

# COUNTING SHEEP

---

## TWIN CHAMELEON



I was counting sheep  
You were grinding teeth  
Wondering if we'd ever settle down  
And get to sleep

Some things that we said  
Snuggled up in bed  
Wedged themselves into  
The empty space between our heads

Breathing side by side  
Haven't seen your eyes  
Since you turned your back  
And slipped away from me last night

Bodies rise refreshed  
Minds left unaddressed  
Thoughts that tossed and turned all night  
Must now be put to rest

I'll die  
Before I  
Say you were right  
I'm sure  
This time

I'll just say goodbye

These sheets are too white, get ready to fight

*Counting Sheep* was a melody with placeholder lyrics for a long time. “I was counting sheep / you were grinding teeth” was solidified, but that was it. The rest of the lyrics didn’t come until someone said, “The song is being recorded in three days. You should probably write some lyrics.” I sat on a bench in the Charles River Esplanade and wrote the lyrics in 20 mins (a few tweaks and additions were made afterward, but that story isn’t as cool).

That was the only time something related to *Counting Sheep* happened quickly.

The song has had a long journey - literally. Recording began in 2015 at a Boston recording studio and ended in a Los Angeles hall closet in 2019 with the acapella vocal at the end of the song (you get to hear my voice 4 years apart). The creation of *Counting Sheep* has been a long and tedious process, and I have many people to thank for their incredible hard work and even more incredible patience with my nit-picky perfectionism (their names are in the credits).

- Mitch



## Counting Sheep

Runtime 3:58

Written by:  
Mitch Van Bree + Lydia George

Produced by:  
Evan Dollar + Mitch Van Bree +  
Sam Smalley

Mixed by:  
Evan Dollar

Recorded by:  
Peter Geiser + Evan Dollar

Mastered by:  
Jonathan Wyner at M Works  
Mastering

Vocals:  
Mitch Van Bree + Lydia  
George

Guitar:  
Evan Dollar + Rupert Smith +  
Mitch Van Bree

Bass:  
Mitch Van Bree

Drums:  
Sam Smalley

Art Direction by:  
Frank Harvey + Mitch Van  
Bree

Cover Photograph by:  
Lawrence Blackwood

Booklet Photography by:  
Ben Nickelson

Special Thanks:  
Heidi, Jesse