



AWAKE & DREAMING

ALTERNATIVE ROCK • WATERLOO, ONTARIO

200K+

SPOTIFY
STREAMS

50+

LIVE SHOWS

10

PRESS REVIEWS

3.9K

INSTAGRAM

ELECTRONIC PRESS KIT 2026

ARTIST OVERVIEW

Alt-Rock with Arena-Scale Ambition

THE BAND

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

Biography

Awake & Dreaming have the sound and ambition of a generational alt-rock band. Blending delicate piano with arena-scale guitars, electronic atmospheres, and glam-rock theatrics, they've built a sound that pairs dystopian urgency with blockbuster spectacle. Their music evolves from the haunting minimalism of *Old Ghosts* to the raw fire of *I U Me* and the anthemic drive of *Something To Believe In* — always staying unmistakably Awake & Dreaming.

Known for live shows with synchronized lighting they designed and run themselves, the four-piece mix elegance with grit. Sasha Kristoff commands the stage in sequined gowns while Stefan Schneider, Phil Lee, and Ryan Dugal build the storm behind her. UK press called them "flawlessly future-proof." *Foxfire Magazine*: "Making moments people will want to go back to."

In March 2026, the band opened three nights for Carole Pope across Ontario — including *Rough Trade* at *El Mocambo* in Toronto, one of the most storied venues in Canadian rock. *LoudTO* covered the set: "Alt-rock tunes filled with rebellion and hope. Sasha Kristoff's voice is at once ethereal and powerful." They've played the *Canadian National Exhibition* twice, *The Delancey* in New York City, and toured Ontario to NYC.

MIXED BY

Jay Dufour — 9× Juno Award winner (*July Talk*, *Finger Eleven*, *Billy Talent*)

MASTERED BY

João Carvalho — (*Rush*, *Tragically Hip*, *Alexisonfire*)

What Sets Us Apart

FESTIVAL READY

CNE, El Mocambo,
Railway City

SELF-SUFFICIENT

Own gear & lighting

FLEXIBLE

Duo to full band

NO LABEL

Self-managed & hungry

MUSIC & DISCOGRAPHY

Official Releases • Debut Album *Inevitable* — Summer 2026

SOMETHING TO BELIEVE IN

Single • Released May 2025 • Re-mixed by Jay Dufour, March 2026 • Official Music Video

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

I U ME

Single • Released January 2025 • Re-mixed by Jay Dufour, January 2026 • Official Music Video

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

OLD GHOSTS

Single • Released July 2024 • Official Music Video

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

Upcoming

INEVITABLE — DEBUT ALBUM

Full album • Summer 2026 • Produced by Jay Dufour • Mastered by João Carvalho

8 tracks including Antidote, Cold Shoulder, Faceless, Can't Sleep, and Believe In Love. Full Dufour production across the entire album. Fall 2026 tour across Ontario & Quebec to follow.

Live Performance

FULL CONCERT RECORDING

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

PRESS & REVIEWS

10 Reviews from 9 Outlets across 5 Countries

“

Flawlessly future-proof... can hold its own against Keane, Muse, or The Cranberries at their best.

— AnalogueTrash (UK)

“

Alt-rock tunes filled with rebellion and hope. Sasha Kristoff's voice is at once ethereal and powerful.

— LoudTO — El Mocambo

“

Making moments people will want to go back to... feels earned rather than forced.

— Foxfire Magazine

“

A cohesive, emotionally resonant work... music that is both thoughtful and immediately impactful.

— Rockermag — on I U Me

“

Fine line between melody, soft sadness, and indie rock aesthetics... refined control of emotions.

— Skylight (Greece)

“

A triumph of indie rock storytelling... transforms the song into both a personal catharsis and an anthem of resilience.

— Rockermag — on STBI

“

Singing that feels like it could belong on a soul record and modern indie rock ideas... music for those kinds of people.

— Alt77

“

Ethereal alt-rock about drowning in the noise and still finding each other.

— Voxwave

“

A song that redefines the alt-rock genre. Impeccable guitars, powerful energy... flawless energy that hooks you instantly.

— SoundVille (Spain)

“

Not the usual banal proposal — catchy, energetic riffs... a clear sign of Awake & Dreaming's versatility.

