“Go to Bed, Now You're Dead”: Suffocation Songs and Breath Control Games

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Abstract

In this essay I examine relevant studies by folklorists, psychologists, anthropologists, and specialists in other fields. I also consider portrayals of breath control games on the Internet that have significantly influenced public perception. After presenting some recent examples of games gathered from young adults, I draw a few conclusions and raise questions for future study.
Suffocation will be releasing its first new album in four years titled Of The Dark Light on June 9, and you can finally rest easy knowing that the band is still pure fucking death metal! The band’s new track “Your Last Breaths” starts off heavy as balls, never lets up, and only features the most confusing and insane guitar solos, just like the Suffocation brand of angular death metal you’ve come to know and love over the years. Pre-order Of The Dark Light here, and check out “Your Last Breaths” below. Lyrics for Your Last Breaths by Suffocation.

From the time you understood anything You're misled to believe a false truth If you lived ... All that could befoul would be diverted This couldn't be further from the truth You control nothing And there's nothing you can do Your path has been set And to this you will see it through Dividing the flesh and the essence While dying - you see as you should But could never see Fleeing the host - panic frenzy Your last breaths.