

# Englist.me



## Vocabulary Builder Reference from...

*Jen Gunter: Do you really need 8 hours of sleep every night? | TED Talk*

[https://www.ted.com/talks/jen\\_gunter\\_do\\_you\\_really\\_need\\_8\\_hours\\_of\\_sleep\\_every\\_night](https://www.ted.com/talks/jen_gunter_do_you_really_need_8_hours_of_sleep_every_night)

### All Words

#### IMPORTANT

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## Session 1: Word List

### desperate

*adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

*synonym* : anguish, frantic, hopeless

(1) her **desperate** screams, (2) **desperate** attempt

He was **desperate** when he lost all his money by gambling.

### fascination

*n.* the state of being intensely interested in someone or something, or a powerful attraction

*synonym* : allure, attraction, charm

(1) rapt in **fascination**, (2) the **fascination** with classical music

I looked at the painting in **fascination**.

### urgency

*n.* the quality of being very important and needing to be dealt with immediately

*synonym* : importance, importunity, urging

(1) **urgency** in the use of force, (2) matter of **urgency**

She departed hurriedly because of some significant **urgency** in their affairs.

### slew

*v.* to turn or slip abruptly and sharply; (past for of) slay;  
(noun) a large number or amount or extent

*synonym* : slide, curve, (noun) heap

(1) **slew** around suddenly, (2) have a **slew** of ideas  
He **slew** many Trojan warriors in this war.

## **gadget**

*n.* a small tool or device that is useful for a particular job  
*synonym*: appliance, gimmick, device

(1) a handy **gadget**, (2) time-saving **gadget**

I found the kitchen **gadget** that will serve as a bottle opener in the store.

## **fancy**

*v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy

*synonym*: imagine, visualize, (noun) fantasy

(1) **fancy** a cup of coffee, (2) a flight of **fancy**

I don't **fancy** acting in such an important role.

## **alarm**

*n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

*synonym*: notice, warning, panic

(1) give the **alarm**, (2) an **alarm** clock

The **alarm** announcing an enemy attack went off this morning.

## **column**

*n.* one of the vertical blocks that split content on a page or screen from top to bottom; an upright pillar that often supports an arch, entablature, or other structure or stands alone as a monument

*synonym*: line, pillar, cue

(1) the spinal **column**, (2) a **column** of water

The newspaper devoted several **columns** to the affair.

## **scare**

*v.* to frighten a person or animal, or to become frightened  
*synonym*: frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

## doom

*n.* death, destruction, or some other terrible situation that cannot be avoided

*synonym*: judgment, destiny, fate

(1) economic **doom**, (2) prophet of **doom**

Everyone was aware of the impending **doom** but was unable to prevent it.

## flaw

*n.* a fault, mistake, or weakness that causes something not to be perfect

*synonym*: defect, fault, imperfection

(1) a minor **flaw**, (2) the **flaw** in the legislation

Even the slightest design **flaw** in an aircraft can lead to a fatal accident.

## accurate

*adj.* correct and exact in all details

*synonym*: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains **accurate** academic records.

## recommend

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

*synonym*: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

## simplify

*v.* to make something more straightforward, more understandable, or easier to do

*synonym*: streamline, clarify, elucidate

(1) **simplify** my life, (2) **simplify** the process

Please **simplify** your explanation for the children.

## nuance

*n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

*synonym*: shading, refinement, subtlety

(1) rich in **nuance**, (2) subtle cultural **nuance**  
The painter has tried to express every **nuance** of the woman's expression in his work.

## associate

*v.* to mentally connect someone or something with someone or something else

*synonym*: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

## cardiovascular

*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

## diabetes

*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym*: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## ignore

*v.* to intentionally not listen or pay attention to

*synonym*: neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

## duration

*n.* the length of time something lasts or continues

*synonym*: period, span, course

(1) the **duration** of insurance, (2) short **duration**

The military incarcerated him for the **duration** of the war.

## doomsday

*n.* the last day of the world when Christians believe that God will judge everyone; an unpleasant or disastrous event

*synonym*: Day of Judgment, Last Judgement

(1) **doomsday** scenario, (2) economic **doomsday**

This task is going to take me till **doomsday**.

