This song's for every heart that thinks it doesn't go to sleep tonight

Your thoughts, and ways, are making plans to stay up and maybe do some crying

Overthinking, overworked, overwhelmed and tired I know it sounds crazy but maybe you should try

A grown up lullaby, close your eyes
Count to three
Don't stress about tomorrow
Don't stress about who you used to be
The past is gone, and the future isn't here
But here is here
And I think you should try a grown up lullaby

This verse is for someone who's mind is racing overthinking everything

You want to talk it out but then again you just want quiet and peace

Analyzing every single word you've ever said Strategizing how to get the replay out your head

A grown up lullaby, close your eyes
Count to three
Don't stress about tomorrow
Don't worry about who you used to be
The past is gone, and the future isn't here
But here is here
And I think you should try, a grown up lullaby

Oh-oh, this is heavy
Life is heavy
But there's freedom, when were resting
This is heavy, life is heavy
But there's freedom, when were resting

A grown up lullaby, close your eyes
Count to three
Don't stress about tomorrow
Don't worry about who you used to be
The past is gone, and the future isn't here
But here is here
And I think you should try a grown up lullaby

And here is right here

And I think you should try, a grown up lullaby

Agrown up lullaby

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Oh-oh-oh, a grown up lullaby