

Noise 24/7

by Mark Bickel

As I lay quietly in bed,
An awful noise echoes deep in my head.

Some may hear a tone, maybe two,
But I have three, cuz two wouldn't do.

Now the loudest sound that penetrates the thickest,
Sounds like a forest full of angry crickets.

I used to enjoy their song in the woods,
However, now I despise them more than anyone should.

The next tone I hear is a little bit higher,
It mixes in with the crickets to form a small choir.

Its ringing is constant and high in pitch,
There is no stopping it for it has no off switch.

Tone number three is really unique,
Its tone I can control by gritting my teeth.

Yes the harder I clamp my jaws together,
The more the pitch raises above all the others.

Some doctors say it's a mental sound loop,
That's causing my brain to feel like such poop.

Officially tinnitus is what it has been labeled,
But that doesn't matter if soon I'm disabled.

All I know is that I wish it would stop,
It's driving me crazy, and I'm about to drop.