

Insomnia

Background: Substance abuse, dependency, and addiction are terrible things.

Written: 2023

Arr.	Key	Time	Tuning	Tempo	Style	Capo
1	Am	4/4	Standard	140	Rock	2

Arrangement	1
Intro	Am G F
Verse	Am G Am G F C Dm E
Pre-chorus	F Dm G
Chorus	Am G Am G E
End Chorus	Am G Am G Am G E F Dm E

Chords Used in this Song

Am	G	F	C	Dm	E

Insomnia

Verse

Am

The ceiling stares down

G

Mocking my open eyes

Am

The fan blades spin around

G

Like a helicopter on the rise

F

I feel like Martin Sheen

C

Waiting for a mission to come

Dm

Too tired to sleep

E

Too tired to run

Pre-chorus

F

Exhaustion hurts my mind

Dm

G

This fever drives me blind

Chorus

Am

Insomnia, hear the clock tickin'

G

Insomnia, feel your pulse quicken

Am

Insomnia, feel your gut sicken

G

Insomnia

E

Insomnia

Verse

Am

3am comes and goes

G

Like a ghost in the mist

Am

Tempted to float away with him

G

It takes all of you to resist

F

The moon casts shadows

C

Across the window shade

Dm

You squeeze the medal

E

Hope thoughts of relapse fade

Pre-chorus

F

Exhaustion hurts my mind

Dm

G

This fever drives me blind

Chorus

Am

Insomnia, hear the clock tickin'

G

Insomnia, feel your pulse quicken

Am

Insomnia, feel your gut sicken

G

Insomnia

E

Insomnia

Solo

Verse

Am

Daylight paints the windows

G

Bleeds between the blinds

Am

Another sleepless night ends

G

Not sure you're glad to survive

F

The mirror mocks your image

C

That can't be your real face

Dm

Feigned hope and desperation

E

You hoped the night would erase

Pre-chorus

F

Exhaustion hurts my mind

Dm

G

This fever drives me blind

Chorus

Am

Insomnia, another sun rise

G

Insomnia, more bloodshot eyes

Am

Insomnia, sweat soaked sheets

G

Insomnia, oppressive heat

Am

Insomnia, hear your heart wail

G

Insomnia, feel your lungs exhale

Am

Insomnia, voices in your head

G

Insomnia, fill your mind with dread

E F

Insomnia, feel worse than dead

Dm

Insomnia

E

Insomnia

Insomnia

Verse

The ceiling stares down
Mocking my open eyes
The fan blades spin around
Like a helicopter on the rise
I feel like Martin Sheen
Waiting for a mission to come
Too tired to sleep
Too tired to run

Pre-chorus

Exhaustion hurts my mind
This fever drives me blind

Chorus

Insomnia
Hear the clock tickin'
Insomnia
Feel your pulse quicken
Insomnia
Feel your gut sicken
Insomnia
Insomnia

Verse

3am comes and goes
Like a ghost in the mist
Tempted to float away with him
It takes all of you to resist
The moon casts shadows
Across the window shade
You squeeze the medal
Hope thoughts of relapse fade

Pre-chorus

Exhaustion hurts my mind
This fever drives me blind

Chorus

Insomnia
Hear the clock tickin'
Insomnia
Feel your pulse quicken
Insomnia
Feel your gut sicken
Insomnia
Insomnia

Solo**Verse**

Daylight paints the windows
Bleeds between the blinds
Another sleepless night ends
Not sure you're glad to survive
The mirror mocks your image
That can't be your real face
Feigned hope and desperation
You hoped the night would erase

Pre-chorus

Exhaustion hurts my mind
This fever drives me blind

Chorus

Insomnia
Another sun rise
Insomnia
More bloodshot eyes
Insomnia
Sweat soaked sheets
Insomnia
An oppressive heat
Insomnia
Hear your heart wail
Insomnia
Feel your lungs exhale
Insomnia

Voices in your head
Insomnia
Fill your mind with dread
Insomnia
Feel worse than dead
Insomnia
Insomnia

Insomnia

<p>Capo on 2</p> <p>Verse: Am G Am G F C Dm E</p> <p>Pre-chorus: F Dm G</p>	<p>Chorus: Am G Am G E</p> <p>Last Chorus: Am G Am G Am G E F Dm E</p>
<p>Verse</p> <p>The ceiling stares down Mocking my open eyes The fan blades spin around Like a helicopter on the rise I feel like Martin Sheen Waiting for a mission to come Too tired to sleep Too tired to run</p> <p>Pre-chorus</p> <p>Exhaustion hurts my mind This fever drives me blind</p> <p>Chorus</p> <p>Insomnia Hear the clock tickin' Insomnia Feel your pulse quicken Insomnia Feel your gut sicken Insomnia Insomnia</p> <p>Verse</p> <p>3am comes and goes Like a ghost in the mist Tempted to float away with him It takes all of you to resist The moon casts shadows Across the window shade You squeeze the medal Hope thoughts of relapse fade</p> <p>Pre-chorus</p>	<p>Chorus</p> <p>Verse</p> <p>Daylight paints the windows Bleeds between the blinds Another sleepless night ends Not sure you're glad to survive The mirror mocks your image That can't be your real face Feigned hope and desperation You hoped the night would erase</p> <p>Pre-chorus</p> <p>Chorus</p> <p>Insomnia Another sun rise Insomnia More bloodshot eyes Insomnia Sweat soaked sheets Insomnia An oppressive heat Insomnia Hear your heart wail Insomnia Feel your lungs exhale Insomnia Voices in your head Insomnia Fill your mind with dread Insomnia Feel worse than dead Insomnia Insomnia</p>