

Sleep Songs

Insomnia

Symptoms:

Only the most
dicey of
memories
on repeat —
a kind of
sneaky
rumination,
unsavory
and vexing—
Invisible
crawlies
itchy
and torrid—
a swollen fish
out of water —
Eventually:
Numbness.

Hypnagogia

Side effects:

some kind of prickly
dizzy thought —
some kind of tingly
cognizance
that something
has been lost —
maybe only
temporarily
misplaced
among dishevelled
gray matter —
a kind of hopeless
discontented wonder —
a familiar
tip-of-the-tongue
frustration—
Eventually:
capitulation.