

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.