Emerging out of the Midwest and finally ready to take the whole of the U.S. by storm, Heartsick are a band of brothers, consisting of Alfonso Civile on vocals, Jerred Prunau on guitar, Waylon Fox on bass and Justin Robinson on drums, the Lansing, Michigan metal machine epitomizes passion, hard work and dedication, as proven on their Billboard-charting self-titled debut: released in 2015. Combining an onslaught of hardcore and metalcore-tinged ferocity alongside moments of haunting melodies and stunning atmospherics, Heartsick are set to elevate themselves to the next level in 2019 with their stirring sophomore album, ‘Sleep Cycles’; which deserves to see the quartet become firmly established as one of America’s hottest unsigned acts. Having already shared stages with internationally-acclaimed bands such as Hatebreed, Every Time I Die, Fear Factory and All That Remains, Heartsick bring their own powerhouse live show to whomever and wherever will have them, with professionalism and an attention to detail that very few manage to emulate in today’s modern metal scene.
Exploding onto the scene with their second release titled 'Sleep Cycles,' and hot off their recent tour in Puerto Rico, the band has already debuted at #48 on sound scan sales charts. Quickly becoming the band everyone is watching.
their high energy live show is unmatched.

Combined with their unique approach to mixing 80's pop hooks with blistering heavy riffs, they have quickly become a fan favorite.
With their debut self titled record, heartsick was able to hit #6 on the billboard heatseekers west north central charts. Going on to land opening slots for gwar, 36 crazyfists, every time I die, and many more. Check out their live performance of the song Mike & Drew CLICK TO WATCH
The band released the official video for the track LoveLetter. Shot in on location in their hometown of Lansing, MI. The response was a huge success helping the band hit 112k streams on Spotify in under a months time.

Click to watch.
Currently working on the release date for the video to their new single Methelyne Blue, the band is sure to have people talking. [Click to watch.]
You want real modern metal— we introduce to you Heartsick, and we urge you to listen to ‘Sleep Cycles’.

-Matt Karpe

NEW ALBUM recorded and available for release February 2019 including the hits: loveletter, methelyne blue, snakeman, and mike & drew. 2015 slef titled release ‘heartsick’ sold over 3k units in the U.S and U.K. with no label or marketing.

Click here to hear new record
EMERGING out of the Midwest and finally ready to take the whole of the U.S. by storm, Heartsick are a band of brothers. Consisting of Alfonso Civile on vocals, Jerred Prunneau on guitar, Waylon Fox on bass and Justin Robinson on drums, the Lansing, Michigan metal machine epitomizes passion, hard work and dedication, as proven on their Billboard-charting self-titled debut - released in 2015. Click here to watch.
ALFONSO CIVILE - LEAD VOCALS

Born in Puerto Rico and raised in Miami, FL. Alfonso is The creative force driving the band and a major contributor to the song writing and sound of the band. On stage Alfonso is an unmatched power house. His ability to engage with fans on and off the stage is inspiring.

Outside of music Alfonso is a dedicated and focused Judo and Brazilian Jiu Jitsu practisioner and instructor. “There is something so primal and satisfying about testing your limits and skills against another person on the mats, the mats don’t lie, they know exactly what your skills are.”
A main songwriter of the band, 'Jerred', as the band members call him is an integral part of the band's core sound. His unique playing style, coupled with his larger than life stage presence often leave fans with their jaws dropped. "I have always loved bands with unorthodox sounds that somehow still work with the music they make. Guys like Tom Morello and Darren Malakien really inspired my playing and to think outside of the box when writing a song."
Born in Canada and raised in the bands hometown of Lansing, MI. Waylon grew up listening to the classics from Bob Seeger to Guns and Roses and eventually discovering bands like Poison The Well and Converg. His stage presence is undeniable, Waylon is the show.

“I have always loved rhythm, being 100% Native American I am just naturally driven to those low sounds. The bands that inspired me always have these insane stage shows, you could see the fire and passion in the bands stage show, I wanted to do exactly that.”
Justin is the epitome of focus and calculated playing. Justin joined the band in the very early stages of the writing process for ‘Sleep Cycles.’ He also jumped into a string of tours which would have absolutely made anyone else say no. “I just really love playing, I am an adrenaline junky. I used to dirtbike and play hockey but when you almost kill yourself on a bike, you realize maybe there are other ways to get a thrill, lol. Playing drums in this band, writing heavy music gives me that same thrill.”
Along with the hooky, classic riffs the band is known for, there’s also no shortage of inventive guitar wizardry and experimental vocal deliveries interspersed throughout - most notably on tracks like “Slave Labo” and “Love Letter.”

Rich Tupica City Pulse writer
"Sleep cycles" reaches out to fans of various sub-genres of the rock and metal world, some Nu-Metal influences also seeping through on occasion, and it is an emotive journey which rewards the listener fully. Plenty of meaty riffs, explosive drum sections and huge basslines - Heartsick have delivered an album of near-perfection, if ever there is such a thing, and quite frankly blows all the "higher level" talent right out of the water."

-Head for the Barricade
"This blew me away. I loved it. I hardly get any great metal so thanks for submitting."

Bryon William Harris,
President & Chief Recording Engineer - BWH Music Group
“Alfonso and the guys always deliver raw talent straight from the soul whether it’s for 3 people or 300. They do it for the game, not the fame. Their humble outlook is what separates them from all the rest. They are a must see.”

“love them they are a great band with great morals and business ethics love working with them.”

“fantastic music, amazing live show”

“I was fortunate to witness the evolution of this band and it’s members. So many influences brought together in their unique sound. A refreshing escape from the boring norm.”

“I’m in love with this band! It was great last night in City Hole

“I was at the loft in Lansing last night from beginning to end. Very good concert. Heartsick did a lot of work making this all come together. I was with my son Jeremy Cook & saw you guys for the 2nd time (the 1st being at Rubbles, Mt. PleasSNT) I like you guys a lot.”

“Y’All hit it out of the park with that new album.”

“Holy. Fucking. Shit. You gentlemen killed it. On my 2nd play through at work now. Looking forward to putting it in the car (so I can pound the streets). Can’t wait to put it through some headphones as well, I know there is some wild shit going down in the folds. Heavy as fuck, and your lyrics touch some deep places no one talks about.”

“You guys have helped me get through so much stress with your music thank you.”

“How you guys are not signed I don’t understand”

“One of the best underrated bands you will ever find.”

“Fantastic music and great live band”

“Give them a listen, see what you think. Form your own opinion, don’t like others. A band of great guys that have been through a lot.”

“Awesome band and heavy asf.”

“There is not a ONE word description of this band. just get out of your house and go see their live show if your lucky enough to get them to play your town. you will be a better person for it.”

“Love this band they are the greatest.. Miss you guys.”

“Saw these guys in pottsville, PA and man were we blown away! Next time they come around we’ll be sure to bring a crowd! Cool group of guys too”

“High Quality Band”

“Thier music is next level. Enjoy the performance in Handelbar Puerto Rico.”

“loveletter is such an amazing song! I can’t stop listening to it!”

“The best underground band to come out of michigan is Heartsick.

On february 1st the band releases there sophomore album “Sleep Cycles” featuring the 3 hit singles “Mike and Drew” “Snake Man” and the newest release “Love Letter”. The album is anticipated to be the best release in the underground scene in 2019. So excited to see what the future holds for this band as I have followed them since the early 2000’s!”