**GENRE-BLURRING ARTIST TEDDY SWIMS DROPS STELLAR *SLEEP IS EXHAUSTING* EP – LISTEN**[**HERE**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteddyswims.lnk.to%2FSleepIsExhausting&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406785313%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=h06lBBzAaEnmW%2BGbeTUocrdzU8hz2Ta8HFETW1Q7Mjw%3D&reserved=0)

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**November 4, 2022 (Los Angeles, CA)**– Today, Atlanta, GA singer-songwriter **Teddy Swims** unveils his eclectic ***Sleep is Exhausting*** EP. Listen [HERE](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteddyswims.lnk.to%2FSleepIsExhausting&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406785313%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=h06lBBzAaEnmW%2BGbeTUocrdzU8hz2Ta8HFETW1Q7Mjw%3D&reserved=0) via **Warner Records**. The six-track set, which includes recent singles **“Devil in a Dress,”** **“2 Moods,”** **“dose,”** and **“Someone Who Loved You,”** showcases the breakout performer’s jaw-dropping vocal abilities and knack for penning emotionally resonant lyrics.

EP opener **“Devil in a Dress,”**a soulful lament about the pitfalls of loving the wrong woman, sets the tone for the project: soulful and completely unfiltered. That’s particularly true of **“Someone Who Loved You,”** which tugs ruthlessly at the heartstrings. After confessing his feelings over palm-muted guitar and hand claps, **Swims** has a moment of clarity: *“At least I can sleep with some peace ‘cause all I had to lose was someone who didn’t love me.”*

While **Teddy** revels in balladry, ***Sleep is Exhausting*** showcases his eclectic style. Singles **“2 Moods”** and **“dose”** are both an infectious, upbeat distillation of **Swims’** lovingly irreverent perspective on life, love and beyond. He switches it up again on the EP’s new tracks. **“The Plan”** is folk-adjacent and sparse, while the solemn, piano-driven **“Hold Me”**is a testament to the artist’s boundless range and technical proficiency.

“The title *Sleep is Exhausting* comes from my inability to shut my mind off and sleep some nights,” **Swims** says of the EP. “Even if I get sleep, there’s nightmares.” While the project is born out of the tattooed crooner’s restlessness, it promises to be a soothing experience for the listener. “This is a body of work I’m super proud of,” he says. “I’m sure one of these songs has a blessing for you in it!"

***Sleep is Exhausting*** is the culmination of a busy year for **Swims** that included dropping a viral cover of **Journey’s** classic **“Don’t Stop Believin’”**thatwas reposted by celebrities like **Jennifer Garner** and **Timbaland**. In August, he[performed](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D_seb36DT7Tk&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406785313%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=tgPR4iuiyr5dBburtQ0KerudReWQxO94wU7KDuSTA0M%3D&reserved=0) the song on *America’s Got Talent*with season 14 winner **Kodi Lee** and Journey founder and guitarist **Neal Schon**. He also lent his powerful pipes to **ILLENIUM’s** [**“All That Really Matters**,**”**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D3gxxW5NqICc&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406785313%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=AUZteOKfDOi91ewe6s0kzuwd7cVDx1%2BNVIGDOIheJms%3D&reserved=0)**Meghan Trainor’s** [**“Bad For Me**,**”**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DSDZ3r8pG9QM&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406941550%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=42IfEGNHvOv71kzIU3KBMTjWPeWGe5x9E9ExU2lR9kA%3D&reserved=0) and **MK**& **Burns’** [**“Better**.**”**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DZiadEoQZzxA&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406941550%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PSA%2F20NamBDjbJnV%2BxFUDUkGAx5DrqMF%2BtJvHWHCVN0%3D&reserved=0)

Riding this momentum to the very end of 2022, **Swims** headed out on a headlining tour last month, concluding with a momentous homecoming at the Georgia Theatre in Athens, GA, on November 18, and the Hargray Capitol Theatre in Macon, GA, on November 19 and November 20. Check out the full confirmed itinerary below. Tickets are available[**HERE**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.teddyswims.com%2Ftour&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406941550%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dOtjJmqWsMGHa1jYPGT5XCgdOeGgR%2B9pCAtlc5kADHw%3D&reserved=0)**.**

With ***Sleep is Exhausting***, **Swims** has six new songs, both gut-wrenching and upbeat, to add to his already-stacked setlist.

**TOUR DATES**

11/3     Buffalo, NY                 Town Ballroom

11/5     Albany, NY                  Empire Live

11/6     Providence, RI            Fete Music Hall

11/8     New Haven, CT          Toad’s Place

11/9     Baltimore, MD             Baltimore Soundstage

11/11   Harrisburg, PA            XL Live

11/12   Charlottesville, VA      Jefferson Theater

11/13   Louisville, KY              Mercury Ballroom

11/15   Charlotte, NC              The Underground – Fillmore Charlotte

11/16   Charlotte, SC              Music Farm

11/18   Athens, GA                 Georgia Theatre

11/19   Macon, GA                 Hargray Capitol Theatre

11/20   Macon, GA                 Hargray Capitol Theatre

***Sleep is Exhausting* Tracklist:**

1. Devil in a Dress

2. Moods

3. Dose

4. Someone Who Loved You

5. The Plan

6. Hold Me

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