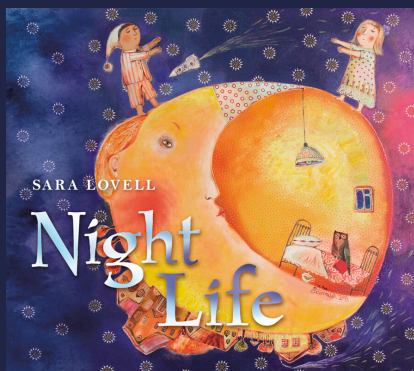


Night Life

SARA LOVELL

TRACK LIST

- 01 I DON'T WANT TO GO TO BED
- 02 NIGHTLIFE
- 03 LEAVE THE MONKEY
- 04 ROCKET
- 05 SLEEPWALKERS
- 06 SCOOTER AND SKEETER
- 07 I DON'T SLEEP IN A BED
- 08 LITTLE BUG
- 09 BED OH BED
- 10 WEAR YOURSELF OUT
- 11 ROCK-A-BYE MY BABY
- 12 HOW THE JUNGLE SLEEPS
- 13 LULLABY FOR GROWNUPS



Release Date: May 1, 2020

Genre: Children + Family

CD UPC: 8-88295-98845-2

Distribution: Burnside

Suggested Retail: \$13.99

Format: CD + Digital

Item # ZG009

Export Restriction: None

Facebook.com/SaraLovellMMusic

Instagram.com/SaraLovellMusic

Press Contact: Beth Blenz-Clucas

Sugar Mountain PR

503-293-9498

Beth@SugarMountainPR.com

www.saralovell.com

"Sara Lovell taps into that place in childhood where the everyday can become fantastical at the drop of a hat."

LYNNE HEFFLEY,
PARENTS' CHOICE® AWARDS

What child doesn't resist that moment of separation when the lights are turned out and they are finally left alone in their bed? What parent doesn't experience the frustration of a child's defiance at bedtime; or the anticipation of a little peace, quiet and alone-time before their own head hits the pillow?

This spring, **Sara Lovell** will release her third children's music album in less than four years. In keeping with her previous two albums, (*You've Got Me* and *Wild is Everywhere*), **Night Life** is defined by its easy movement between diverse musical genres. Lyrically, however, the focus of all the songs is bedtime, sleep and the world of dreams.

Night Life kicks off with the gloriously rebellious and unequivocal "I Don't Want to Go to Bed." Jangly guitars mixed with a slightly trashy snare and tambourine bring to mind early 90's REM, but if you think the musical influence is going to stop there, brace yourself. That song is followed by the title track– a disco funk paean to a heroic dream-life full of pharaohs, flaming arrows, icy waters and masked marauders.

The songs move between the prosaic and the sublime, the absurd and the beautiful. Thematically, while focusing on bedtime and sleep, the album also touches on many of Lovell's favorite themes of home life, nature, and the cosmos. "Little Bug" sweetly imagines the commonalities between a tiny creature's life and the child who speaks to her: "Little bug, what's your name, you are small but we're not all that different. I have hands, you have wings, we have houses that we like to live in." A night of camping in the backyard is the inspiration behind "I Don't Sleep in a Bed": "I don't sleep in a room, I sleep in a tent lit up by the moon. I see the raccoons when they visit, you'd think it's scary but it isn't."

From the tender and humorous reality of the earthbound moments, Lovell switches to songs about living in a dream world where gravity is defied and one can soar through the sky and walk to villages on the moon. The message behind "Rocket" is a powerful call to take risks – even if it's more than a little daunting. "There's a rocket in the sky and it won't be there for long. It's inviting me to try to be brave and to be strong."

From frenetic delirium to the sweetest lullabies, the album covers territory familiar to every parent and child, delivering smart lyrics couched within the undeniably catchy and beautifully arranged songs that have become her trademark. Lovell (who studied at Indiana University's famed Jacob's School of Music) brings her deep understanding of folk and pop music to vivid life in songs that range in influence from traditional work songs to disco to Beatle's-era pop. The lyrics are co-written with award-winning singer-songwriter **Monica Pasqual** who also produces the recordings. In the last three years, Sara Lovell's albums have won two **Parents' Choice® Gold Awards**; two **Independent Music Awards**; a **Family Choice Award** and a **NAAPA Award**.