

## **Appendix 2**

### **Task B, Session 4**

Answer the following questions based on the video you watched.

1. What can increase the risk of stroke?
2. Why is sleeplessness not a minor problem?
3. What is Fatal Familial insomnia?
4. What is happening to our brains when we sleep?
5. What is sleep pressure?
6. How do you think our body will react to sleeplessness?
7. Why do we grow sleepy?