

= Sunday Morning (No Doubt song) =

" Sunday Morning " is a song recorded by American rock band No Doubt . It was released as the sixth single from their third studio album Tragic Kingdom (1995) . The single was made available as a CD single , cassette single , and VHS single on May 27 , 1997 through Interscope . Lyrically , the song is about Gwen Stefani 's relationship with Tony Kanal , and their breakup that followed . The track was written by band members Kanal , Gwen Stefani , and Eric Stefani , while production was handled by Matthew Wilder .

The single was well received by many music critics , with one of them calling it a " standout track " . It also performed well commercially , peaking in the top 50 in several countries , including the UK , Canada , and Australia ; the song was certified gold in the latter country for sales of over 35 @, @ 000 copies . Musically , " Sunday Morning " is a ska punk and reggae rock song . A music video for the single was released in 1996 and directed by Sophie Muller ; it features the band members preparing a large feast before getting into a food fight .

= = Background and recording = =

Recording sessions and meetings for No Doubt 's third studio album Tragic Kingdom (1995) began in 1993 between members Eric Stefani , Gwen Stefani , Tony Kanal , Tom Dumont , Adrian Young , and musician Gary Angle . The material produced with Angle was hugely rejected by Interscope Records ' officials , and had the members work with producer Matthew Wilder instead . Upset with working with someone outside the band , Eric eventually stopped recording with the band , and encouraged the remaining members to write the group 's songs , as he felt threatened when he did so . After Kanal broke off his seven @-@ year relationship with Gwen , both of them wrote several more songs , until there was enough material for an album . The single 's inspiration came when Kanal was having a fight with Stefani , his then @-@ girlfriend , through the bathroom door of his parents ' house in Yorba Linda , California ; Stefani later revamped the lyrics to discuss her breakup with Kanal .

= = Composition = =

" Sunday Morning " was written by Kanal , Gwen Stefani , and Eric Stefani , while production was handled by Matthew Wilder . The song is a ska punk and reggae rock song , with one critic comparing it to Motown music . According to Chris Heath of Rolling Stone , the single " erupts delightfully from its opening harmonies into a thumping combination of Motown and pop cheese , is especially spirited " ; he later compared it to Kim Wilde 's 1981 single " Kids in America " . Kenneth Partridge , writing for Billboard , stated that the song allowed Gwen to go " from victim to victor " , especially in the lyrics " Thank you , now you 're the parasite " ; in Partridge 's The A.V. Club review , he described it as " a straight @-@ up ska track " that " didn 't chart as high , but the damage was done " .

= = Critical reception = =

After its release , " Sunday Morning " received general acclaim from music critics . Kenneth Partridge of Billboard appreciated Gwen " constantly gaining and losing the upper hand in her romantic adventures " . Thomas Bleach , writing for his self @-@ titled blog , also enjoyed the track , calling the " infectious chorus , fast pace and cheeky nature of the song appeal [ing] " . A critic writing for The Diamondback favored the " defiant " sound of the track , while a reviewer from Punk News titled the song a " gem " , but predicted that " on a weaker album , [it] would have made more of a splash . " Mike Boehm of the Los Angeles Times cited the song as an " example of the band 's improved craft " and claimed that it " help [s] carry the album 's thematic current " of " enthusiastic music " . Similarly , Nicholas Jones of The Odyssey Online called it a " standout track " , due to it being " lyrically clever " .

In a poll held by Rolling Stone , Brittany Spanos asked readers to vote on " The 10 Best Gwen Stefani Songs " ; " Sunday Morning " took fourth place and its consensus stated " Stefani is a powerhouse on the raucous , bitter single . [...] From the moment Adrian Young 's opening drum solo builds up , the song grows more and more massive and searing . "

= = Commercial performance = =

" Sunday Morning " was moderately successful , with it charting in several countries . In the United States , the song did not enter the Billboard Hot 100 , but entered the Mainstream Top 40 component chart , where it peaked at number thirty @-@ five . In Australia , the single peaked at position twenty @-@ one , and lasted on the chart for a total of nineteen weeks ; it was later certified gold by the ARIA for sales of over 35 @,@ 000 copies . In Canada and the New Zealand , it peaked at numbers thirty @-@ three and fifty , respectively . In Europe , the track also performed moderately well , with it peaking at number fifty in the United Kingdom and at number fifty @-@ five in Sweden .

= = Music video = =

An accompanying music video for the song was directed by Sophie Muller and premiered in 1996 ; Muller was initially asked to produce a video for Tragic Kingdom 's lead single " Just a Girl " , but nothing came of it . " Sunday Morning " marked Muller 's second collaboration with the band , following " Don 't Speak " . In a 2012 interview with OC Weekly , Muller spoke of the result of the single 's music video :

" Of all my videos , I suppose ' Sunday Morning ' is the most like them . It 's the most honest ? where they are all hang out together , that feels very real to me . They all get on and they 're very good friends and have very different lives . When I met them some of them were still living with their parents ! (Well , some of them .) They hang on to each other in the sense of that when they got huge across the world , there was already a sense of family between them . "

The video was filmed at Gwen Stefani 's grandparent 's house in Anaheim , California , in a one @-@ day shoot . Band member Dumont stated that the video " was really normal for us before this weird success " , listing their routine of rehearsing in a garage and later having a big dinner and how that was average for them .

= = = Synopsis = = =

The video commences with a scene of the band beginning to perform the song in a house 's detached garage . When the first verse starts , Stefani 's ex @-@ lover (Terry Hall) walks by the house before sitting down on a swing . Stefani changes her shoes as the song 's chorus is played ; she walks away from the garage and down a street to a grocery store . At the store , she purchases four cans of tomato sauce , and quickly leaves . Meanwhile , Dumont , Kanal , and Young prepare a large dinner for the band as Stefani reenters the home . Stefani slices tomatoes , Dumont cooks some spaghetti noodles , Kanal cuts up a few onions , and Young sets the table . At the song 's bridge , Stefani accidentally cuts herself with a knife and Kanal drops a pot of pasta sauce ; both of them promptly clean up their messes as dinner is served . Dumont initiates a food fight , and touring members Gabriel McNair and Stephen Bradley join in . The video ends with the ex @-@ lover sitting alone on the swing .

= = Track listings and formats = =

= = Credits and personnel = =

Credits adapted from the Tragic Kingdom liner notes .

Personnel

= = Charts and certifications = =

= = Release history = =