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## Insomnia

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## INSOMNIA

An imprisonment in its own right  
Unable to sleep while another snores  
Head racing with words forming sentences  
Questions left lingering in the dark.

Tortured and teased  
Hair messed up too,  
The couch a cold island of solitude  
O to be able to drift away  
Into the world my beloved resides!

What good is my adoration?  
My love expressed on shut ears...  
Time elapsing in a sordid state of mind  
Since sleep is the same as death  
In the notch time.

Frustrated, nearly frightened and most certainly  
Alone,  
Prayers to God silently whispered into night,  
Petitions for clemency,  
An exemption of sorts

From the sentence imposed by  
Another's peaceful slumber  
In the next room.

— *Jean Young*