



USMC SLEEP CHALLENGE

2024 PARTICIPATION PACKET



CONTENTS

2024 USMC SLEEP CHALLENGE OVERVIEW	1
WEEK ONE: BEDTIME ROUTINES	2
WEEK TWO: EAT AND DRINK FOR GOOD SLEEP	2
WEEK THREE: CALM THE MIND	3
WEEK FOUR: MOVE MORE	3
FOUR WEEK SLEEP LOG	4-5



2024 USMC SLEEP CHALLENGE OVERVIEW

MARCH 4-31, 2024

INTRODUCTION


Tired of feeling tired? If so, register for this four-week sleep challenge today!


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 restful and rejuvenating your sleep was.

 **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 versus wakefulness in a given sleep period. 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 sleep.
- you may be more familiar with the use of a sleep log.
- you tried four new sleep habits.
- you may have obtained more sleep.
- you may have improved the quality of your sleep.

REQUIREMENTS

- Register for the challenge before March 1, 2024
- Physically show or email completed sleep logs to the challenge POC no later than **April 5th, 2024**

 **POC NAME**

 **BLDG**

 **ADDRESS**

 **EMAIL**

SLEEP RELATED PRIZES

Names of those who have completed the challenge will be entered into an installation prize drawing and winners will be notified NLT 12 April. Three names will be pulled, and each awarded a sleep related prize.

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: BEDTIME ROUTINES

Developing a bedtime routine can make going to sleep easier and can lead to more quality sleep. Our bodies and minds thrive on consistency, so taking the time to enjoy a quiet activity, planning for the next day and turning off screens is a fantastic way to set yourself up for a good night's rest.

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 (hanging an extra blanket over existing curtains or purchase blackout curtains), and make sure your bedding is comfy and clean.
- Power Down Electronics:** This week, turn off all screens at least 60 minutes before going to bed and schedule blue light filters to go on when the sun sets. You can manually adjust smartphone modes and settings to help you with this habit. For example, use silence notifications, set "Do Not Disturb" time frames, and use emergency bypass settings for those contacts you want or need to be able to reach you.



WEEK TWO: EAT AND DRINK FOR GOOD SLEEP

Certain drinks and foods can deter or promote better sleep. Alcohol is a depressant and caffeine and nicotine are both stimulants and when consumed too close to bedtime can negatively effect sleep. Also, are bodies need time to digest our evening meal, so avoid large meals or overly spicy meals right before bed. If you are an evening snacker, be strategic and consume foods that promote sleep.

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.
- Snack Smarter:** This week, if you eat a snack after dinner, select something high is tryptophan, like bananas, almonds, milk, or yogurt. Tryptophan is what our body uses to make sleep-friendly substances like melatonin and serotonin.



WEEK THREE: CALM THE MIND

When you are relaxed, it's easier to fall asleep and stay asleep. Write down the things you need to get accomplished, so you don't have to worry about it. Journaling can also help, as it acts as a designated time to worry and recognize thoughts and find ways to deal with stressors. Also, breathing and muscle relaxation techniques have been found to not only prepare the body for sleep, but most importantly the mind.

WEEKLY CHALLENGES [SELECT ONE]

- Write it down:** This week, instead of worrying about what needs to get done while lying in bed, write down what your goals are for the next day. By creating a list, you put your mind at ease and the list will be there in the morning.
- Breathe Deeply:** This week, take some time before bed to do some basic breathing exercises. For example, try the 4-7-8 breathing method. Inhale through your nose for four seconds, hold your breath for seven seconds, exhale through your mouth, making a whoosh sound for eight seconds. Repeat three more times for a total of four cycles.
- Relax Your Muscles:** This week, calm your mind by relaxing your muscles. For example, try progressive muscle relaxation which is performed by tensing and relaxing 16 different muscle groups, one by one.

