

Ville Raasakka

# Traumerei

for amplified cello and soundfile

Commissioned by and dedicated to Markus Hohti

2016

### **Traumerei (2016)**

documentary piece on sleep disorders  
for amplified cello and soundfile

Traumerei = daydream [ger.]. The texts in this piece are from insomnia and sleep paralysis discussion forums from real people, typically frustrated by doctors unable to provide help instead of only medication. Sleep paralysis seizure often includes an awake-like episode with sensations of irritably loud everyday sounds and a horrifying unrecognizable visitor.

The text whispered by the visitor in this piece is the poem *Nacht lag auf meinen augen* (Night lay upon my eyelids, 1826, by Heinrich Heine). The field recordings in the soundfile are from inside my apartment. My thanks to the voice actors Jamie MacDonald and Nils Schweckendiek for their work and for cellist Markus Hothi and the Finnish cultural foundation for commissioning this work.

# Traumerei

for amplified cello and soundfile  
Commissioned by and dedicated to Markus Hohti

Ville Raasakka 2016

**Tempo:** ♩ = 80  
**Time Signature:** 4/4

**Bow-hand** (Cello): play without bow (bow on a chair next to you)  
**Finger-board-hand**: M.B. use middle part of the bow, U.B. use upper part of bow (punta d'arco), L.B. use lower part of bow (tallone)

**Soundfile:** Door 1, Door 2 (trembling)

**5**

**B.h.** tap strings with palm, Tap tail-piece with fingertip, tap strings with palm, slam palm to fingerboard, wipe belly with fingertips, Tap tail-piece with fingertip, tap strings with palm, slam palm to fingerboard, tap strings with palm

**F.h.** (mute strings with palm), (lift hand), (mute), slam palm to fingerboard, (mute strings with palm), slam palm to fingerboard, (mute)

**S.f.** It's been

**8**

**B.h.** wipe strings with palm, take bow

**F.h.** wipe belly with fingertips

**S.f.** nine days now since I star-ted ha-ving in-som - ni - a. eve-ry-one keeps tel-ling me that I'll e-ven-tual-ly fall asleep but af - ter a -

**11**

**B.h.** Tap tail-piece with fingertip, slam bow (hair) to strings II & III

**F.h.** wipe strings with palm, Tap strings with fingers 2-3-4, (finger 1 mutes), (mute), slam palm to fingerboard, wipe strings with palm

**S.f.** no-her night of ab - so - lute - ly no sleep I've con - vinced my - self that somethings hap - pened to me.

14

slam bow (hair) to strings II & III

slam bow (hair) to strings II & III

B.h.

E.h.

S.f.

*f* *f* *ff* *mf* *f* *ff* *f* *f* *f*

7:4 7:4 5 3 3 3 3 3 3 3

slam palm to fingerboard

wipe strings with palm

slam palm to fingerboard

wipe strings with palm

The doc - tor has pre - scribed me Ci - ta - lopram for the an -

17

B.h.

E.h.

S.f.

*ff* *f* *ff* *mf* *f* *mf* *f* *subito ff* *f* *subito mf*

wipe strings with palm

5 5 3 3 3 3 3 3

xi - e - ty I'm ex - pe - ri - encing all night. I al - so have slee - ping tab - lets and Di - a - ze - apm in the cup - board but I real - ly don't want to

20

Tap tail - piece with fingertip

slam bow (hair) to strings II & III

slam bow (hair) to strings II & III

slam bow (hair) to strings II & III

slam bow (hair) to strings II & III

B.h.

E.h.

S.f.

*p* *mp* *mf* *mp* *mf* *f* *ff* *f* *f* *f* *f* *f* *f* *f* *f*

5 5 5 7:4 5 7:4 7:4

tap strings with fingers 2-3-4

(finger 1 mutes)

slam palm to fingerboard

(mute)

wipe strings with palm

slam palm to fingerboard

slam palm to fingerboard

take them.

23

Let the wood of the bow rest on the strings III & IV and "resonate" (jump a little because of string movement)

L.B. angular overpressure on strings III & IV (al tallone)

B.h.

E.h.

S.f.

*mf* *f* *pp* *mp* *mp*

3 3 3 3 3 3 3 3

slam palm to fingerboard

Tap fingers rapidly ("rumble") on strings III & IV

(muted strings with palm)

(silent)

Bed creaking

Venetian blinds

26

U.B. Light jeté along strings with bow-hairs flat on strings III & IV

Bow along strings with bow-hairs flat on strings III & IV (don't lift bow from strings)

Col legno tratto on strings I & II (starts with a faint jeté)

B.h. *mp* *p* *p* *mf* *mf* *p*

(punta d'arco)

F.h. *f* *mp* (silent)

S.f. fi-nal-ly tried the smal-lest do-sage of Me-la-to-nin an it worked. I went to sleep at around ten and woke at about one.

