Insomnia

Another night that I can't sleep,
Another night that I'm awake.
Lost in thoughts so deep, so deep,
If you don't leave me, I'll break.

Insomnia, you keep me up at night.
Insomnia, you won't let me sleep tight.
Insomnia, you are my biggest fight.

Another night and you're still here,
Another day that I'll feel weak.
Meditation, counting sheep,
Nothing makes you disappear.

Insomnia, you keep me up at night.
Insomnia, you won't let me sleep tight.
Insomnia, you are my biggest fight.

Why is it that I'm still awake?
And why am I so full of fear?
Now go to bed and close your eyes,
And sleep for the rest of the night,
To wake up rested like everyone else,
I'm so sick of having this fight with you.

Insomnia, you keep me up at night.
Insomnia, you won't let me sleep tight.
Insomnia, you are my biggest fight.

Another night, it's you again.
Another night with you, my friend.
"Have another glass of wine,"
I tell myself, "and you'll be fine."