

To those who suffer physical disability and have suffered mentally, I have great empathy and share with you through My Darkness, Asylum the Best, Naoimi to Retreat First impressions, Ode to York Friends, Oh! Drink Oh! Feck, The Art of a Fart a Social Taboo, Piss this Trivia, The Nurse, Inspiration My Lasting Impression, Sleep and Let Me Be.

Sleep

Oh how nice it is to sleep
Get off to an early one, so deep
No noise or alarm, no not a peep
Just rest and sleep, sweet dreams to keep

To wake at ease, after a dream
Rise late on, with a sunbeam
Walk in the shine, no rain to teem
Feel good, feel cool, a problem not seem

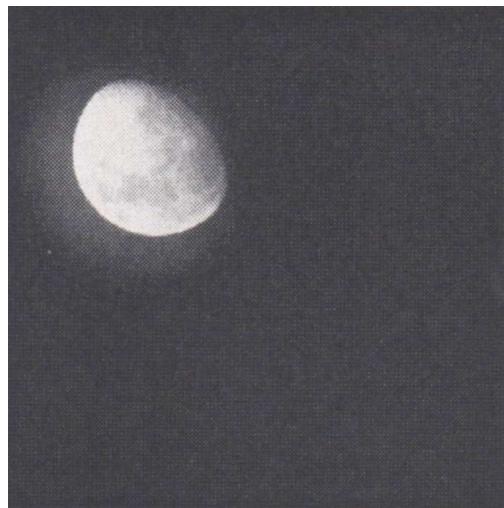
Run along the sea shore, a wave to leap
Watch the fun rides, go beep beep
Young happy faces with lollies that seep
Time to go home, a time now to weep

Sleep interrupted, it's another nightmare
Hope not so many, for good folk to bear
Remembering the good times, to keep them rare
Up at the ceiling to look and stare

Work hard all day, no job's so dire
Played a few games, with energy all fired
Relax to fine music, with headphone all wired
At the end of the day, feet up, just tired

Watch a good movie, in that favourite chair
Doze for a while, then time for the stair
All rest assured and no one to care
Settle in best position, no ceiling so bare

Morning has broken, from night into day
No nightmare has spoken, as often it may
Best dream to now keep
For a good night to sleep



Sleep