

# How we lull ourselves to sleep

## Drums - outline

Roelof Ruis

$\text{♩} = 102$   
*mf*

10 **A**

18 **B**

28 **C** Drowsily  
*mp*

37 **D** Hypnagogic  
*p*

46 *rit.*

55 *rit.* **E** *a tempo*  
*f*

66 *p*

76 *mf*

86 **F**  
*mf*

96 **G**

104

The score is written on a single staff with a key signature of one flat (Bb) and a common time signature of 7/8. It uses a variety of drum notation symbols: 'x' for a snare drum hit, 'o' for a cymbal hit, and '■' for a kick drum hit. Dynamics include *mf* (mezzo-forte), *mp* (mezzo-piano), *f* (forte), *p* (piano), and *rit.* (ritardando). The piece is divided into sections A through G, with section E marked 'a tempo'. The tempo is indicated as 102 beats per minute. The notation includes rests, ties, and various rhythmic patterns that suggest a lulling, sleep-inducing effect.