

Tell us how you fall asleep, with what sounds and sonics
(they can be lullabies, films, TV, stories, etc):

whale song

LBC

Frasier

Cat purring

Rainy cafe

Oceans from the British Library archive

Asmr! (oh dear)

Burzum Ambient Mix

Eat starch and then masturbate (with a sonic)

Eliane Radigue / Ellen Fullman [anything in particular?]

star trek: deep space nine ambient sound for nine hours <3

<https://www.youtube.com/watch?v=SjXGUk6NPEw>

Seals

https://www.instagram.com/p/BxTdNCVHI4K/?utm_source=ig_share_sheet&igshid=2ly5zlxdnhrz&fbclid=IwAR0V0wpL5od9QOWZzqtm2mGwCZJcNVieOjqApB5SIUt6PItTxUKaw9FUwQo

<https://www.noisli.com/>

Library sounds <https://www.youtube.com/watch?v=VSI3WP8sTxE>

<https://www.youtube.com/watch?v=pT1vutd4Gnk>

Recorded interviews with Bertrand Russell <https://www.youtube.com/watch?v=ihaB8AFOhZo>

“Opium” by Christoph da Babalon

Bach transcriptions by Kurtág

Mahler's Fifth

Civilization with Kenneth Clark <https://www.youtube.com/watch?v=w6qYjisp51M>

The Caretaker

Gavin Bryars

Winnicott radio recordings

Alan Bennett reading his diary / military meditation exercises

Rain sounds

Vivian & Ondine by William Basinski

Girl Drop by Lee Gamble

Königsforst by GAS

<https://www.youtube.com/watch?v=1JQbJjM8xLI>

Chemistry tutorials e.g. ‘Making Prussian Blue’

<https://www.youtube.com/watch?v=BtnCynfmBnc>