



AWAKE & DREAMING

ALTERNATIVE ROCK • WATERLOO, ONTARIO

175K+
STREAMS

18.4K
YOUTUBE

50+
LIVE SHOWS

3
MUSIC VIDEOS

ELECTRONIC PRESS KIT 2025

ARTIST OVERVIEW

Alternative Rock with Ethereal Soundscapes

THE BAND

Sasha Kristoff (Lead Vocals, Keyboard) • **Stefan Schneider** (Guitar, Vocals) • **Phil Lee** (Bass, Vocals) • **Ryan Dugal** (Drums, Vocals)

Biography

Awake & Dreaming is an alternative rock group from Waterloo, Ontario, creating music that transcends conventional boundaries. Together, they craft distinctive soundscapes with poignant lyrics that resonate deeply with fans of indie, alternative, electronic, and folk music.

The band's formation began with a serendipitous connection between Sasha and Stefan three years ago, which blossomed into both a musical and romantic partnership. Their chemistry is palpable on stage, creating an authentic emotional core that audiences connect with immediately. In 2024, they expanded to a full four-piece with Ryan Dugal (15+ years drumming experience, jazz background) and Phil Lee on bass.

Influenced by Radiohead, Muse, and Nine Inch Nails, their music is an introspective journey exploring what it means to be human. Ethereal soundscapes infused with contemporary pop and indie rock sensibilities create something both familiar and refreshingly original.

What Sets Us Apart

FESTIVAL READY

CNE, Railway City,
KWMF

SELF-SUFFICIENT

Own gear & lighting

FLEXIBLE

Duo to full band

UNIQUE

Ballroom dance element

Contact & Booking

EMAIL

music.awake.and.dreaming@gmail.com

PHONE

+1 (519) 871-1811

WEBSITE

awakeanddreaming.com

BASED IN

Waterloo, ON, Canada

TOURING

Canada & United States

FULL EPK

awakeanddreaming.com/epk

MUSIC & DISCOGRAPHY

Official Releases with Music Videos

SOMETHING TO BELIEVE IN

Single • May 2025 • Official Music Video

YouTube: youtube.com/watch?v=BsVbuMNag48 • **Spotify:** open.spotify.com/album/11cfgh0urtJRCIRcAAQyCp

I U ME

Single • January 2025 • Official Music Video

YouTube: youtube.com/watch?v=iagrKPpExZg • **Spotify:** open.spotify.com/album/0E5sp1VBoK5HOg41c3UhhU

OLD GHOSTS

Single • July 2024 • Official Music Video

YouTube: youtube.com/watch?v=761dFrOem9s • **Spotify:** open.spotify.com/track/4Tc2m9NuALTzvBicNqla7z

Studio Sessions Vol. 1

8-track collection featuring released singles and unreleased demos

01 Believe In Love

Demo

02 Something To Believe In

Released

03 Antidote

Demo

04 Cold Shoulder

Demo

05 Old Ghosts

Released

06 I U Me

Released

07 Can't Sleep

Demo

08 Faceless

Demo

Live Performance

FULL CONCERT RECORDING

Watch our complete live show: youtube.com/watch?v=js1dKoSPQzg

AUDIENCE & REACH

A Rapidly Growing Fanbase

175K+

SPOTIFY STREAMS

18.4K

YOUTUBE SUBS

3.6K

INSTAGRAM

2K+

TIKTOK

1.4K

FACEBOOK

Notable Performances

50+ shows across Ontario (2023-2025)

VENUE / FESTIVAL	LOCATION	DATE
Canadian National Exhibition (CNE)	Toronto, ON	Aug 2024
Railway City Music Festival (Main Stage)	St. Thomas, ON	Aug 2024 & 2025
Horseshoe Tavern	Toronto, ON	Aug 2025
KW Multicultural Festival	Kitchener, ON	Jun 2025
Guelph District Multicultural Festival	Guelph, ON	Jun 2024 & 2025
VENUExVENUE Festival	London, ON	Nov 2024
Brantford Beats & Eats	Brantford, ON	Aug 2025
Sonic Hall	Guelph, ON	Sep 2025

Press & Testimonials

Awake & Dreaming paints a new world with their music, and that is a really rare ability among musicians these days.

— H1 Massive, Spotify Playlister

TECHNICAL INFORMATION

Stage Requirements & Configurations

We have had Awake & Dreaming at an open house event as well as a couple other events we have hosted, they were really amazing! They have a really wide variety of music and they are all so incredibly talented. After our first event, we had a lot of requests for them to come back. If you're looking for entertainment, good music and professionalism you found the right band!

— Arthur Murray Waterloo

STAGE REQUIREMENTS

Stage Size: Standard 4-piece setup

Load-In: 1 hour

Backline: Band brings all instruments

Lighting: Band brings own lighting

Sound: Standard PA required

Power: Standard stage power

BAND CONFIGURATIONS

Full Band: 4-piece (vocals, guitar, bass, drums)

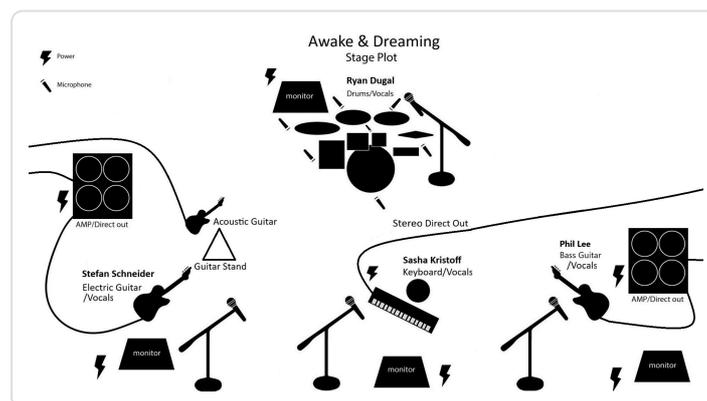
Acoustic Duo: Sasha & Stefan

SET LENGTHS

30 / 45 / 60 / 75 / 90 minutes

120 / 180 minutes (with breaks)

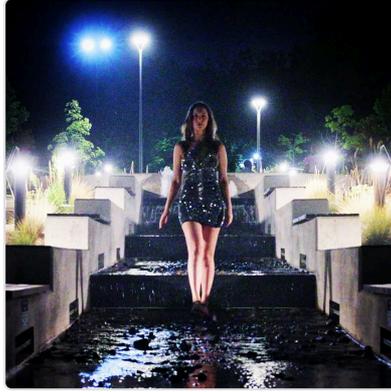
Stage Plot



High-resolution stage plot & full technical rider available upon request

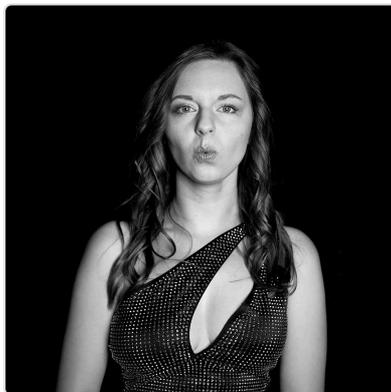
PRESS PHOTOS

High-Resolution Images for Download



PRESS PHOTOS

Continued



DOWNLOAD ALL PRESS PHOTOS

ZIP Archive: awakeanddreaming.com/epk/press-photos.zip

All images high-resolution and cleared for press use.



Ready to Book?

EMAIL

music.awake.and.dreaming@gmail.com

PHONE

+1 (519) 871-1811

WEBSITE

awakeanddreaming.com

FULL INTERACTIVE EPK

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EVENTS

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