

Brain Stew

Green Day
Insomniac

Words & Music by Green Day

Tune down 1/2 step

- ①= D# ④= C#
- ②= A# ⑤= G#
- ③= F# ⑥= D#

♩ = 85

Intro

E-Gt

f

T
A
B

7-7 7-7 5-5 5-5 4-4 4-4 3-3 3-3 2-2 2-2
5-5 5-5 3-3 3-3 2-2 2-2 1-1 1-1 0-0 0-0

1st verse

3

T
A
B

7-7 7-7 5-5 5-5 4-4 4-4 3-3 3-3 2-2 2-2 7-7 7-7 5-5 5-3
5-5 5-5 3-3 3-3 2-2 2-2 1-1 1-1 0-0 0-0 5-5 5-5 3-3 3-3

6

T
A
B

4-4 4-4 3-3 3-3 2-2 2-2 7-7 7-7 5-5 5-3 4-4 4-4 3-3 3-3 2-2 2-2
2-2 2-2 1-1 1-1 0-0 0-0 5-5 5-5 3-3 3-3 2-2 2-2 1-1 1-1 0-0 0-0

9

T
A
B

7-7 7-7 5-5 5-3 4-4 4-4 3-3 3-3 2-2 2-2 7-7 7-7 5-5 5-3
5-5 5-5 3-3 3-3 2-2 2-2 1-1 1-1 0-0 0-0 5-5 5-5 3-3 3-3

2nd and 3rd verses

12

Musical notation for measures 12-14. Measure 12 starts with a treble clef, a key signature of two sharps (F# and C#), and a 7/8 time signature. The melody consists of eighth notes in pairs. A double bar line with repeat dots follows measure 12. Measure 13 continues the melody. Measure 14 ends with a repeat sign. The guitar tab below shows fingerings: 4-4/2-2, 3-3/1-1, 2-2/0-0, 7-7/5-5, 5-5/3-3, 4-4/2-2, 3-3/1-1, 2-2/0-0.

T
A
B

4-4 3-3 2-2 7-7 5-5 4-4 3-3 2-2
2-2 1-1 0-0 5-5 3-3 2-2 1-1 0-0

15

Musical notation for measures 15-17. Measure 15 continues the melody. Measure 16 has a key signature change to one sharp (F#) and continues the melody. Measure 17 ends with a repeat sign. The guitar tab below shows fingerings: 7-7/5-5, 5-5/3-3, 4-4/2-2, 3-3/1-1, 2-2/0-0, 7-7/5-5, 5-5/3-3.

T
A
B

7-7 5-5 4-4 3-3 2-2 7-7 5-5
5-5 3-3 2-2 1-1 0-0 5-5 3-3

18

Musical notation for measures 18-20. Measure 18 continues the melody. Measure 19 has a key signature change to two sharps (F# and C#) and continues the melody. Measure 20 ends with a repeat sign. The guitar tab below shows fingerings: 4-4/2-2, 3-3/1-1, 2-2/0-0, 7-7/5-5, 5-5/3-3, 4-4/2-2, 3-3/1-1, 2-2/0-0.

T
A
B

4-4 3-3 2-2 7-7 5-5 4-4 3-3 2-2
2-2 1-1 0-0 5-5 3-3 2-2 1-1 0-0

21

Musical notation for measures 21-22. Measure 21 features a complex rhythmic pattern with eighth notes and chords, some marked with 'x'. Measure 22 continues this pattern. The guitar tab below shows fingerings: 7-7/5-5, 0-5/3-3, 0, 4-4/2-2, 0-3/1-1, 2-2/0-0. 'x' marks are placed above the strings in the tab.

T
A
B

7-7 0-5 4-4 0-3 2-2
5-5 3-3 2-2 1-1 0-0

23

Musical notation for measures 23-24. Measure 23 continues the complex rhythmic pattern. Measure 24 ends with a repeat sign. The guitar tab below shows fingerings: 7-7/5-5, 0-5/3-3, 0, 4-4/2-2, 0-3/1-1, 2-2/0-0. 'x' marks are placed above the strings in the tab.

T
A
B

7-7 0-5 4-4 0-3 2-2
5-5 3-3 2-2 1-1 0-0

4th verse

25

Musical notation for measures 25-27. Measure 25 continues the melody. Measure 26 has a key signature change to one sharp (F#) and continues the melody. Measure 27 ends with a repeat sign. The guitar tab below shows fingerings: 7-7/5-5, 5-5/3-3, 4-4/2-2, 3-3/1-1, 2-2/0-0, 7-7/5-5, 5-5/3-3.

T
A
B

7-7 5-5 4-4 3-3 2-2 7-7 5-5
5-5 3-3 2-2 1-1 0-0 5-5 3-3

28

TAB

4-4	3-3	2-2	7-7	5-5	4-4	3-3	2-2
2-2	1-1	0-0	5-5	3-3	2-2	1-1	0-0

31

Outro

TAB

7-7	5-5	4-4	3-3	2-2	7-7	5-5	0	5-5
5-5	3-3	2-2	1-1	0-0	7-7	5-5	(0)	3-3
								3-(0)

34

TAB

4-4	3-3	2-2	7-7	5-5	4-4	3-3	2-2
4-4	3-3	2-2	7-7	5-5	4-4	3-3	2-2
2-2	0	1-1	0-0	(0)	3-3	3-(0)	0-0

37

TAB

7-7	5-5	4-4	3-3	2-2	7-7	5-5	4-4	3-3	2-2
7-7	5-5	4-4	3-3	2-2	7-7	5-5	4-4	3-3	2-2
5-5	(0)	3-3	3-(0)	0-0	5-5	(0)	3-3	3-(0)	0-0

40

TAB

4-4	3-3	2-2	7-7	5-5	4-4	3-3	2-2
4-4	3-3	2-2	7-7	5-5	4-4	3-3	2-2
2-2	0	1-1	0-0	(0)	3-3	3-(0)	0-0

43

TAB

7-7	(7)
5-5	(5)