

## 5th Harm

Okay Kaya

Milk Thistle  
Chamomile  
Lavender tea  
Game of drones  
Magnesium  
CBD  
Tart cherry juice  
Valerian  
Melatonin  
Alcohol  
Passion flower  
Benadryl and weed  
These are a few things that could help me sleep

Thank you for DM'ing me  
I've made this list  
When I lay me down to sleep  
I rest my head  
Flashlit towards eternity  
A soft bed  
Writhing in song  
Up until dawn  
Then I calm down  
And come down