29

Let the wood of the bow rest on the strings III & IV and "resonate" (jump a little because of string movement)

L.B. angular overpressure on strings III & IV (al tallone)

B.h. *pp* *mp* *pp* *mf* *mp* *p*

(punta d'arco)

(mute strings with palm)

F.h. *mp* *f* (silent) *f* *mf* *mp*

Tap fingers rapidly ("rumble") on strings III & IV

S.f. I just looked around for a bit but as I moved my head I heard the sound of a man "Nacht..." "Night..."

32

U.B. Bow along strings with bow-hairs flat on strings III & IV (don't lift bow from strings)

Light jeté along strings with bow-hairs flat on strings III & IV

Bow along strings with bow-hairs flat on strings III & IV (don't lift bow from strings)

Col legno tratto on strings I & II (starts with a faint jeté)

B.h. *mp* *mf* *mf* *f* *p* *mf* *mf* *f*

(punta d'arco)

(mute)

F.h. (silent)

S.f. "Blei..." "About..." I could e-ven make out the words he was saying. "Stony..." "Lag..." It start-led me so much that I

35

M.B. angular overpressure on strings III & IV

Light jeté along strings with bow-hairs flat on strings III & IV

slam bow (hair) to strings II & III

estr. sul pont. flautato

B.h. *mf* *f* *f* *mp*

(mute strings with palm)

F.h. *mf* *ff* (silent) sul II

slam palm to fingerboard

S.f. Water tap

star-ted to scream before I stopped my-self.

38

(diagonal bow position) bow on bridge, but also touching the string a bit

with each note bow along string (flautato) once down and up (almost punta d'arco)

II III IV  
↑ ↓ ↑ ↓ ↑ ↓

IV III III II I II III II III IV IV III III II

B.h. *p* *mp* *p* *p* *mp* *p*

E.h. sul II (mute strings with palm)

S.f. Brushing teeth

I've been to the hospital and spent the night where they performed numerous blood tests / Heart EC

41

III II I I II I II I

estr. sul pont. flautato estr. sul pont. overpressure

with each note bow along string (flautato) once down and up III IV

B.h. *mf* *mf* *f* *p*

E.h. sul I

S.f. Water tap Brushing teeth

G Rays/Urine and all came back ok. I had a Sleep Study done and I had to take the

44

III III II I II III IV IV III II I I II III IV III II I II I II III

B.h. *mp* *mf*

E.h.

S.f. Temazepam to sleep (30 mg) and I only went into Stage 1 and 2 Sleep. No cause was

47

II

(diagonal bow position) bow on bridge, but also touching the string a bit

bow ord. estr. sul pont. flautato sul pont. flautato

B.h. *p* *pp* *subito mp* *pp*

E.h. sul II sul I let vibrate

S.f. Water tap found. Dryer

50

B.h. *p* *p* *pp* *p* *p*

E.h. (mute strings with palm) Washing Machine let vibrate

S.f. ||

Last night I woke standing in my back garden. After that I kept nodding in and out of sleep. I didn't note the time but I went back to sleep and woke up again at 3, this time I saw moving

with each note bow along string (flautato) once down and up III  
 ↑↑↑↑↑↑↑↑

III  
 ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓

with each note bow along string (flautato) once down and up III  
 ↑↑↑↑↑↑↑↑

III  
 ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓

c.l.b. on string I punta d'arco  
 sul tasto

c.l.b. on string I punta d'arco  
 (make small random position changes to make a random "melody")

56

B.h. *p* *p* *pp* *mp* *p*

E.h. *mf* (mute) *mf* left hand pizz. (thumb stops, other fingers pluck) left hand pizz. let vibrate

S.f. ||

things and heard the voice of a woman speaking slowly grow louder as I got more awake before it was almost unbearably loud (once again, I could make out words). This time I just rolled over and waited for everything to stop. The voice ended up

with each note bow along string (flautato) once down and up III  
 ↑↑↑↑↑↑↑↑

III  
 ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓

c.l.b. on string I punta d'arco  
 sul tasto

c.l.b. on string I punta d'arco

62

B.h. *p* *mp* *p* *pp* *mf*

E.h. *mf* (mute) *mf* left hand pizz. left hand pizz. let vibrate

S.f. ||

fading before suddenly being interrupted by a very loud noise of a car engine. I didn't sleep for the rest of the night.

with each note bow along string flautato (now without pressure!) once down and up  
 III  
 ↑↑↑↑↑↑↑↑

III  
 ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓

c.l.b. on string I punta d'arco  
 sul tasto

68

B.h. *f* *p* *p* *mp* *mf* *mp*

E.h. (mute) *mf* *mf* *mp* *mf* *mp* sul II

S.f. ||

Water tap Brushing Water tap

I take 7.5mg of Zopiclone everyday and for many days during the week I take 20mg

estr. sul pont. overpressure  
 III III II  
 ↑↑↑↑↑↑↑↑

III III II  
 ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓

with each note bow along string (flautato) once down and up (almost punta d'arco)  
 III III II  
 ↑↑↑↑↑↑↑↑

III III I  
 ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓

ordinary pizz.  
 arco estr. sul pont. flautato

71

with each note bow along string (flautato) once down and up  
IV III II I II I

ordinary pizz.

arco estr. sul pont. flautato

with each note bow along string (flautato) once down and up  
II III II

B.h.

