

= 4 in the Morning =

" 4 in the Morning " is a song by American singer and songwriter Gwen Stefani from her second studio album *The Sweet Escape* ( 2006 ) . It was written by Stefani and co @-@ written and produced by Tony Kanal , with additional production by Mark " Spike " Stent . Interscope Records serviced the song to US mainstream radio on May 8 , 2007 , as the album 's third single ; elsewhere it was released in June 2007 . Described as one of her favorite songs on the album , Stefani began writing the song while pregnant and finished with Kanal , having Roberta Flack and Billy Idol hits as influences to build the track .

" 4 in the Morning " was defined as a 1980s @-@ inspired midtempo synthpop ballad , with its instrumentation of a light keyboard during its intro through its break , a guitar , synthetic strings and a slick sheen . Lyrically , the song talks about a relationship on the edge , with the protagonist trying to save her love . The song received generally positive reviews from music critics , who noted it as an improvement over her last singles , while praising its tempo and highlighting her vocals .

Commercially , it failed to replicate the commercial success of previous singles in the United States , peaking at number 54 ; it proved to be successful elsewhere , reaching the top @-@ ten in New Zealand and Australia , while reaching the top 20 in several European countries . Its accompanying music video was directed by Stefani 's longtime collaborator Sophie Muller and features the singer lying in bed and walking around her apartment while performing the song in a melancholic mood . The song was performed during *The Sweet Escape Tour* and in some concerts Stefani made during 2015 .

= = Background and writing = =

Stefani began working with No Doubt bassist Tony Kanal for her second solo album just after finishing the *Harajuku Lovers Tour* in late @-@ 2005 , referring to him as her " comfort zone " . They two wrote " 4 in the Morning " based on a tape of melodies left from working on Stefani 's debut album *Love . Angel . Music . Baby .* ( 2004 ) . In a webisode for the recording process of the album , Stefani admitted that she was inspired on ballads such as Roberta Flack 's " Killing Me Softly with His Song " and Billy Idol 's " Eyes Without a Face " , because she wanted a " nice ballad " on the record . It was one of the last songs recorded for the album , and during a Q & A she as one of her favorite songs on the new album , because it " brings pleasure to [ her ] ears . " The song was serviced to US mainstream radio on May 8 , 2007 as the album 's third single . Its CD single , containing the album version , two remixes and its music video , was released elsewhere from June 22 , 2007 .

" 4 in the Morning " was written by Stefani and Kanal , who was also responsible for its production , while Mark " Spike " Stent provided additional production . Described as a " 1980s @-@ inspired " midtempo synthpop ballad , the track 's instrumentation includes a " light " keyboard , which " runs tie the song together from intro through break " , a guitar , synthetic strings and a slick sheen . " 4 in the Morning " has a midtempo beat , which according to some critics is " perfect for a slow dance " . Stefani 's vocals throughout the song 's chorus presents a " fast @-@ talking " approach . Lyrically , " 4 in the Morning " talks about transparency in a romantic relationship , with the protagonist pleading for a lover to make up his mind . Bill Lamb of About.com added that the song also deals with a relationship on the edge , which can be seen in the lines : " I 'm lying here in the dark , I 'm watching you sleep , it hurts a lot . " In the chorus , she sings : " I give you everything that I am / I 'm handing over everything that I 've got / ' cause I wanna have a really true love . "

= = Critical reception = =

" 4 in the Morning " was generally well received by contemporary pop music critics . Stephen Thomas Erlewine of AllMusic called it " coolly sensual " , noting that " those celebrations of cool synths and stylish pop hooks that work the best for Stefani . " Billboard editor Chuck Taylor called it " a melodic retro ballad that could have come from 1983 's *Flashdance* soundtrack " , praising the

track for " pay [ ing ] homage to a time when hooks were more meaningful than aligning with hostage @-@ taking producers . " Gary Graff of the same publication wrote that " Stefani 's Madonna reverence remains intact " on the song , with Washington Post ' s J. Freedom du Lac agreeing , noting a " Madonnaism " on the track . Amanda Murray of Sputnikmusic also thought that the song " recalls a ' Crazy for You ' -era Madonna , " also noting that it is " pure Stefani - and understandably , [ it 's ] far superior to any of her attempts at mimicking other artists . " Norman Mayers of Prefix Magazine wrote that the song " soar [ s ] thanks to Stefani 's girlish vocals and brilliant hook that reference iconic moments from Madonna and Tears for Fears . " Bianca Gracie of Idolator called it " a breezy yet emotive ? 80s @-@ ballad that highlights her tender vocals . " Alex Miller from NME described the song as " an expertly conceived tear @-@ jerker " , stating that " [ i ] t feels like the kind of song a teenage Stefani , miming along to Talk Talk , would have dreamt of singing one day . "

