

# USMC WARR-SF SLEEP CHALLENGE

## SLEEP IS POWER

### WHO?

Active-Duty and Active-Duty Reserve

### WHERE? WHEN?

MARCH 2-13, 2026

At installations under the guidance  
of Performance Educators.

### WHAT?

Drive awareness on the importance of sleep and how lifestyle factors can have an immediate impact on sleep quantity and quality. A prize will be awarded to a winner at each installation.



### WHY?

Sleep is vital for every human function. Poor sleep quality has an immediate impact on memory, skill acquisition, mood, work performance, virtually everything that goes with being a high performing Marine or Sailor.

