

## Sum 41

### "Hyper-Insomniaparachondroid"

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the Silence is still ringing in my head  
Stuck on repeat  
Not much longer Ill be dead  
So just forget me  
Im losing my mind  
And I dont think you could save me this time

And it goes

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

Im crawling deeper in this hole, to disaster  
Im gripping what I thought control was falling faster  
Im losing my mind  
And I dont think you could save me this time

And it goes

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

it's dragging on  
Im wearing thin  
I cant stop these walls  
They keep caving in  
Its gone too far  
Where is my mind?  
Why cant I 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

(Chorus)  
On and on  
And I just feel helpless  
How long will this take to end?  
On and on  
When will I get through this?  
Welcome to my own down and out

Welcome, welcome  
(its been fair waiting)  
Welcome to my own down and out  
Welcome, welcome  
(im falling further)  
welcome to my own down and out

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