



Your nighttime discoveries

Listen with Tara, then talk, point, draw or write. Choose what works for you.

Your brain stays active during sleep. Sleep helps with learning, memory, growth and repair. Magnesium helps muscles and nerves; vitamin B6 helps make brain messages. The coloring pages add pretend pictures to explore real ideas.

THE MEMORY LIBRARY: Draw something you learned today.

MY WIND-DOWN: Draw one calm activity you enjoy with a grownup.

FM foundation: MHO library + Institute for Functional Medicine.

IFM: Optimal Sleep Habits for Kids | MHO: The UltraMind Solution, chapter 16.

ifm.org/articles/optimal-sleep-habits-for-kids | Full references in the review folder.



Sleep detective quiz

Ages 4-7: point or say your answer. Ages 7-10: explain your thinking.

1. Does your brain completely switch off during sleep?

YES / NO

2. Which is one job sleep helps with?

A. Remembering what you learned B. Making shoes bigger

3. Which sleep name means rapid eye movement?

A. REM sleep B. Non-REM sleep

4. What is one job magnesium helps with?

A. Muscles and nerves working B. Falling asleep instantly

TELL OR DRAW: What would you like to ask Tara about sleep?

Grownup answer key: 1. No. 2. A. 3. A. 4. A.

The library and garden are imagination tools, not actual rooms in the body.

You cannot force sleep. A difficult night is not a failure.

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