```
Every time I can't get to sleep
I struggle with my conscience
Promises I cannot keep
Running out of patience
Every time I sleep I cannot keep my sanity (Sanity)
Every time I wake I cannot fake my anxiety
This is my nightmare -- this is not a dream
This is my nightmare -- this is not a dream
Fighting through the dead of the night
Waiting for the sun
Waking in a state of fright
Nowhere left to run
Every time I sleep I cannot keep my sanity (Sanity)
Every time I wake I cannot fake my anxiety
This is my nightmare -- this is not a dream
This is my nightmare -- this is not a dream
Try to dream of sunshine -- all I see is rain
Senseless aggravation -- messing with my brain
Messing with my brain
Every time I sleep I cannot keep my sanity (Sanity)
Every time I wake I cannot fake my anxiety
This is my nightmare -- this is not a dream
This is my nightmare -- this is not a dream
This is my nightmare -- this is not a dream
This is my nightmare
```