

# 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 followed by eighth notes. Measure 13 starts with a dotted half note followed by eighth notes. Measure 14 starts with a dotted half note followed by eighth notes. Measure 15 starts with a dotted half note followed by eighth notes. Measure 16 starts with a dotted half note followed by eighth notes. Measure 17 starts with a dotted half note followed by eighth notes. Measure 18 starts with a dotted half note followed by eighth notes. Measure 19 starts with a dotted half note followed by eighth notes. Measure 20 starts with a dotted half note followed by eighth notes.
- B 3:** Measures 31-41. Measure 31 starts with a dotted half note followed by eighth notes. Measure 32 starts with a dotted half note followed by eighth notes. Measure 33 starts with a dotted half note followed by eighth notes. Measure 34 starts with a dotted half note followed by eighth notes. Measure 35 starts with a dotted half note followed by eighth notes. Measure 36 starts with a dotted half note followed by eighth notes. Measure 37 starts with a dotted half note followed by eighth notes. Measure 38 starts with a dotted half note followed by eighth notes. Measure 39 starts with a dotted half note followed by eighth notes. Measure 40 starts with a dotted half note followed by eighth notes. Measure 41 starts with a dotted half note followed by eighth notes.
- C Drowsily:** Measures 42-52. Measure 42 starts with a dotted half note followed by eighth notes. Measure 43 starts with a dotted half note followed by eighth notes. Measure 44 starts with a dotted half note followed by eighth notes. Measure 45 starts with a dotted half note followed by eighth notes. Measure 46 starts with a dotted half note followed by eighth notes. Measure 47 starts with a dotted half note followed by eighth notes. Measure 48 starts with a dotted half note followed by eighth notes. Measure 49 starts with a dotted half note followed by eighth notes. Measure 50 starts with a dotted half note followed by eighth notes. Measure 51 starts with a dotted half note followed by eighth notes. Measure 52 starts with a dotted half note followed by eighth notes.
- D Hypnagogic:** Measures 53-63. Measure 53 starts with a dotted half note followed by eighth notes. Measure 54 starts with a dotted half note followed by eighth notes. Measure 55 starts with a dotted half note followed by eighth notes. Measure 56 starts with a dotted half note followed by eighth notes. Measure 57 starts with a dotted half note followed by eighth notes. Measure 58 starts with a dotted half note followed by eighth notes. Measure 59 starts with a dotted half note followed by eighth notes. Measure 60 starts with a dotted half note followed by eighth notes. Measure 61 starts with a dotted half note followed by eighth notes. Measure 62 starts with a dotted half note followed by eighth notes. Measure 63 starts with a dotted half note followed by eighth notes.
- E a tempo:** Measures 66-76. Measure 66 starts with a dotted half note followed by eighth notes. Measure 67 starts with a dotted half note followed by eighth notes. Measure 68 starts with a dotted half note followed by eighth notes. Measure 69 starts with a dotted half note followed by eighth notes. Measure 70 starts with a dotted half note followed by eighth notes. Measure 71 starts with a dotted half note followed by eighth notes. Measure 72 starts with a dotted half note followed by eighth notes. Measure 73 starts with a dotted half note followed by eighth notes. Measure 74 starts with a dotted half note followed by eighth notes. Measure 75 starts with a dotted half note followed by eighth notes. Measure 76 starts with a dotted half note followed by eighth notes.
- F:** Measures 79-89. Measure 79 starts with a dotted half note followed by eighth notes. Measure 80 starts with a dotted half note followed by eighth notes. Measure 81 starts with a dotted half note followed by eighth notes. Measure 82 starts with a dotted half note followed by eighth notes. Measure 83 starts with a dotted half note followed by eighth notes. Measure 84 starts with a dotted half note followed by eighth notes. Measure 85 starts with a dotted half note followed by eighth notes. Measure 86 starts with a dotted half note followed by eighth notes. Measure 87 starts with a dotted half note followed by eighth notes. Measure 88 starts with a dotted half note followed by eighth notes. Measure 89 starts with a dotted half note followed by eighth notes.
- G:** Measures 99-109. Measure 99 starts with a dotted half note followed by eighth notes. Measure 100 starts with a dotted half note followed by eighth notes. Measure 101 starts with a dotted half note followed by eighth notes. Measure 102 starts with a dotted half note followed by eighth notes. Measure 103 starts with a dotted half note followed by eighth notes. Measure 104 starts with a dotted half note followed by eighth notes. Measure 105 starts with a dotted half note followed by eighth notes. Measure 106 starts with a dotted half note followed by eighth notes. Measure 107 starts with a dotted half note followed by eighth notes. Measure 108 starts with a dotted half note followed by eighth notes. Measure 109 starts with a dotted half note followed by eighth notes.