I've got patterns in the morning
Patterns in the day
Patterns in the evening when I go out and play
Some days I just can't listen
To the noise inside my head
How do I break free
When I'm feeling almost dead?

Give me one more day
So I can change my ways
Get me back on the road again
Or I'll never leave this place

I've got patterns on the weekdays
Like the rhythms in my heart
I've got patterns in my clothes
And the threads are tearing apart
Sometimes I just can't see you
Somedays I just feel lost
Tell me how I break free
When I never leave the house

Give me one more day
So I can change my ways
Get me back on the road again
Or I'll never leave this place
Give me one more day
So I can change my ways
Get me back on the road again
Or I'll never ever leave this place, hey

I feel rhythms in the night
Rhythms in the night
You know I just can't hide I feel rhythms in the night
I feel rhythms in the night
Rhythms in the night
You know I just can't hide I feel rhythms in the night
Rhythm, oh

One more day
So I can change my ways
Get me back on the road again
Or I'm never gonna leave this place I'm gonna tell you once
One more day
So I can change my ways
Get me back on the road again
Or I'll never leave this place

Hey, hey, hey

Give me
Just one more day
Just one more day
One more day
Or I'll never leave this place