

How we lull ourselves to sleep

Roelof Ruis

♩ = 102

mf

6

A

12

17

22

B

mp *f*

28

C Drowsily

mp *f*

33

mp *f*

38

mp *f*

43 **D Hypnagogic**

p Hypnagogic

p Hypnagogic

p Hypnagogic

47 *rit.*

rit.

rit.

rit.

52 *rit.*

rit.

rit.

rit.

57

air button: breathing

E *a tempo*

64

ff
a tempo
ff
a tempo
pp
pp
ff
a tempo

70

pp

75

mf
mf

81

mf

88 **F**

mf

mf

mf

H

93 **G**

8

H

99

8

H

104

8

H