  
*p*  
Hypnagogic  
*p*  
Hypnagogic.  
*p*

47 rit.  
rit.  
rit.  
rit.

52 rit.  
rit.  
rit.  
rit.

5

57

air button: breathing

|| 5 | x x. | 4 x x - | x. x x. | 8 x.. , - |

62

**E** *a tempo*

*ff* *a tempo*

ff *a tempo* pp

|| - - - - x x x. - - - - f - - - -

69

*ff*

ff pp

|| - - - - x x x. - - - - x x x. - - - p - - -

74

*mf*

*mf*

*mf*

79

85

*mf*

*mf*

*mf*

91

*mf*

*mf*

*mf*

Musical score for orchestra and piano, page 6, measures 96-114.

**Measure 96:** Treble clef, key signature of three sharps, common time. The bassoon part starts with a forte dynamic. The piano part has eighth-note chords. The bassoon part ends with a fermata over the letter 'G'.

**Measure 101:** Treble clef, key signature of three sharps, common time. The bassoon part continues with eighth-note patterns. The piano part has sustained notes and chords.

**Measure 107:** Treble clef, key signature of three sharps, common time. The bassoon part has eighth-note patterns. The piano part has sustained notes and chords.

**Measure 114:** Treble clef, key signature of three sharps, common time. The bassoon part has eighth-note patterns. The piano part has sustained notes and chords. The bassoon part ends with a melodic line.

*molto rit.*