

Insomnia

Kay Lauriano

1 Who understands the aching pain in one's heart
2 at the most ungodly hours of the night, or
3 the sleep deprivation and physical exhaustion that comes
4 with Insomnia?
5 Who understands the bundles thoughts
6 swirling around one's mind like delicate snowflakes, while the sun falls asleep, and
7 my only one awake is me lying
8 in complete silence and my only friend is
9 the man in the sky?
10 Who understands the insanity of one's
11 heartbeat piercing through the silence, melting
12 those snowflakes with one touch?
13 Who Understands the surge of unexplainable creativity, rushing
14 through each and every vein late at night when the sky
15 is dull?
16 Who understands the pen flying across my blank
17 canvas at the break of dawn, restlessness, and the
18 manifesting energy that I can't comprehend
19 Who understands the unanswerable questions to life's
20 philosophies, or my mind taking me down a deep
21 dark spiral into never ending pit of anxiety and question
22 Who understand the stories, poems, and fantasies I conjure
23 that can practically write themselves
24 Who understands the feeling of one's eyelids heavy as
25 weights bearing down, eyes so sleepy wanting to fall into sleep.

26 ,but when my body surrendered to the fatigue
27 and I can finally get the rest I need,
28 Who understands the pure bliss of sleep?
29 Who Understands the glorious feeling of
30 melting into the sheets and dreaming in serenity?
31 Who Understands what it's like to appreciate
32 the gift of sleep more than me?
33 Who understands the sleepless nights, repeating
34 and the feeling of finally sleeping through the night?

35 Who understands waking up the next day
36 refreshed, only to have it all repeat again?
37 Who understands?
38 Who understands any of this but me?

Parallelism: In the first stanza the lines are longer and more descriptive while the lines in the second stanza are short

Repetition: I used repetition by using "Who Understands" every time there was a new thought

Metaphors: "while the sun falls asleep" and "pen flying across my blank canvas"

Similes: "Thoughts swirling around one's mind like snowflakes" and "eyelids so heavy as weights"