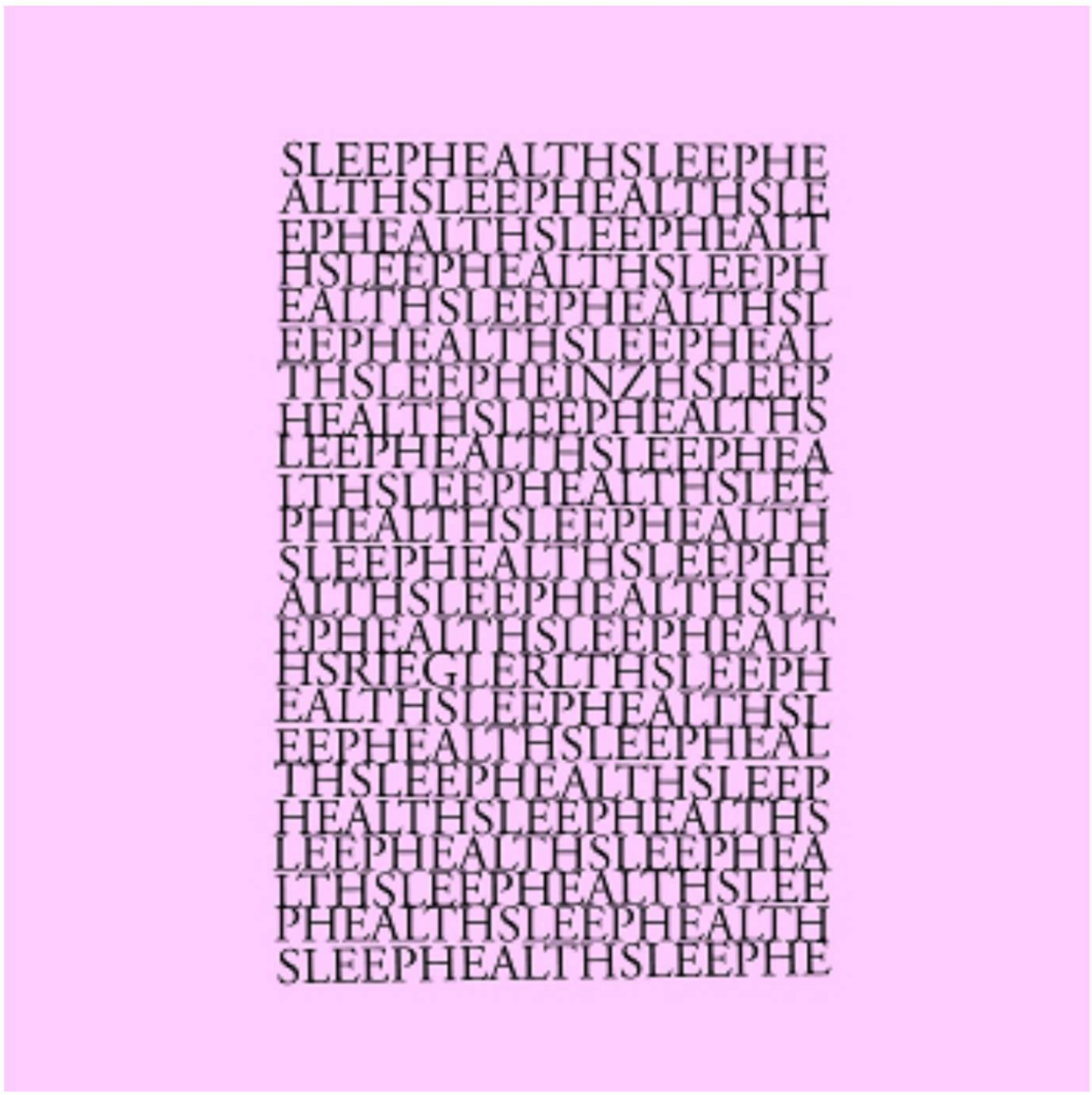
Lists I By Brad Rose

Caught on Tape: the month's essential cassette releases, November 2013



HEINZ RIEGLER
Sleep/Health
(A Guide To Saints)

The label describes this as sedative, and that's spot on. This is music to dream with. On these two side-long pieces that work better as a singular track, Riegler is painting with a lush but understated palette. ItÎs easy to be lulled into a semi-conscious state as ‘Sleep reaches It's peak. Riegler finds the right balance between meditative and beautiful, so that when the listener finally drifts off, the images dancing around in his or her head will be enchanting.
rather than horrific. ‘Sleep/Health' is a wonderful thing.