

USMC WARR SLEEP CHALLENGE

2025 PARTICIPATION PACKET



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USMC WARR SLEEP CHALLENGE OVERVIEW

MARCH 3-14, 2025

INTRODUCTION

Tired of not sleeping the way you should be?

If so, register for this two-week sleep challenge today and get that quality sleep you have been craving!

Sleep is the foundation to health, happiness, and performance. Most of us do not get enough sleep and/or quality sleep. Getting good sleep is essential to your day-to-day performance, as well as your future physical, mental, spiritual, and social fitness. Through the month of March keep a sleep log and challenge yourself with new sleep habits.

FOUR PILLARS OF SLEEP



QUALITY: How well you sleep. How rejuvenated and refreshed you feel.



REGULARITY: How consistently you go to sleep and wake up at the same time, including weekends.



QUANTITY: The amount of sleep, 7-9 hours for adults.



CONTINUITY: The amount and distribution of sleep verses wakefulness in each sleep cycle. For example, the number of times you wake up in the night, your ability to remain asleep..

OVERALL GOAL

After completing this challenge....

- You may have a greater awareness of your own sleep habits.
- You may have a greater appreciation for the importance of sleep.
- You may have a better understanding of how to use a sleep log.
- You may develop more optimal sleep habits.
- You may have obtained more sleep.
- You may have improved the quality of your sleep.

REQUIREMENTS

- Register for the challenge before February 28, 2025
- Submit hard copy or electronic copy of completed sleep log no later than March 21, 2025, to the location below:

 **POC NAME**

 **BLDG**

 **ADDRESS**

 **EMAIL**

OURA RING PRIZE

Names of those who have completed the challenge will be entered into an installation prize drawing and winners will be notified no later than 28 March. One name will be selected and awarded an Oura ring that will be sized by their installation and will also be given a lifetime subscription application access.

Your participation in this event is your consent for your name to be used and for you to be photographed if your name is selected as a winner. Your photograph with your name may be used for official purposes by MCCS and the Marine Corps. If you do not consent for your name to be used and being photographed, notify the above POC and your name will not be included in the prize drawing.

QUESTIONS

Have questions? Contact:



WEEK ONE: MIND CALMING BEDTIME ROUTINE

Having a bedtime routine can make falling asleep easier and can lead to more quality sleep. When we are relaxed it becomes easier for us to fall asleep and stay asleep. We are creatures of habit and our body and mind thrive on consistency. For those who's minds wander during bedtime, journaling your next day activity before bed can help you unwind and not worry during the time when you should be most relaxed. Box breathing can also be another great method to help you calm the mind before you go to sleep as breathing relaxes the body but can also take you away from the stressful thoughts that come your way at night. Finally take the time to enjoy a quiet activity such as reading or meditation. Turn off your screens, turn off the lights, lower the temperature and think of sleep as your superpower to guide you through your night.

WEEKLY CHALLENGES [SELECT ONE]

- ☐ **Be Consistent.** This week, go to bed and get up at the same time each day, this includes the weekend.
- ☐ **Cave It. Cool, Dark and Cozy.** This week, lower the temperature of your bedroom, make the room as dark as possible (hang an extra blanket over existing curtains or purchase black out curtains), and make sure your bedding is comfy and clean.
- ☐ **Create a Sleep Schedule.** Use the calendar or reminder system on your mobile phone to set alarms and timers to help create a consistent sleep routine. If your device also features a "do not disturb" setting, try enabling it to ward off notifications that could wake you through the night.
- ☐ **Clear your Mind.** Don't stress or worry about things before bed. This week journal 60 minutes before you go to sleep. Think deeply and clearly as you write and leave your worries and things to do the next day in your notes before you go to bed.



WEEK TWO: EAT AND DRINK FOR GOOD SLEEP

Certain drinks and foods can negatively or positively promote better sleep. Alcohol is a depressant. Caffeine and Nicotine are both stimulants. When either of these substances are consumed too close to bed they can negatively impact sleep. We also need time to digest our evening meal, so avoid large meals filled with carbohydrates or overly spicy meals right before bed. Fluid intake can also cause sleep disruption as you might wake up needing to go to the bathroom so try and have less fluids close to bedtime.

WEEKLY CHALLENGES [SELECT ONE]

- ☐ **Avoid Depressants and Stimulants.** This week, if you consume caffeine, avoid it at least 6 hours before bedtime OR if you consume alcohol, avoid it at least 4 hours before bedtime OR if you consume nicotine, avoid it at least 2 hours before bedtime. **CAN 6-4-2**
- ☐ **Eat Earlier.** This week, eat your evening meal several hours before going to bed. Allow at least 2-3 hours between your last meal and bedtime.
- ☐ **Avoid late night fluids.** This week, avoid having too many fluids close to bed. Try and cut off fluid intake two hours before bed and try and use the bathroom for the last time an hour before bed.



TWO WEEK SLEEP LOG KEY

1

Write the name of the sleep challenge selected for each week.

(Be Consistent, Create a Sleep Schedule, Clear Your Mind, Cave it: Cool Dark and Cozy, etc.)

2

Follow the key to add the appropriate letter for the type of day.

W: Work
SC: School
O: Off

3

Follow the key to add the appropriate letter in each box.
A: Drank alcohol
C: Had caffeine
D: Took any dietary supplement
E: Exercised
M: Took any medicine
S: Slept at night or took a nap
X: Went to bed for the night

4

Rate in the last column how energized you felt the next morning

5: Extremely energized
4: Very energized
3: Moderately energized
2: Slightly energized
1: Not at all energized

	DATE	DAY	TYPE	NOON	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	MIDNIGHT	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	ENERGY LEVEL
EXAMPLE	3/3	MON	WK		E					A	S			X		S	S	S	S		S	S	C D M					3

WEEK ONE	NAME OF WEEKLY CHALLENGE SELECTED:																											
	3/3	MON																										
	3/4	TUES																										
	3/5	WED																										
	3/6	THUR																										
	3/7	FRI																										
	3/8	SAT																										
	3/9	SUN																										

WEEK TWO	NAME OF WEEKLY CHALLENGE SELECTED:																											
	3/10	MON																										
	3/11	TUES																										
	3/12	WED																										
	3/13	THUR																										
	3/14	FRI																										

SLEEP IS
POWER