## counterproductive

*adj.* having the opposite effect to the one intended or wanted

*synonym*: ineffective, inadequate, inefficient

(1) **counterproductive** approach, (2) highly

**counterproductive** to performance

Territorial disputes between different countries are entirely

**counterproductive** but common.

## instance

*n.* a particular example or single occurrence of something

*synonym*: example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

## estimate

*v.* to guess or calculate the cost, size, value, etc. of something

*synonym*: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

## fascinating

*adj.* extremely interesting

*synonym*: alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me

The museum houses a **fascinating** collection of Celtic artifacts.

## obsess

*v.* to fill the mind of someone continually so that one can't think of anything else

*synonym*: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

## orthosomnia

*n.* a medical term for an unhealthy obsession with getting perfect sleep

(1) treatment for **orthosomnia**, (2) excessive **orthosomnia**

Several researchers claim that tracking sleep through apps and gadgets is causing **orthosomnia**.

## preoccupation

*n.* the state or condition of thinking about something continuously or obsessively

*synonym*: fetish, obsession, fixation

(1) **preoccupation** with work, (2) military **preoccupation**

She has an obsessive **preoccupation** with weight and shape.

## constant

*adj.* happening repeatedly or all the time

*synonym*: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

**Constant** dropping wears away the stone.

## extreme

*adj.* very great in amount or degree

*synonym*: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

## anxiety

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

*synonym*: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

**realistic**

*adj.* having or showing a sensible and practical idea that is possible to achieve

*synonym* : practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal

That story was so **realistic**, and it was scary.

**accord**

*n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have

*synonym* : alliance, pact, agreement

(1) **accord** with public opinion, (2) binational **accord**

The organization finally signed a peace **accord**.

**psychology**

*n.* the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

**lab**

*n.* a workplace for the conduct of scientific research; a laboratory

*synonym* : workshop, laboratory, research chamber

(1) **lab** instrument, (2) medical **lab**

The Prime Minister will pay a courtesy visit to the Nobel laureate's **lab**.

**disturbance**

*n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried

*synonym* : disorder, upset, annoyance

(1) a nervous **disturbance**, (2) a **disturbance** caused by a terrorist

This building construction causes serious **disturbance** to residents.

**asleep**

*adj.* in a state of sleep

*synonym* : sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

## involuntary

*adj.* acting or done without or against one's will

*synonym* : coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles

The drug's side effects can include **involuntary** loss of urine.

## struggle

*v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

*synonym* : toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

## filter

*n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light

*synonym* : strainer

(1) gas **filter**, (2) clogged **filter**

Ozone is a primary **filter** to protect Earth's surface from harmful UV rays.

## explore

*v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

*synonym* : analyze, delve into, examine

(1) **explore** the world, (2) **explore** our options

The management must **explore** strategies to increase office security.

## evident

*adj.* apparent to the mind, senses, or judgment

*synonym* : apparent, noticeable, obvious

(1) **evident** to all, (2) plainly **evident**

With **evident** joy, he signed his name.

## recommendation

*n.* an official suggestion that something is good or suitable for a particular purpose or job

*synonym* : guidance, advice, suggestion



(1) follow his **recommendations**, (2) a letter of **recommendation**

We made a **recommendation** to the client.

## academy

*n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field

*synonym*: school, institute, college

(1) an **academy** of music, (2) a member of the **Academy**  
Her new documentary earned her an **Academy** Award.

## therapy

*n.* the act of caring for someone through medication, remedial training, etc.

*synonym*: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**  
I underwent aversion **therapy** for my addiction to alcohol.

## cognitive

*adj.* of or relating to mental processes of understanding

*synonym*: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

## insomnia

*n.* the condition of being unable to sleep, usually a chronic one

*synonym*: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

## medication

*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

*synonym*: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

## Session 2: Spelling

- |                                   |  |
|-----------------------------------|--|
| 1. have a s__w of ideas           | <i>v.</i> to turn or slip abruptly and sharply; (past for of) slay; (noun) a large number or amount or extent  |
| 2. ev____t to all                 | <i>adj.</i> apparent to the mind, senses, or judgment  |
| 3. completely fas_____ng to me    | <i>adj.</i> extremely interesting  |
| 4. diagnosis of an_____y disorder | <i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future   |
| 5. di_____es patient              | <i>n.</i> a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood                                       |
| 6. re_____nd reading              | <i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role  |
| 7. rich in nu___e                 | <i>n.</i> a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.   |
| 8. es_____te a fair value         | <i>v.</i> to guess or calculate the cost, size, value, etc. of something   |
| 9. ig___e her advice              | <i>v.</i> to intentionally not listen or pay attention to  |
| 10. give the al__m                | <i>n.</i> a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger |

