

I can't defeat sleep in the middle of the day
All shook up, I wake in sudden disarray
Just a mess tied in sheets and covered in tears
Controlled by the quiet face to face with my fears

Ooh-ooh-ooh, the sun hits a prism
Ooh-ooh-ooh, your ghost in my kitchen
Ooh-ooh-ooh, the sun hits a prism
Ooh-ooh-ooh, your ghost in my
Your ghost in my

Can't feel your pain like before, now it's
Just vaguely a shadow waitin' outside the door, but it
Just keeps comin' up, I was close, almost in the clear
Was holding on for what? Just keeps comin' up
Just keeps comin'

There is nothin' I can do but relax and move on
Unsettled deep breaths tryna reel in the calm
You should take it, you should take it, you should take it, okay
And a mere glass of water I swallow, and it fades

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