



**PHOTO CREDIT:** Jonathan Weiner

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**BREAKOUT QUARTET SLEEP THEORY SHARE VIDEO FOR NEW SINGLE "III"**  
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**DEBUT ALBUM *AFTERGLOW* DUE OUT MAY 16 VIA EPITAPH RECORDS**

**FIRST-EVER HEADLINE TOUR RUNS FROM MAY 20 THROUGH JUNE 28 +  
INCLUDES SELECT FESTIVAL DATES**

Breakout four-piece **Sleep Theory** — vocalist **Cullen Moore**, guitarist **Daniel Pruitt**, bassist **Paolo Vergara**, and drummer **Ben Pruitt** — recently announced their eagerly awaited debut album, ***Afterglow***, which arrives on May 16 via **Epitaph Records**. The album offers a stunning display of diverse rock flavors and was produced by David Cowell and mixed by Zakk Cervini (Bring Me The Horizon, Bad Omens, Architects). Pre-order it [here](#).

Today, they are sharing the video for new single "III."

Watch it [here](#).

The song is a thrill ride, mixing synths and raucous riffing with the band's signature, stadium-sized melodies.

"At its core, 'III' is about betrayal," shares Moore about the intensely personal subject matter. "It's that gut-wrenching feeling when someone you trusted completely lets you down. The song dives into that pain, but it's also about facing the truth, even when it hurts and realizing not everyone is who they say they are."

He continues, "I want people to really think about who they let into their lives. Not everyone deserves your trust, and sometimes, those closest to you can do the most damage."

However, the song is meant to inspire hope and to find the positives that are embedded in a painful moment. Moore finishes, "But beyond, it's about learning from those experiences rather than letting them break you. If this song helps someone feel less alone in that kind of situation, then it's done its job."

"III" follows "**Static**," which peaked at No. 16 on Spotify Viral 50 in the U.S. and is the band's fastest-growing song to date, with over 12 million streams since its release. The album's lead single "**Stuck In My Head**" ascended to the No. 1 spot on the Active Rock radio charts — a first for the band! The song is currently No. 26 and building at Alternative radio. All told, Sleep Theory have accumulated 300 million streams across nine singles in their brief but blockbuster career thus far.

Sleep Theory will embark on its first-ever headline tour, kicking off on May 20 in Birmingham, Alabama and winding through the U.S. before wrapping on June 28 in their hometown of Memphis. The band has also booked appearances at select festival dates. Support will come from Nevertel, Oxymorrone, and Stray View. Get tickets [here](#).

**SLEEP THEORY ON TOUR:**  
**WITH NEVERTEL, OXYMORRONS, + STRAY VIEW:**

5/20 — Birmingham, AL — Workplay

5/21 — Mobile, AL — Soul Kitchen

5/23 — Corpus Christi, TX — Brewers Street Ice House

5/24 — Woodlands, TX — The Cynthia Woods Mitchell Pavilion (Buzzfest)\*

5/25 — Dallas, TX — Dos Equis Pavilion (KEGL's BFD)\*

5/27 — El Paso, TX — Lowbrow Palace

5/28 — Phoenix, AZ — The Marquee

5/29 — Las Vegas, NV — Brooklyn Bowl

5/30 — Anaheim, CA — House of Blues

5/31 — Reno, NV — Virgin Street

6/3 — Boise, ID — Knitting Factory

6/4 — Spokane, WA — Knitting Factory

6/6 — Salt Lake City, UT — The Complex  
6/7 — Colorado Springs, CO — The Black Sheep  
6/8 — Denver, CO — The Summit  
6/10 — Lincoln, NE — Bourbon  
6/11 — Minneapolis, MN — Varsity  
6/13 — Madison, WI — Sylvee  
6/14 — Chicago, IL — House of Blues  
6/15 — Detroit, MI — St. Andrews Hall  
6/16 — Grand Rapids, MI — Elevation  
6/18 — Syracuse, NY — The Wescott  
6/19 — Boston, MA — The Sinclair  
6/20 — New York, NY — Gramercy Theater (SOLD OUT)  
6/21 — New York, NY — Gramercy Theater  
6/22 — Portland, ME — State Theater  
6/24 — Pittsburgh, PA — Mr. Smalls  
6/25 — Lexington, KY — Manchester Music Hall  
6/26 — Nashville, TN — Brooklyn Bowl  
6/28 — Memphis, TN — Minglewood Hall  
\*FESTIVALS

