

# How we lull ourselves to sleep

Tenor Saxophone + Metronome

Roelof Ruis

♩ = 102  
*mf*

Metronome track: | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x |

7 **A**

Metronome track: | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x |

13

Metronome track: | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x |

18 **B**  
*mp*

Metronome track: | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x || x x x x x x x | x x x x x x x |

24 *f*

Metronome track: | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x |

**C** Drowsily  
31 *mp*

Metronome track: | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x | x x x x x x x |

37

Metronome pattern: | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x |

43 **D** Hypnagogic *p*

Metronome pattern: | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x |

49 *rit.*

Metronome pattern: | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x |

56 *rit.*

Metronome pattern: | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x |

62 **E** *a tempo* *ff*

Metronome pattern: | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x |

69 *ff*

Metronome pattern: | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x | x x x x x x x x |

76

82

88 **F**  
*mf*

94 **G**

100

106

The musical score is written for Tenor Saxophone and Metronome. It consists of five systems of music, each with a melodic line and a rhythmic accompaniment line. The key signature is F# major (three sharps). The time signature changes from 4/4 to 5/8 at measure 82, to 9/8 at measure 88, to 4/4 at measure 94, and to 7/8 at measure 100. The score includes various musical notations such as rests, eighth notes, quarter notes, half notes, and slurs. Dynamics include *mf* (mezzo-forte) at measure 88. The piece concludes with a double bar line at measure 106.