

Get Real Sleep

Runnner

Kill the blue light
Tighten up your feet
Soften your bite
Let your eyelids meet

The day displayed
Fractured and repeating
No force, just lay
Focus on your breathing

Unclairvoyant
Never saw it through
Can't enjoy it
Dangling into noon

The gray unchanged
Plastered to the ceiling
Hovers and hangs
As if I never needed

And if you get discouraged
Just know it takes time
Because it's so uncertain
But it's probably fine

And when you feel it come on
Is it a welcome kind of weakness?
'Cause I could take care of my needs
If I could only get real sleep