

Roland Boole (pictured) is a poet, artist and author from Kilburn. He is regularly contributing poems from his extensive collection.

Roland's contribution for this issue is about something that most of us will have experienced at some point – sleepless nights.

SLEEPLESS NIGHTS

*If I lie on my left side in bed, I stay awake
thinking how long falling asleep will take,
or nonsense like; how long is a piece of string,
or any other useless thing.*

*If I lie on my right side, I cannot sleep
because I'm imagining things too deep.
Sometimes I imagine living on a cloud
or no one talking in a football crowd.*

*If I lie on my back, sleep won't come,
I'm ensuring my plans for tomorrow are done.
I imagine a meeting that's going to take place
and worry that I'm going to fall flat on my face.*

*If I lie on my tummy, I'll begin to toss and turn
and stay awake wondering if I'll ever learn
just how can I fall asleep without any delay
instead of thinking the night away.*



By Roland Boole

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