

# How we lull ourselves to sleep

Bass

Roelof Ruis

The musical score consists of ten staves of bass notation. The key signature is A major (no sharps or flats). The tempo is indicated as  $\text{♩} = 102$ . The score includes dynamic markings such as *mf*, *f*, *p*, *pp*, *mf*, *rit.*, *molto rit.*, and *a tempo*.

The score is divided into sections labeled A through G:

- A:** Measures 11-20. Measure 11 starts with a dotted half note followed by eighth notes. Measure 12 begins with a dotted half note. Measure 13 features a change in time signature from 8 to 3. Measure 14 begins with a dotted half note. Measure 15 features a change in time signature from 3 to 8. Measure 16 begins with a dotted half note. Measure 17 features a change in time signature from 8 to 4. Measure 18 begins with a dotted half note. Measure 19 features a change in time signature from 4 to 8. Measure 20 begins with a dotted half note. The section ends with a forte dynamic *f*.
- B 3:** Measures 31-41. Measure 31 starts with a dotted half note followed by eighth notes. Measure 32 begins with a dotted half note. Measure 33 begins with a dotted half note. Measure 34 begins with a dotted half note. Measure 35 begins with a dotted half note. Measure 36 begins with a dotted half note. Measure 37 begins with a dotted half note. Measure 38 begins with a dotted half note. Measure 39 begins with a dotted half note. Measure 40 begins with a dotted half note. Measure 41 begins with a dotted half note.
- C Drowsily:** Measures 42-52. Measure 42 starts with a dotted half note followed by eighth notes. Measure 43 begins with a dotted half note. Measure 44 begins with a dotted half note. Measure 45 begins with a dotted half note. Measure 46 begins with a dotted half note. Measure 47 begins with a dotted half note. Measure 48 begins with a dotted half note. Measure 49 begins with a dotted half note. Measure 50 begins with a dotted half note. Measure 51 begins with a dotted half note. Measure 52 begins with a dotted half note.
- D Hypnagogic:** Measures 53-65. Measure 53 starts with a dotted half note followed by eighth notes. Measure 54 begins with a dotted half note. Measure 55 begins with a dotted half note. Measure 56 begins with a dotted half note. Measure 57 begins with a dotted half note. Measure 58 begins with a dotted half note. Measure 59 begins with a dotted half note. Measure 60 begins with a dotted half note. Measure 61 begins with a dotted half note. Measure 62 begins with a dotted half note. Measure 63 begins with a dotted half note.
- E a tempo:** Measures 66-78. Measure 66 starts with a dotted half note followed by eighth notes. Measure 67 begins with a dotted half note. Measure 68 begins with a dotted half note. Measure 69 begins with a dotted half note. Measure 70 begins with a dotted half note. Measure 71 begins with a dotted half note. Measure 72 begins with a dotted half note. Measure 73 begins with a dotted half note.
- F:** Measures 79-88. Measure 79 starts with a dotted half note followed by eighth notes. Measure 80 begins with a dotted half note. Measure 81 begins with a dotted half note. Measure 82 begins with a dotted half note. Measure 83 begins with a dotted half note. Measure 84 begins with a dotted half note. Measure 85 begins with a dotted half note. Measure 86 begins with a dotted half note. Measure 87 begins with a dotted half note. Measure 88 begins with a dotted half note.
- G:** Measures 89-98. Measure 89 starts with a dotted half note followed by eighth notes. Measure 90 begins with a dotted half note. Measure 91 begins with a dotted half note. Measure 92 begins with a dotted half note. Measure 93 begins with a dotted half note. Measure 94 begins with a dotted half note. Measure 95 begins with a dotted half note. Measure 96 begins with a dotted half note. Measure 97 begins with a dotted half note. Measure 98 begins with a dotted half note.
- molto rit.:** Measures 99-109. Measure 99 starts with a dotted half note followed by eighth notes. Measure 100 begins with a dotted half note. Measure 101 begins with a dotted half note. Measure 102 begins with a dotted half note. Measure 103 begins with a dotted half note. Measure 104 begins with a dotted half note. Measure 105 begins with a dotted half note. Measure 106 begins with a dotted half note. Measure 107 begins with a dotted half note. Measure 108 begins with a dotted half note. Measure 109 begins with a dotted half note.