ANSWERS: 1. slew, 2. evident, 3. fascinating, 4. anxiety, 5. diabetes, 6. recommend, 7. nuance, 8. estimate, 9. ignore, 10. alarm

11. a co\_\_\_\_nt wind *adj.* happening repeatedly or all the time
12. the f\_\_w in the legislation *n.* a fault, mistake, or weakness that causes something not to be perfect
13. excessive ort\_\_\_\_\_ia *n.* a medical term for an unhealthy obsession with getting perfect sleep
14. an\_\_\_\_y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
15. si\_\_\_\_fy the process *v.* to make something more straightforward, more understandable, or easier to do
16. psy\_\_\_\_\_gy of crowd *n.* the scientific study of mind and behavior
17. her de\_\_\_\_\_te screams *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
18. car\_\_\_\_\_lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
19. gas fi\_\_\_\_r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
20. de\_\_\_\_\_te attempt *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
21. a flight of fa\_\_y *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy

ANSWERS: 11. constant, 12. flaw, 13. orthosomnia, 14. anxiety, 15. simplify, 16. psychology, 17. desperate, 18. cardiovascular, 19. filter, 20. desperate, 21. fancy

22. for in\_\_\_\_ce *n.* a particular example or single occurrence of something
23. ig\_\_\_e a ban *v.* to intentionally not listen or pay attention to
24. as\_\_\_\_\_te with people widely *v.* to mentally connect someone or something with someone or something else
25. a dis\_\_\_\_\_ce caused by a terrorist *n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
26. the Great Dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
27. medication for in\_\_\_\_\_ia *n.* the condition of being unable to sleep, usually a chronic one
28. as\_\_\_\_\_te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
29. sc\_\_e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
30. cou\_\_\_\_\_ive approach *adj.* having the opposite effect to the one intended or wanted
31. st\_\_\_\_\_le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
32. research on co\_\_\_\_\_ve psychology *adj.* of or relating to mental processes of understanding

ANSWERS: 22. instance, 23. ignore, 24. associate, 25. disturbance, 26. depression, 27. insomnia, 28. associate, 29. scare, 30. counterproductive, 31. struggle, 32. cognitive

33. ur\_\_\_\_y in the use of force *n.* the quality of being very important and needing to be dealt with immediately
34. matter of ur\_\_\_\_y *n.* the quality of being very important and needing to be dealt with immediately
35. dead as\_\_\_\_p *adj.* in a state of sleep
36. an ac\_\_\_\_y of music *n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field
37. clogged fi\_\_\_\_r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
38. as\_\_\_\_p at the wheel *adj.* in a state of sleep
39. ex\_\_\_\_e weather events *adj.* very great in amount or degree
40. a nervous dis\_\_\_\_ce *n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
41. fas\_\_\_\_ng story *adj.* extremely interesting
42. fa\_\_y a cup of coffee *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
43. sc\_\_e the birds away *v.* to frighten a person or animal, or to become frightened
44. a co\_\_\_\_nt temperature *adj.* happening repeatedly or all the time
45. st\_\_\_\_le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 33. urgency, 34. urgency, 35. asleep, 36. academy, 37. filter, 38. asleep, 39. extreme, 40. disturbance, 41. fascinating, 42. fancy, 43. scare, 44. constant, 45. struggle

