

# nights

thrown

Done waking up in a pool of sweat  
But these terrors never end  
When I close my eyes I go straight to hell

So I stay up late to postpone the pain

Another night feeling like I'm dying  
My body's shutting down and I don't have any idea  
How to cope or break the cycle  
All I know is that I'm fucking tired

Oh God  
Or just anyone, make it stop  
At least give me a night off  
'Cause I'm desperate for rest but getting less and less  
After years of self-neglect

The things I've seen still fucking haunt me in my sleep  
Why do I keep having these thoughts spinning endlessly?

You haven't seen what I have seen  
So there's no need to even try to relate to me

The things I've seen still fucking haunt me in my sleep  
Why do I keep having these thoughts spinning endlessly?  
It's like my own mind is battling me  
Living life on repeat, unable to break free