— SoundsGoodWebzine (Italy)

AUDIENCE & PERFORMANCES

50+ Shows across Ontario, Quebec & New York

200K+

SPOTIFY STREAMS

18.1K

YOUTUBE SUBS

3.9K

INSTAGRAM

2K+

TIKTOK

1.4K

FACEBOOK

Notable Performances

VENUE / FESTIVAL	LOCATION	DATE
El Mocambo — Rough Trade with Carole Pope	Toronto, ON	Mar 2026
Meaford Hall — with Carole Pope	Meaford, ON	Mar 2026
Aeolian Hall — with Carole Pope	London, ON	Mar 2026
The Delancey	New York City, NY	Dec 2025
2× Canadian National Exhibition (CNE)	Toronto, ON	Aug 2024
Horseshoe Tavern	Toronto, ON	Aug 2025
Mills Hardware	Hamilton, ON	Nov 2025
Sneaky Dee's	Toronto, ON	Oct 2025
2× Sonic Hall	Guelph, ON	Sep 2025
2× Railway City Music & Arts Festival	St. Thomas, ON	Aug 2024 / 2025
KW Multicultural Festival	Kitchener, ON	Jun 2025
2× Guelph District Multicultural Festival	Guelph, ON	Jun 2024 / 2025
Brantford Beats & Eats	Brantford, ON	Aug 2025
Maxwell's Concerts & Events	Waterloo, ON	Aug 2024

TECHNICAL INFORMATION

Stage Requirements & Configurations

STAGE REQUIREMENTS

Stage Size: Standard 4-piece setup

Load-In: 1 hour

Backline: Band brings all instruments

Lighting: Band brings own synchronized lighting

Sound: Standard PA required

Power: Standard stage power

BAND CONFIGURATIONS

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

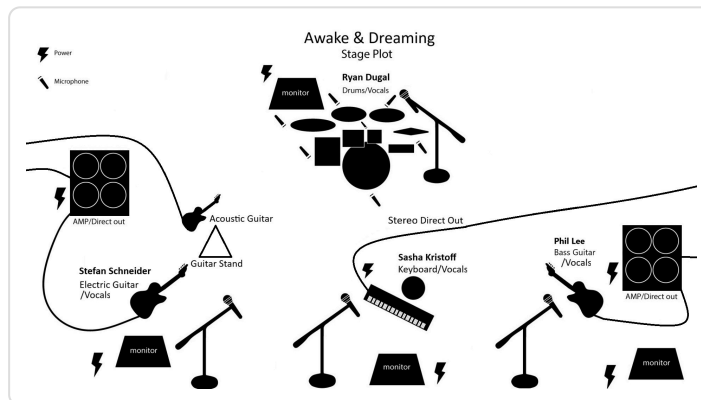
Acoustic Duo: Sasha & Stefan

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

Contact & Booking

EMAIL

music.awake.and.dreaming@gmail.com

PHONE

+1 (519) 871-1811

WEBSITE

awakeanddreaming.com

BASED IN

Waterloo, ON, Canada

TOURING

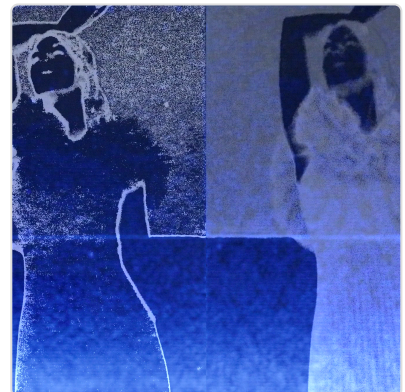
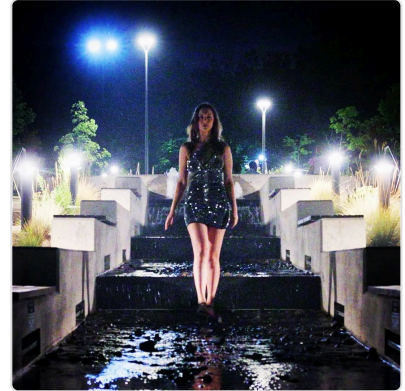
Canada & United States

FULL EPK

awakeanddreaming.com/epk

PRESS PHOTOS

High-Resolution Images for Download



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All images high-resolution and cleared for press use.



Ready to Book?

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WEBSITE

awakeanddreaming.com

FULL INTERACTIVE EPK

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AVAILABLE FOR FESTIVALS • VENUES • PRIVATE
EVENTS

DEBUT ALBUM *INEVITABLE* — SUMMER 2026