The muscle groups are as follows:

- | | | | |
|------------------------|-----------------------------|-----------------------|-----------------------|
| 1. HANDS | 5. FOREHEAD | 9. BACK OF THE NECK | 13. STOMACH |
| 2. WRISTS AND FOREARMS | 6. AROUND THE EYES AND NOSE | 10. FRONT OF THE NECK | 14. HIPS AND BUTTOCKS |
| 3. BICEPS | 7. CHEEKS AND JAW | 11. CHEST | 15. THIGHS |
| 4. SHOULDERS | 8. AROUND THE MOUTH | 12. BACK | 16. LOWER LEGS |

LIE DOWN IN BED

1. Breathe in and tense the first group of muscles for 5-10 seconds.
2. Breathe out and quickly relax the muscles in that group.
3. Stay relaxed for 10-20 seconds before moving on to the next muscle group.

Repeat the processes for each muscle group and when finished, focus on keeping your whole body relaxed as you fall asleep.



WEEK FOUR: MOVE MORE

Physical activity, specifically moderate and vigorous exercise can decrease the amount of time it takes to fall asleep. Exercise can also help with daytime sleepiness by elevating body temperature, which in turn signals your internal clock (circadian rhythm) that it's time to be awake.

WEEKLY CHALLENGES [SELECT ONE]

- Exercise Daily:** This week, exercise every day, for at least 30 minutes per day. Select an exercise or exercises you like doing and/or incorporate a new one this week as well.
- Sit Less:** This week, sit less by making a point to get up and take a walk between episodes, every hour while working at a desk or while talking on the phone. Get more steps in this week.
- Try Interval Training or Strength Training:** This week, try interval training or strength training. Interval training and strength training are simple and effective. For example, when walking or jogging, go as fast as you can for one minute. Then walk/jog slowly for a minute. Repeat 3-5 times. When you feel more comfortable, extend the exertion to 90 seconds and then two minutes. Strength training can be lifting weights, using resistance bands or doing push-ups, sit-ups or other body weight exercises.



FOUR WEEK SLEEP LOG KEY

1 Write the name of the sleep challenge selected for each week.
(i.e. **Cave It, Write It Down, Sit Less, etc.**)

2 Add the letter for the type of day

W: Work
SC: School
O: Off

3 Add the letter for the type of activities done that day
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	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	MIDNIGHT	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	ENERGY LEVEL
EXAMPLE	3/1	MON	WK		E					A	S			X		S	S	S	S		S	S	M	D	C			3

NAME OF WEEKLY CHALLENGE SELECTED:																												
WEEK ONE	3/4	MON																										
	3/5	TUES																										
	3/6	WED																										
	3/7	THUR																										
	3/8	FRI																										
	3/9	SAT																										
	3/10	SUN																										

NAME OF WEEKLY CHALLENGE SELECTED:																												
WEEK TWO	3/11	MON																										
	3/12	TUES																										
	3/13	WED																										
	3/14	THUR																										
	3/15	FRI																										
	3/16	SAT																										
	3/17	SUN																										

FOUR WEEK SLEEP LOG KEY

1 Write the name of the sleep challenge selected for each week.
(i.e. **Cave It, Write It Down, Sit Less, etc.**)

2 Add the letter for the type of day

W: Work
SC: School
O: Off

3 Add the letter for the type of activities done that day
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	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	MIDNIGHT	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	ENERGY LEVEL	
EXAMPLE	3/1	MON	WK		E					A	S			X		S	S	S	S		S	S	M	D	C				3

NAME OF WEEKLY CHALLENGE SELECTED:																												
WEEK THREE	3/18	MON																										
	3/19	TUES																										
	3/20	WED																										
	3/21	THUR																										
	3/22	FRI																										
	3/23	SAT																										
	3/24	SUN																										

NAME OF WEEKLY CHALLENGE SELECTED:																												
WEEK FOUR	3/25	MON																										
	3/26	TUES																										
	3/27	WED																										
	3/28	THUR																										
	3/29	FRI																										
	3/30	SAT																										
	3/31	SUN																										

SLEEP IS POWER

