Breathe in breathe out
I watch myself in the mirror
I stare into my eyes so tired
Can't sleep tonight again
I lay with my thoughts scattered memories fall
Shadows back and forth over me
Anxious just to do anything

Every night the same old night Every night

It's 3 AM the house is quiet
The TV's on but there's no sound
The sky is black the air has stopped
I can't feel much at all
My blood runs heavy through my veins
Inside of not just me
So I will follow screams of silence

I close my eyes and see myself looking back at me Picture rain coming down on my face just imagine in it Storm clouds raising over me loud cries from the up and into me

Every night the same old thing Every night

It's 3 AM the house is quiet
The TV's on but there's no sound
The sky is black the air has stopped
I can't feel much at all
My blood runs heavy through my veins
Inside of not just me
So I will follow screams of silence

I'd run but where would I go
I'd fly but my wings are broke
And I see it and I wait for the sun
Won't you shine on me, oh

It's 3 AM the house is quiet
The TV's on but there's no sound
The sky is black the air has stopped
I can't feel much at all
My blood runs heavy through my veins
Inside of not just me
So I will follow screams of silence

Silence silence silence...