**OTHER FESTIVAL DATES:**

4/18 — Tuscon, AZ — Pima County Fair  
5/17 — Daytona, FL — Welcome To Rockville  
7/11 — Gettysburg, PA — Gettysburg Bike Week  
7/18 — Mansfield, OH — Inkcarceration  
9/21 — Louisville, KY — Louder Than Life  
10/5 — Sacramento, CA — Aftershock

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. Sleep Theory deliver the dynamic, heavy bounce and massive vocal hooks that the rock world desperately needs. Moore is a powerhouse singer who outmatches nearly all his peers, recalling the most classic and timeless pop, R&B, and rock 'n' roll vocalists of the last several decades. Sleep Theory push themselves creatively at every turn, catapulting the genre to new sonic heights.

**AFTERGLOW TRACK LISTING:**

"Static"

"Hourglass"

"III"

"Fallout"

"Stuck In My Head"

"Gravity"

"Afterglow"

"Numb"

"Parasite"

"Just A Mistake"

"Paralyzed"

"Words Are Worthless"

# Sleep Theory

## THE AFTERGLOW TOUR

WITH SPECIAL GUESTS

NEVEFTEL

OXYMORRONS

STRAY VIEW

MAY 20	BIRMINGHAM, AL	WORKPLAY	JUN 11	MINNEAPOLIS, MN	VARSIY
MAY 21	MOBILE, AL	SOUL KITCHEN	JUN 13	MADISON, WI *	THE SYLVEE
MAY 23	CORPUS CHRISTI, TX	BREWERS STREET ICE HOUSE	JUN 14	CHICAGO, IL *	HOUSE OF BLUES
MAY 27	EL PASO, TX	LOWBROW PALACE	JUN 15	DETROIT, MI	ST. ANDREWS HALL
MAY 28	PHOENIX, AZ	THE MARQUEE	JUN 16	GRAND RAPIDS, MI	ELEVATION
MAY 29	LAS VEGAS, NV	BROOKLYN BOWL	JUN 18	SYRACUSE, NY	THE WESCOTT
MAY 30	ANAHEIM, CA	HOUSE OF BLUES	JUN 19	BOSTON, MA	THE SINCLAIR
MAY 31	RENO, NV	VIRGINIA STREET	JUN 20	NEW YORK, NY	GRAMERCY THEATER
JUN 03	BOISE, ID	KNITTING FACTORY	JUN 21	NEW YORK, NY	GRAMERCY THEATER
JUN 04	SPOKANE, WA	KNITTING FACTORY	JUN 22	PORTLAND, ME	STATE THEATER
JUN 06	SALT LAKE CITY, UT	THE COMPLEX	JUN 24	PITTSBURGH, PA	MR. SMALLS
JUN 07	CO. SPRINGS CO	THE BLACK SHEEP	JUN 25	LEXINGTON, KY	MANCHESTER MUSIC HALL
JUN 08	DENVER, CO	THE SUMMIT	JUN 26	NASHVILLE, TN	BROOKLYN BOWL
JUN 10	LINCOLN, NE	BOURBON	JUN 28	MEMPHIS, TN	MINGLEWOOD HALL

\* NO OXYMORRONS

TICKETS & VIP AT [SLEEPTHEORY.SOUNDRINK.COM](http://SLEEPTHEORY.SOUNDRINK.COM)