

# SCORE

## 389. LISTEN HARD

**Wake up**

**But do not get up**

**And do not turn on the radio**

**Just lie in bed**

**And listen**

**To all the sounds**

**From the most distant**

**To the closest**

**From the far hum of traffic**

**To the sound of your breathing**

**Listen**

**And listen hard**

**Then get up**

**And get on with your day**

**Further Information:**

**This score is to be performed by whoever is sleeping in room 331 of the Novotel, Sheffield.**

**It can also be performed by anyone else, wherever they are lying in bed.**

**This is the fourth of the Sheffield Scores.**