

Since she was 15-years-old, singer/songwriter Lydia Night has brought an unstoppable sense of abandon to everything she creates. With her debut solo work, the former frontwoman of L.A. garage-punk band The Regrettes reveals the full depth of her vision for the very first time, delivering a pop-centric sound built on a wildly unpredictable but endlessly thrilling sound. A dazzling introduction to the now 24-year-old artist's newly elevated songwriting, debut single "Pity Party" offers a whirlwind glimpse at all the drama and havoc unfolding in her mind (imposter syndrome, existential dread, anticipatory grief, etc.), brilliantly twisting that outpouring into an electrifying anthem. As she doubles down on the unapologetic spirit that's always defined her music, Night unlocks an entirely new freedom in the possibilities of pop—ultimately transforming her chosen genre into a vessel for confession, catharsis, and life-changing self-discovery.