

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.

