

2025 USMC WARR SLEEP CHALLENGE

SLEEP IS POWER



WHO?

Active-Duty and Active-Duty Reserve

WHAT?

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

WHEN?

MARCH 3-14, 2025

WHERE?

At installations under the guidance of Sleep and Performance Educators.

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.