Falling asleep

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A sudden twitch as you begin to drift.
It's quick. Sometimes with a frisson of fear:
about to plummet from a cliff.

It too has a name, known to few,
but nameless it remains to most of us.

Will you conclude it was intrusions of a dream?
An aura saturating the room,
the perimeter of bedposts
marking off the architecture in the room?

Or, a replay of that moment when
your older brother halfway slipped
gripping your hand down in that dim well,
while your dad, oblivious,
forever rounds the barn?

Perhaps, a synapse snapping off
after thirty years, the memory of a lover,
each of you a shadow spent,
now on your own side of another bed?

Or, by its truest name,
hypnagogic myoclonus passing through,
broaching on a terror as you age:
encroaching loss of self-control.

Or just, as realization hardens in the dark,
your body practicing for death,
objecting one last time
to letting go?

MORE ONLINE

Audio

Listen to Dr. Forsbergh
read this poem.

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