



PHOTO CREDIT: Jonathan Weiner

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BREAKOUT QUARTET SLEEP THEORY ANNOUNCE DEBUT ALBUM!

AFTERGLOW DUE OUT MAY 16 VIA EPITAPH RECORDS

BAND SHARES VIDEO FOR NEW SINGLE "STATIC" — [WATCH](#)

Breakout four-piece **Sleep Theory** — vocalist **Cullen Moore**, guitarist **Daniel Pruitt**, bassist **Paolo Vergara**, and drummer **Ben Pruitt** — were one of the biggest success stories of both 2023 and 2024. The band dominated the radio airwaves and charts; were one of the most buzzed about bands on the festival circuit; won over fans at every show they played; and turns heads at press, with everyone from *Revolver* to *Loudwire* to *Alternative Press* to *Forbes* to *Ones to Watch* unable to deny the band's DNA-distinct blend of hard rock.

Today, Sleep Theory storm headlong into 2025 by announcing their eagerly awaited debut album, ***Afterglow***, which arrives on May 16 via **Epitaph Records**.

The album, which offers a stunning display of diverse rock flavors, was produced by David Cowell and mixed by Zakk Cervini (Bring Me The Horizon, Bad Omens, Architects).

Pre-order it [here](#).

Sleep Theory are also thrilled to share the video for the new single "**Static**," which serves as the album's opener. It starts with a ferocious roar before launching into their signature dynamic, heavy bounce and massive vocal hooks.

Watch the video [here](#).

Sleep Theory combine energetic hard rock and metalcore, alongside the powerhouse vocalist Cullen Moore. Praised by Jelly Roll and David Draiman, they've toured with Shinedown, Falling In Reverse, and Beartooth. In under two years, they became the fifth most-played artist on Active Rock radio. *Afterglow* and the *Paper Hearts* EP merge heavy rock with pop and R&B, producing anthemic bangers and emotional ballads. Saluted by *Revolver*, Loudwire, and Amazon Music as an Artist to Watch in 2025, they've become one of heavy music's biggest breakouts.

With *Afterglow*, the quartet proves ready to ascend to the next level.

AFTERGLOW TRACK LISTING:

"Static"

"Hourglass"

"III"

"Fallout"

"[Stuck In My Head](#)"

"Gravity"

"Afterglow"

"Numb"

"Parasite"

"Just A Mistake"

"[Paralyzed](#)"

"Words Are Worthless"

