Verse 1

I can't get to sleep
I think about the implications
Of diving in too deep
And possibly the complications
Especially at night
I worry over situations
I know will be all right
Perhaps it's just imagination

Chorus

And day after day it reappears

And night after night my heartbeat shows the fear

Ghosts appear and fade away

Verse 2

Alone between the sheets
Only brings exasperation
It's time to walk the streets
Smell the desperation
At least there's pretty lights
And though there's little variation
It nullifies the night
From overkill

Chorus

Day after day it reappears Night after night my heartbeat shows the fear Ghosts appear and fade away Come back another day

Verse 3

I can't get to sleep
I think about the implications
Of diving in too deep
And possibly the complications
Especially at night
I worry over situations that
I know will be all right
It's just overkill

Chorus

And day after day it reappears

And night after night my heartbeat shows the fear

Ghosts appear and fade away

Outro

Ghosts appear and fade away Ghosts appear and fade away