

# Goodnight Laura

## Spoon

Good Night Laura

Don't you know your bed awaits and now it's time for sleeping

Goodnight Laura, close your eyes

Your worries are meant to stop for now

You know they're not for keeping

If you want to fall asleep, be very still

And you close your eyes and slow yourself and let your worry leave you

And let go of it all just for this evening

Alright

Alright

You can fall asleep by being very still

And let your breath slow down

And when you think your thoughts be sure that they are sweet ones

Don't you know, love, you're alright

You're alright

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