

# Sum 41, Hyper-Insomnia-Para-Condrioid

Silence is ringing in my head  
Stuck on repeat  
Not much longer I'll be dead  
So just forget me  
I'm losing my mind  
And I don't think you could save me this time

And it goes

On and on  
And I just feel helpless  
how long will this take to wear off?  
On and on  
When will I get through this?  
Welcome to my own down and out

I'm falling deeper in this hole, to disaster  
I'm gripping what I thought control, was falling faster  
I'm losing my mind  
And I don't think you could save me this time

And it goes

On and On  
And I just feel helpless  
how long will this take to wear off?  
On and on  
When will I get through this?  
Welcome to my own down and out

It's dragging on  
I'm wearing thin  
I can't stop these walls  
They keep caving in  
It's gone too far  
Where's my mind?  
Why can't time stop fear this paranoia?

It's a never ending story!  
and it starts with me!  
It's a never ending story!  
And it starts with me!

And it goes

On and on  
And I just feel helpless  
How long will this take to wear off?  
On and on  
When will I get through this?  
Welcome to my own down and out

Welcome, welcome  
welcome to my own down and out  
Welcome, welcome  
To my own down and out  
(I'm falling further)  
Welcome to my own down and out