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FOR IMMEDIATE RELEASE

MINNEAPOLIS BAND BAD SLEEP WELL
Set To Release Debut Album, *These Lonely Dreams*, on April 29th, 2011

The independent acoustic-rock ensemble, Bad Sleep Well, is proud to announce the highly anticipated release of their debut album, *These Lonely Dreams*. On April 29th, 2011 the group will host an album release event at The Acadia Café in Minneapolis which culminates the final installment of a 3 part showcase there. This exciting record release comes on the heels of being honored as a “featured artist” for the month of March (2011) on hearitlocal.com (Twin Cities).

These Lonely Dreams is a collection of melodic acoustic rock songs focused on superb dynamics and tight vocal harmonies. Led by front man Joshua Larson (acoustic guitar), Bad Sleep Well is also Seth Lengkeek (lead guitar/ backup vocals), Brian Cooper (bass guitar/ backup vocals), and Cody Grove (percussion).

With a collection of new songs and a growing fan base, Bad Sleep Well will be performing in the Twin Cities and surrounding areas to support the new record. This includes a June stop at The Aster Café on St. Anthony Main with national touring artist Mike Droho. More information about Bad Sleep Well can be found on Facebook or at www.badsleepwell.net.

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For more information or to schedule an interview or appearance, please contact Cody Grove at 612-886-2351 or email at codygrove@gmail.com.