

# How we lull ourselves to sleep

Accordion

Roelof Ruis

♩ = 102

*mf*

6

A

12

17

B

*mp*

23

*f*

29

C Drowsily

*mp*

34

40

45

D Hypnagogic

*p*

50

*rit.*

The musical score is written for a single staff in treble clef. It begins with a tempo marking of a quarter note equal to 102 beats per minute. The key signature consists of three sharps: F#, C#, and G#. The time signature is 7/8. The piece is marked with a mezzo-forte (*mf*) dynamic at the start. The score is divided into measures, with measure numbers 6, 12, 17, 23, 29, 34, 40, 45, and 50 indicated at the beginning of their respective lines. Section A begins at measure 6, Section B at measure 17, Section C (labeled 'Drowsily') at measure 29, and Section D (labeled 'Hypnagogic') at measure 45. Dynamics include *mf*, *mp*, *f*, and *p*. The piece concludes with a ritardando (*rit.*) marking over the final measures.

55 *rit.*

60 air button: breathing **E** *a tempo*  
*ff* *pp*

68 *ff* *pp*

77 *mf*

85 **F** *mf*

92 **G**

98

104

113 *molto rit.*