

When a need can't be met
When the table's been set
When you've outplaced your bet
When you cannot forget
When you fall fast asleep
And when you're staring at me
When the switch can't be found
You just wait to come back around

Help me out, help me out of my head
Cause I've been staying around this bed and that ain't me
I can't break it down, my faith is all that's left
But faith don't feel that much when you're sleeping so far in
In and out, in and out of my head

You've crossed the line and now you're scared
All that's good's gone south of fair
Still, you stay in that tree house
Your pride would dare not come down
And all your friends say, "Be smart."
But your heart's feeling dumb
Cuase your story's sticking out
Like a beat-up, sore thumb

Help me out, help me out of my head
Cause I've been staying around this bed and that ain't me
I can't break it down, my faith is all that's left
But faith don't feel that much when you're sleeping so far in
In and out, in and out

When you can't feel the sun
Cause you feel old and more undone
And all your dreams say you're stuck
And well, you dream them way too much
How a joke'll leave so fast
When a smile is out of gas
What you'd give to turn around
To get one foot out, out of this town

Help me out, help me out of my head
Cause I've been staying around this bed and that ain't me
I can't break it down, my faith is all that's left
But faith don't feel that much when you're sleeping so far in

Help me out, help me out of my head
Cause I've been staying around this bed and that ain't me
I can't break it down, my faith is all that's left
But faith don't feel that much when you're sleeping so far in
In and out, in and out
In and out of my head