46. inv\_\_\_\_\_ry muscles *adj.* acting or done without or against one's will
47. med\_\_\_\_\_on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
48. economic d\_\_\_m *n.* death, destruction, or some other terrible situation that cannot be avoided
49. plainly ev\_\_\_\_\_t *adj.* apparent to the mind, senses, or judgment
50. provide ac\_\_\_\_\_te information *adj.* correct and exact in all details
51. an al\_\_\_m clock *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
52. a minor f\_\_\_w *n.* a fault, mistake, or weakness that causes something not to be perfect
53. s\_\_\_w around suddenly *v.* to turn or slip abruptly and sharply; (past for of) slay; (noun) a large number or amount or extent
54. es\_\_\_\_\_te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
55. ac\_\_\_\_\_te measurements *adj.* correct and exact in all details
56. l\_b instrument *n.* a workplace for the conduct of scientific research; a laboratory
57. the du\_\_\_\_\_on of insurance *n.* the length of time something lasts or continues
58. a member of the Ac\_\_\_\_\_y *n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field

ANSWERS: 46. involuntary, 47. medication, 48. doom, 49. evident, 50. accurate, 51. alarm, 52. flaw, 53. slew, 54. estimate, 55. accurate, 56. lab, 57. duration, 58. academy

59. notable in\_\_\_\_\_ce *n.* a particular example or single occurrence of something
60. do\_\_\_\_\_ay scenario *n.* the last day of the world when Christians believe that God will judge everyone; an unpleasant or disastrous event
61. subtle cultural nu\_\_\_\_\_e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
62. ob\_\_\_\_\_s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
63. th\_\_\_\_\_y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
64. highly cou\_\_\_\_\_ive to performance *adj.* having the opposite effect to the one intended or wanted
65. economic do\_\_\_\_\_ay *n.* the last day of the world when Christians believe that God will judge everyone; an unpleasant or disastrous event
66. antibiotic med\_\_\_\_\_on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
67. a co\_\_\_\_\_n of water *n.* one of the vertical blocks that split content on a page or screen from top to bottom; an upright pillar that often supports an arch, entablature, or other structure or stands alone as a monument
68. the spinal co\_\_\_\_\_n *n.* one of the vertical blocks that split content on a page or screen from top to bottom; an upright pillar that often supports an arch, entablature, or other structure or stands alone as a monument

ANSWERS: 59. instance, 60. doomsday, 61. nuance, 62. obsess, 63. therapy, 64. counterproductive, 65. doomsday, 66. medication, 67. column, 68. column



69. the root problem of her dep\_\_\_\_\_on     *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
70. ac\_\_\_\_d with public opinion     *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
71. pre\_\_\_\_\_ion with work     *n.* the state or condition of thinking about something continuously or obsessively
72. re\_\_\_\_\_nd a hospitalization     *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
73. the fas\_\_\_\_\_on with classical music     *n.* the state of being intensely interested in someone or something, or a powerful attraction
74. inv\_\_\_\_\_ry manslaughter     *adj.* acting or done without or against one's will
75. follow his rec\_\_\_\_\_ions     *n.* an official suggestion that something is good or suitable for a particular purpose or job
76. binational ac\_\_\_\_d     *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
77. time-saving ga\_\_\_\_t     *n.* a small tool or device that is useful for a particular job
78. ex\_\_\_\_\_e the world     *v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

ANSWERS: 69. depression, 70. accord, 71. preoccupation, 72. recommend, 73. fascination, 74. involuntary, 75. recommendation, 76. accord, 77. gadget, 78. explore

79. car\_\_\_\_\_lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
80. rapt in fas\_\_\_\_\_on *n.* the state of being intensely interested in someone or something, or a powerful attraction
81. military pre\_\_\_\_\_ion *n.* the state or condition of thinking about something continuously or obsessively
82. psy\_\_\_\_\_gy experiment *n.* the scientific study of mind and behavior
83. improve co\_\_\_\_\_ve function *adj.* of or relating to mental processes of understanding
84. he is ob\_\_\_sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
85. si\_\_\_\_\_fy my life *v.* to make something more straightforward, more understandable, or easier to do
86. field of gene th\_\_\_\_\_y *n.* the act of caring for someone through medication, remedial training, etc.
87. medical l\_b *n.* a workplace for the conduct of scientific research; a laboratory
88. prophet of d\_\_m *n.* death, destruction, or some other terrible situation that cannot be avoided
89. a letter of rec\_\_\_\_\_ion *n.* an official suggestion that something is good or suitable for a particular purpose or job
90. alcohol-dependent in\_\_\_\_\_ia *n.* the condition of being unable to sleep, usually a chronic one
91. treatment for ort\_\_\_\_\_ia *n.* a medical term for an unhealthy obsession with getting perfect sleep

