

How we lull ourselves to sleep

Roelof Ruis

Musical score for measures 1-5. The score consists of four staves. The top two staves are treble clef, the third is bass clef, and the bottom is a double bass staff. The key signature is A major (three sharps). The tempo is 102 BPM. Measure 1 starts with a dotted quarter note followed by eighth-note pairs. Measure 2 continues with eighth-note pairs. Measure 3 has a dotted half note followed by eighth notes. Measure 4 has a dotted half note followed by eighth notes. Measure 5 has a dotted half note followed by eighth notes. Measure 6 begins with a melodic line labeled 'A' above it, consisting of eighth-note pairs. Measure 7 continues with eighth-note pairs. Measure 8 has a dotted half note followed by eighth notes. Measure 9 has a dotted half note followed by eighth notes. Measure 10 has a dotted half note followed by eighth notes.

Musical score for measures 6-10. The score consists of four staves. The top two staves are treble clef, the third is bass clef, and the bottom is a double bass staff. The key signature is A major (three sharps). Measure 6 starts with a melodic line labeled 'A' above it, consisting of eighth-note pairs. Measure 7 continues with eighth-note pairs. Measure 8 has a dotted half note followed by eighth notes. Measure 9 has a dotted half note followed by eighth notes. Measure 10 has a dotted half note followed by eighth notes.

Musical score for measures 11-15. The score consists of four staves. The top two staves are treble clef, the third is bass clef, and the bottom is a double bass staff. The key signature is A major (three sharps). Measure 11 starts with a melodic line consisting of eighth-note pairs. Measure 12 continues with eighth-note pairs. Measure 13 has a dotted half note followed by eighth notes. Measure 14 has a dotted half note followed by eighth notes. Measure 15 has a dotted half note followed by eighth notes.

2

17

II 8 | x x x. |

22

B

mp

f

mp

f

f

f

II - - - - - | - - - - - | - - - - - | - - - - - | - - - - - | - - - - - | - - - - - |

28

C Drowsily

mp

Drowsily

mp

Drowsily

mp

Drowsily

mp

II | x x x. |

33

II | x x x. |

38

43 D Hypnagogic
p
Hypnagogic
p
Hypnagogic
p
Hypnagogic.
p

47 rit.
rit.
rit.
rit.

52 rit.
rit.
rit.
rit.

5

57

air button: breathing

|| 5 | x x. | 4 x x - | x. x x. | 8 x.. , - |

62

E *a tempo*

ff *a tempo*

ff *a tempo* pp

ff *a tempo* pp

|| - - - - x x x x - - - - f - - - -

69

ff

ff pp

f

p

|| - - - - x x x x - - - - x x x p - - - -

74

mf

mf

mf

79

mf

mf

mf

85

mf

mf

mf

91

mf

mf

mf

96

G

8-----1

|| x. - | x. x. | 5

8-----1

|| 5 | x. x. | 4 | x. x. |

molto rit.

|| x. x. | x. x. |

molto rit.

molto rit.

molto rit.

|| x. x. | x. x. |