



OUT FRIDAY, OCTOBER 16, 2026 · DIGITAL AND VINYL

Inevitable

Ten tracks about staying human in a world built to numb you. Intimate pianos. Walls of distortion.

Awake & Dreaming release their debut album, *Inevitable*, on Friday, October 16, 2026. Ten tracks, 48 minutes, self-released on limited vinyl and every streaming platform. Lead singles “Underwater” (September 18) and “Rewire” (October 2). Ten cities across Ontario and Quebec from September 17, closing at The Rivoli in Toronto on October 10.

Inevitable is about staying human in a world built to numb you. The feed never runs out, and the answers arrive before the questions. The record asks what is left of a person when the noise never stops, and it ends in awe of what might still be possible. The band’s name is not a metaphor. Sasha Kristoff lives with Type 2 Narcolepsy. Awake and dreaming is her daily reality, and the songs hold both: isolated while connected, hopeful while scared, love through loss.

Sasha Kristoff (vocals, piano), **Stefan Schneider** (guitar, synth), **Phil Lee** (bass), **Ryan Dugal** (drums). Produced by the band. Mixed by Jay Dufour, 9× Juno Award winner (July Talk, Finger Eleven, Billy Talent). “Old Ghosts” keeps Ryan Dugal’s mix. Mastered by João Carvalho (Rush, The Tragically Hip, Alexisonfire).

50+ reviews from 37 outlets across 11 countries. 280K+ Spotify streams. As seen on CBC and heard on CBC Radio One (September 14, 2026). Opened for Rough Trade at The El Mocambo. Open for Blue Rodeo in Owen Sound on October 8.

PRESS

“Album of the Year Contender”

York Calling (UK), Graeme Smith, on *Inevitable*

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

AnalogueTrash (UK), on “I U Me”

“Both vulnerable and explosive, like a quiet confession turning into a widescreen catharsis.”

Canadian Beats, on “Antidote”

“A gothic masterstroke of Canadian art-rock that bites back.”

The Gatekeeper Space, on “Antidote”

One ask: listen to the whole album before you quote. It was made with vinyl in mind. The sequencing is the story. An honest pass is better than a polite review.

FOR REVIEWERS

STREAM	Private album stream Unlisted. 10 tracks. Front to back.
LYRICS	Lyric sheet (PDF) . Quote freely.
ARTIST	Awake & Dreaming Waterloo, Ontario, Canada
ALBUM	<i>Inevitable</i> , debut. Self-released.
GENRE	Alternative Rock · Art Rock · Dark Pop
RELEASE	Friday, October 16, 2026
SINGLES	Underwater Sep 18 · Rewire Oct 2
FOR FANS	Radiohead, Muse, AURORA, Lola Young
VINYL	100 copies. 180 g, lyric sleeve, signed and hand-numbered. \$40 CAD.
CONTACT	music.awake.and.dreaming@gmail.com

TRACKLIST

01	I U Me	4:42
02	Rewire OCT 2	3:45
03	Old Ghosts	6:05
04	Antidote	3:46
05	Cold Shoulder	4:25
06	Underwater SEP 18	3:48
07	Lights Down Low	4:48
08	Can't Sleep	7:05
09	Faceless	5:42
10	Event Horizon	3:49

TOUR · ONTARIO AND QUEBEC

Sep 17 Windsor · Sep 18 Sarnia
Sep 19 Hamilton · Sep 25 Guelph
Sep 26 Ottawa · Sep 30 Montreal
Oct 1 Quebec City · Oct 3 Drummondville
Oct 8 Owen Sound, opening for Blue Rodeo
Oct 9 London · Oct 10 Toronto, The Rivoli
Tickets at awakeanddreaming.com