- 1. I sing myself to sleep, a song from the darkest hours Secrets I can't keep inside all the days Swing from high to deep extremes of sweet and sour Hope that God exists, I hope, I pray Drawn by the undertone, my life is out of control I believe this wave-well, bear my weight, so let it flow
- R: Oh sit down, oh sit down, oh sit down
 (sit down, sit down, sit down, sit down)
 Sit down next to me
 Sit down, down, down, dow-own in sympathy
 (sit down, sit down, sit down, sit down)
- 2. Now I'm relieved to hear that you've been to some far out places

It's hard to carry on when you feel all alone
Now I've swung back down again, it's worse than it was befor

If I had to see such riches I could live with being poor

R: Oh sit down...

*: Those who feel the breath of sadness, sit down next to me
Those who find they're touched by madness, sit down next to
me

Those who find themselves ridiculous, sit down next to me

R: Oh sit down... (2x)