Bill Lamb from About.com cited " 4 in the Morning " as the best song from The Sweet Escape , calling it " beautifully performed and produced " and noting that Stefani " allows her signature vocals to sensually float and glide through the lyrical content . " In a similar mode , a write for CBBC enjoyed that the song is " a melancholy and reflective ballad about relationships , which is a breath of fresh air for Gwen , " praising its " catchy melody and woeful lyrics . " Nick Levine of Digital Spy compared it to Robert Palmer 's " Addicted To Love " , writing that " it confirms what is rapidly becoming a universal truth : Gwen Stefani is far more likeable when she channels her new wave roots than when she tries to mould herself into a ghetto fabulous urban hipshaker . " Sal Cinquemani of Slant Magazine praised Kanal 's production for making the song " less forced and much less self @-@ conscious . " Quentin B. Huff of PopMatters referred to it as one of the " few real compositions " from the album . John Murphy of musicOMH agreed , writing that " she sounds great " on " the lovelorn ballad . " Pitchfork Media 's Mark Pytlik , however , disapproved of the song , commenting that it destroyed " the mallpop cred that Stefani accrued with L.A.M.B. ' s impeccable ' Cool ' . " Spence D. of IGN was also critical with the song , calling it " the most generic , mainstream , and blas ę -blah pop song on the entire album . "

= = Commercial performance = =

In the United States , " 4 in the Morning " debuted at number 76 on the US Billboard Hot 100 for the week of June 9 , 2007 , before peaking at number 54 on the issue dated August 4 , becoming Stefani 's lowest @-@ peaking solo single on the chart at the time and her first to miss the top 50 . It was somewhat more successful in the mainstream market , reaching number 30 on the Pop 100 chart and the top 20 of the Mainstream Top 40 and Pop 100 Airplay charts . The song was successful at the clubs and reached number two on the Hot Dance Club Play . The single fared better on the Canadian Hot 100 , where it peaked at number 17 , but was more successful outside of North America . In Australia , the song debuted and peaked at number nine on the ARIA Singles Chart , meanwhile it debuted at number 36 and three weeks later it peaked at number five on the New Zealand Singles Chart . It became the album 's third top @-@ ten single in both countries .

In the United Kingdom , the song peaked at number 22 on the UK Singles Chart and remained on the chart for 10 weeks . It fared better in the rest of Europe , reaching the top five in Romania , the top @-@ ten in Finland , and the top 20 in Austria , Germany , Ireland , Italy , the Netherlands , Norway , Slovakia , and Switzerland . In France , the song managed to reach number 21 , which was her first solo single to miss the top 20 since " Cool " , which peaked 11 places lower .

= = Music video = =

The music video was directed by Sophie Muller and features a tearful and distraught Stefani , lying in bed as she begins to sing to the camera . In a white inside @-@ out L.A.M.B. T @-@ shirt , she wanders around her apartment lost and questioning her lover , who is in fact absent from the video . The lyrics describe an argument , which she has with an off @-@ screen lover throughout the video . After lying around her apartment and crying during a bath , she leaves her house at night and

travels in a car , as she sits tearfully in the back . The video ends with Stefani rolling on the bed .

" 4 in the Morning " was given a " First Look " on MTV 's Total Request Live on April 27 , 2007 and peaked at number seven on May 9 . On MuchMusic 's Countdown , it became Stefani 's second least successful charting video ( next to " Early Winter " , which peaked at number 23 ) since 2005 's " Luxurious " , peaking at number seven for two consecutive weeks after a slow ascent .

= = Track listings = =

UK and German CD single

" 4 in the Morning " ( Album Version ) ? 4 : 51

" 4 in the Morning " ( Thin White Duke Edit ) ? 4 : 55

Australian and German CD maxi single

" 4 in the Morning " ( Album Version ) ? 4 : 51

" 4 in the Morning " ( Thin White Duke Edit ) ? 4 : 55

" 4 in the Morning " ( Oscar the Punk Remix ) ? 5 : 41

" 4 in the Morning " ( video ) ? 4 : 24

= = Credits and personnel = =

Credits adapted from the liner notes of The Sweet Escape

= = Charts = =

= = Release history = =