

**Title: Insomnia**

**Subtitle: Poetry**

Author: wizanda

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Keywords: Insomnia, Sleep, Help

Summary: A poem that helped me sleep...

Stuck in thought,  
Wandering free in our mind;  
Only problem is when we ought to sleep,  
Yet we can't get a peep,  
Because we need to hide in the deep.  
To rest from the test,  
Give up all the stress.  
Don't think so deep,  
To find some sleep,  
Else we won't get a peep!