

# How we lull ourselves to sleep

Tenor Saxophone + Metronome

Roelof Ruis

♩ = 102  
*mf*

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 |

7 **A**

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 |

13

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 |

18 **B**  
*mp*

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 |

24 *f*

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 |

**C** Drowsily  
31 *mp*

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 |

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