

Oxygen

Joel Adams

I run a marathon inside my head
Every time I try to go to bed
So I just took another Valium
'Cause everything's so loud
I hope the pills can drown it out

I stumble down the hall to find my friend
But I don't wanna wake them up again
But I think I need an ambulance
I think I need one now
I think my body is shutting down

Oh my adrenaline
All this medicine
Is coming to own me

Right now I'm suffocating
And my lungs, they're caving in
Is my heart gonna stop beating
'Cause I'm barely breathing
My head's gone underwater
And my arms won't let me swim
Oh here we go again
Could you hand me some oxygen?

Oh I remember in my younger days
I always had somebody else to play
Got a mirror, it reflects the shame
And it's clear to see
The only one's to blame is me

Now all the chemicals are sinking in
And my anxiety is at a 10
I think I'm going down again
Whoaooh

Stop my adrenaline
No more medicine
Before it'll own me

Right now I'm suffocating
And my lungs, they're caving in
Is my heart gonna stop beating
'Cause I'm barely breathing
My head's gone underwater
And my arms won't let me swim
Oh here we go again
Could you hand me some oxygen?

Here we go again
Could you hand me some oxygen?
Oh here we go again
Could you hand me some oxygen?

My adrenaline
(Could you hand me some oxygen?)
All this medicine

(Could you hand me some oxygen?)
Hand me oxygen
Before it'll own me
Before it'll own me

Right now I'm suffocating
And my lungs, they're caving in
Is my heart gonna stop beating
'Cause I'm barely breathing
My head's gone underwater
And my arms won't let me swim
Oh here we go again
Could you hand me some oxygen?

Here we go again
Could you hand me some oxygen?
Oh here we go again
Could you hand me some oxygen?