

SUNSTAIN

PRESS KIT

MODERN NATURE

Two hearts, one chest - Somewhere in the spectrum of stoner, psych, grunge and heavy rock is where the Austrian band Sunstain feels at home. The Linz-based band does not care too much about closed pigeonholes, but rather enjoys opening all floodgates for their sound. At the core is the tendency to groovy riffs and sometimes sprawling sound journeys around the 10-minute mark, but Sunstain also can't get around their love of melody.

How do you find consistency and authenticity in a superficial mirror world that thrives on narcissism, self-destruction and compulsive buying? „Modern Nature“ fights against the windmills of society and one's own fears. In just under 50 minutes, Sunstain string together 7 tracks on their debut album, which develop a very unique pull despite a wide range of influences. Between self-reflection, irony, social criticism and outstretched hands - where 90s alternative rock ballads, doomy riff thunderstorms and ambient interjections not only coexist, but celebrate escapism together.

THE STORY SO FAR

The band Sunstain was founded in Linz in 2017. At the beginning, the band went through a series of lineup changes. The release of a first EP titled „Thrill And Fever“ in January 2019 was followed by the release of numerous singles in the next two years, which illustrated the group's ongoing development. Classic hard rock motifs disappeared more and more, while sprawling compositions influenced by psych and post rock made their way in. The mix of styles doesn't come from nowhere: drummer Walter Jahn has been playing in various band projects of stoner and psychedelic rock since the 90s and has also drummed to techno beats. Singer Patrick Datscher was previously in a post-hardcore band, guitarist Timo Teuchtmann in an alternative rock band and new bassist Fotios Liatsas indulges in punk rock on the side.

Fueled by the lack of gigs due to the pandemic, the band started working on a bigger project in 2021. A complete album was finally needed. In order to be able to work on their own vision without compromise, a crowdfunding campaign was launched to finance the project. With the previously recorded track „Phantom Pain“ as the figurehead of the album, the band collected more than 6,500 € from October 2021 to January 2022 and was thus able to secure the production. The album will be called „Modern Nature“ and will be released on October 14th, 2022.



WEB

www.sunstain.at

FACEBOOK

facebook.com/sunstainband

INSTAGRAM

instagram.com/sunstain_band

BANDCAMP

sunstain.bandcamp.com

SPOTIFY

spotify.com/artist

YOUTUBE

youtube.com/channel

SUNSTAIN

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RELEASES



MODERN NATURE [ALBUM]

Release: October 14th 2022 - self distributed
GTIN: 4064832990294

CREDITS

All songs written & performed by © Sunstain, 2022
Patrick Datscher (Vocals), Timo Teuchtmann (Gitarre),
Fotios Liatsas (Bass), Walter Jahn (Drums)

TRACKLIST

SIDE A

01	Running On Empty	ISRC: DEZC62277285	07:27
02	Greed	ISRC: DEZC62277286	06:15
03	True Colours, New Frontiers	ISRC: DEZC62277287	05:38
04	Modern Nature	ISRC: DEZC62277288	06:04

SIDE B

05	Phantom Pain	ISRC: DEZC62129692	08:04
06	Reach For Me	ISRC: DEZC62277289	04:07
03	True Colours, New Frontiers	ISRC: DEZC62277287	05:38
04	Open Cages	ISRC: DEZC62277290	12:16

RECORDING & MIXING

Thomas „Wastl“ Pröschl (Beardy Mountain Studio)
www.beardymountainstudio.at

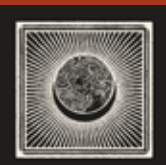
MASTERING

Mastering: Michael Haider (AlphaMastering)
www.alphamastering.com

ARTWORK

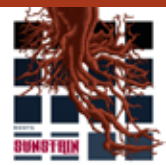
Thomas Gasperlmair (Aplacefortom)
www.aplacefortom.com

EPs & SINGLES



PHANTOM PAIN

Single - October 2021



ROOTS

Single - March 2021



NOWHERE TO BE FOUND

Single - December 2020



THROUGH EMPTY SPACES

Single - April 2020



MANIC PREACHER

Single - December 2019



THRILL AND FEVER

EP - January 2019