

INSOMNIA

by Amy D. Carlson

Pain
Fighting for sleep
Awake
Sweating
Swearing
Pain like an ache
Aching
Eating
Toast with cranberries and walnuts
Adjust the bed
Adjust the pillows
Covers off, covers on
Why won't my muscles relax?
Pain
Aching
Sweating
Swearing
Roll
Hear something
It's the dog
It's a voice
No, it's the dog.
Why won't my muscles relax?
It's a voice.
No, it's the dog.
Pain
Aching
Roll
Thirsty
Drink
I have to pee
No, I don't
Maybe I should
Go pee
Ugh
More toast?
No
It's a voice.

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No, it's the dog.
Roll
Put the phone down
Distract
Breathe
Relax
Why won't sleep
Sleep
More melatonin?
No
Need to be awake tomorrow.
Sleep
Legs heavy
Ears ring
Eyes sing with need
Closed eyes blossom color
Why. Sleep.
Please
Pain
Heaviness
Ping
Awake