"mp" < "mf" > "mf" "mf" "mf"

F.h.

(mute)

Brushing

Water tap

sul I

(mute)

S.f.

of Zolpidem.

I'm too scared to sleep now.

After 1/2 hours of sleep, I suddenly woke up hearing

74

slam random jete-bows (hair) to strings III & IV so that the strings slam against the fingerboard

(diagonal bow position) bow on bridge, but also touching the string a bit

bow along string (flautato) III IV III II

B.h.

"mp" < "mf" > "mp" > "p" < "mp"

"mf" tremolo slamming against strings III & IV (thumb and other fingers alternating)

"p"

F.h.

sul II

(mute)

S.f.

Water tap

Brushing

voices and sounds of dragging furniture.

I feel like I've gone to sleep after a long time and am rudely awakened and need to

77

slam random jete-bows (hair) to strings III & IV so that the strings slam against the fingerboard

estr. sul pont. flautato

ordinary pizz.

arco estr. sul pont. flautato

bow along string (flautato) II III II III II I

B.h.

"mf" "mf" "mf" "mp" "p" < "mp" > "mf"

tremolo slamming against strings III & IV (thumb and other fingers alternating)

sul I

sul II

(mute)

F.h.

Water tap

Water tap

Brushing

S.f.

rush to the bathroom to rinse out my mouth to remove poison.

If I swallow while rinsing I think I will die.

I have had nightmares but I don't

80

ordinary pizz.

arco (diagonal bow position) bow on bridge, but also touching the string a bit

bow along string (flautato) II III II III

ordinary pizz.

arco slam random jete-bows (hair) to strings III & IV so that the strings slam against the fingerboard

B.h.

"mf" "p" "mf" "mf" > "f" "mf" "f"

tremolo slamming against strings III & IV (thumb and other fingers alternating)

sul II

(mute)

F.h.

Water tap

Brushing

Water tap

S.f.

understand what this is.

One night I woke screaming STOP...

I was crashing my head against the wall.



83

B.h. *estr. sul pont. flautato* *mf* *mf* *f* *mf* *f*

bow along string (flautato) IV III II III II I slam random jete-bows (hair) on III & IV bow along string (flautato) I II I slam random jete-bows (hair) on III & IV

F.h. *sul I* (mute) tremolo slamming on III & IV tremolo slamming on III & IV

S.f. Switch Gas Flame

I really don't think I can take much more of this.

87

B.h. *estr. sul pont. flautato* *pp* *mp* *pp*

F.h. *sul I* *sul I*

S.f. Water tap Pill Bottle

I went to visit a neurologist few times in search for an answer. My EEG turned out fine, but it offered no indication or explanation as to how and what caused all the terrifying symptoms I'm

92

B.h. *mp* *pp* *p* *pp* *p*

F.h. *sul I* *sul I*

S.f. Pill Bottle Water tap

Pill Bottle experiencing. It puzzled him a great deal. All he could do was prescribing me powerful sleeping pills and no further treatment was suggested.

(punta d'arco) Let the wood of the bow rest on the strings III & IV and "resonate" (jump a little because of string movement)

(diagonal bow position) bow on bridge, but also touching the string a bit

Tap fingers rapidly ("rumble") on strings III & IV

97

B.h. *pp* *p* *pp*

F.h. *sul I* Tap fingers rapidly ("rumble") on strings III & IV

S.f. Pill Bottle

I'm still suffering from the same illness day after day, night after night, and there seems to be no end and resolution to it. I don't understand what this is. I never fall

(punta d'arco)  
Let the wood of the bow  
rest on the strings III & IV and  
"resonate" (jump a little  
because of string movement)

sul pont.  
flautato

B.h.

*"mp"*

*"mp" "pp"*

*"f"*

E.h.

Tap fingers rapidly  
("rumble") on strings III & IV

S.f.

asleep on my own without medication. Whenever I close my eyes for a few minutes, odd things happen.

The musical score consists of three staves. The top staff (B.h.) features a series of notes with a '3' indicating a triplet, followed by rests and notes with a 'punta d'arco' instruction. The middle staff (E.h.) mirrors the first staff but includes a 'sul pont. flautato' instruction and dynamic markings. The bottom staff (S.f.) contains rhythmic patterns with 'x' marks indicating finger taps on strings III & IV. The score is divided into measures by vertical bar lines.