

The logo for World Sleep Day features the word "World" in a dark blue, bold, sans-serif font. The letter "o" is replaced by a stylized globe with latitude and longitude lines. A dark blue arc curves over the top of the "W" and "o". The words "Sleep Day" follow in the same dark blue, bold, sans-serif font. A registered trademark symbol (®) is located at the bottom right of the word "Day".

World Sleep Day®

Hosted by World Sleep Society

MARCH 18, 2022

QUALITY SLEEP | SOUND MIND | HAPPY WORLD