Melatonin

A Tribe Called Quest

I said I rarely dream in color, but (they don't know)

And every brother ain't a brother, but (they don't know)

Pop melatonin like they Swedish fish (they don't know)

To give her everything's my dying wish (they don't know)

Roleplay, she plays the mannequin (they don't know)

Raising my hand, teacher says not again (they don't know)

The sun is up, but I feel down again (they don't know)

On just one hand I can count all my friends (they don't know)The understudy for the star, the show must go on

I'm a beast on a leash, I'm towed from the lawn

Another notch in my belt, the food's getting scarce

Another notch in my belt, she shakes up the stairs

Drink liquid confidence, tequila's our defense

Get rid of this tense, and makes life make some sense

As I come off the fence and break through defense

Anxiety is on the ropes and it's getting intensePopulation getting tired now (they don't know)

Everybody wants to inspired now (they don't know)

Racist emails fire out (they don't know)

We did it in the dark, it's coming out (they don't know)

The world is crazy and I cannot sleep, but (they don't know)

Melatonin ain't good enough to eat, but (they don't know)

I read the papers so that I can see what (they don't know)

I rather stay indoors and make a beat, but (they don't know) My mother said a lot of wise words to me

Her Bible was like her toolie

Peasy headed and unruly I made her think she got to me

Following the trail of reefer, and niggas talking through speakers

Fattest laces, through my sneakers, the rappers were ghetto preachers

Thought I had it so I tried it, for so long I would just hide it

Then I made the crowds say "oh", smoking more and get excited

I was hooked, I couldn't shake it, the more I got the I would take it

Couldn't eat, couldn't sleep, but this life I would not forsakenI said I rarely dream in color, but (they don't

know)

And every brother ain't a brother, but (they don't know)

Pop melatonin like they Swedish fish (they don't know)

To give her everything my dying wish (they don't know)So many thoughts in my mind making it very hard to unwind

Guess I should take one, just one

So many thoughts in my mind making it very hard to unwind

Guess I should take one, just one

So many thoughts in my mind making it very hard to unwind

Guess I should take one, just one
So many thoughts in my mind making it very hard to unwind
Guess I should take one, just oneThis one's for good girls that all gone bad
This one, I'm taking when I feel sad
This one, I'm taking to make me strong
This one, I'm taking so that I'll live long
This one, I'm taking to make me smile
This one, I'm taking to make life worthwhile
This one and that one and those and these
I just want to sleep I want to be at ease

Songwriters

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