

11/10/2016 Thom Yorke Created a Playlist to Help You Sleep | Van Winkle's

# Thom Yorke Created a Bedtime Mix To Help You Fall Asleep

*By Paige Towers • July 26, 2016 at 11:40am*

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Most of us wouldn't think to put on a Radiohead album as we crawl under the covers unless we're hoping to sob into our pillow/induce paranoia and nightmares involving and twoway mirrors. Yet, in a sign that Radiohead may be shedding a bit of their doomsayer identity,

recently broadcast a "Bedtime Mix" curated by Radiohead's Thom Yorke.

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trap doors

BBC Radio 1

The mix is introduced by a robotic voice (a reference to "Ok Computer," perhaps?), "I spend a lot of time listening and writing music while halfasleep — music that evolves quietly and slowly like the weather, like nature," it says. "[...] If you're still awake by the end of it, I've done something wrong." Nothing seems to be done wrong here though: the quiet, ethereal songs from such artists as Luke Abbott and James Holden fade into one another, the rhythms and intensity of sounds rising and falling in a way that mimics deep breathing.

So sleep tight because there's no wolf at the door

here — just thoughtful, unobtrusive and inspired music brought to you by the man with the golden voice. In fact, Yorke might even

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induce an appreciative yawn from listeners, when, at minute 11:02, he sings, “Open your mouth wide, the universal sigh.”

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Here's the full tracklist:

*Charlemagne Palestine & Robert Fledman “Electronic and Flute” Luke Abbott  
“Dumb” Radiohead “Melatonin” Thom Yorke “Bloom” (Live) William Winant  
“Trackings I” James Holden “Triangle Folds Inside Out” Laurie Spiegel “The  
Unquestioned Answer”*