ANSWERS: 79. cardiovascular, 80. fascination, 81. preoccupation, 82. psychology, 83. cognitive, 84. obsess, 85. simplify, 86. therapy, 87. lab, 88. doom, 89. recommendation, 90. insomnia, 91. orthosomnia

92. ex\_\_\_\_\_e our options      *v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
93. short du\_\_\_\_\_on      *n.* the length of time something lasts or continues
94. ex\_\_\_\_\_e sports      *adj.* very great in amount or degree
95. a re\_\_\_\_\_ic goal      *adj.* having or showing a sensible and practical idea that is possible to achieve
96. juvenile di\_\_\_\_\_es      *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
97. a handy ga\_\_\_\_t      *n.* a small tool or device that is useful for a particular job

ANSWERS: 92. explore, 93. duration, 94. extreme, 95. realistic, 96. diabetes, 97. gadget

## Session 3: Fill in the Blanks

1. He \_\_\_\_\_ many Trojan warriors in this war.  
*v.* to turn or slip abruptly and sharply; (past for of) slay; (noun) a large number or amount or extent
2. His \_\_\_\_\_ faculties were getting worse because of a lack of sleep.  
*adj.* of or relating to mental processes of understanding
3. We \_\_\_\_\_ taking media training every six months.  
*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
4. He's utterly \_\_\_\_\_ with his promotion.  
*v.* to fill the mind of someone continually so that one can't think of anything else
5. We hit the ground to \_\_\_\_\_ out the rabbits.  
*v.* to frighten a person or animal, or to become frightened
6. The official transcript contains \_\_\_\_\_ academic records.  
*adj.* correct and exact in all details
7. The newspaper devoted several \_\_\_\_\_ to the affair.  
*n.* one of the vertical blocks that split content on a page or screen from top to bottom; an upright pillar that often supports an arch, entablature, or other structure or stands alone as a monument
8. Ozone is a primary \_\_\_\_\_ to protect Earth's surface from harmful UV rays.  
*n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light

ANSWERS: 1. slew, 2. cognitive, 3. recommend, 4. obsessed, 5. scare, 6. accurate, 7. columns, 8. filter

9. We \_\_\_\_\_ the season's total trade deficit at \$50 billion.  
*v.* to guess or calculate the cost, size, value, etc. of something
10. Solar gravity creates \_\_\_\_\_ pressures and temperatures.  
*adj.* very great in amount or degree
11. Since independence, the area has been completely \_\_\_\_\_.  
*v.* to intentionally not listen or pay attention to
12. I found the kitchen \_\_\_\_\_ that will serve as a bottle opener in the store.  
*n.* a small tool or device that is useful for a particular job
13. We made a \_\_\_\_\_ to the client.  
*n.* an official suggestion that something is good or suitable for a particular purpose or job
14. These articles cite five \_\_\_\_\_ of climate change.  
*n.* a particular example or single occurrence of something
15. I don't \_\_\_\_\_ acting in such an important role.  
*v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
16. Everyone was aware of the impending \_\_\_\_\_ but was unable to prevent it.  
*n.* death, destruction, or some other terrible situation that cannot be avoided
17. Smoking places you at severe risk of \_\_\_\_\_ and respiratory disease.  
*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

ANSWERS: 9. estimated, 10. extreme, 11. ignored, 12. gadget, 13. recommendation, 14. instances, 15. fancy, 16. doom, 17. cardiovascular

18. Her new documentary earned her an \_\_\_\_\_ Award.

*n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field

19. This task is going to take me till \_\_\_\_\_.

*n.* the last day of the world when Christians believe that God will judge everyone; an unpleasant or disastrous event

20. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

21. The pharmacist not only prescribes the \_\_\_\_\_ but also guides its proper use.

*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

22. She had a master's degree in \_\_\_\_\_.

*n.* the scientific study of mind and behavior

23. I looked at the painting in \_\_\_\_\_.

*n.* the state of being intensely interested in someone or something, or a powerful attraction

24. The Prime Minister will pay a courtesy visit to the Nobel laureate's \_\_\_\_\_.

*n.* a workplace for the conduct of scientific research; a laboratory

25. That story was so \_\_\_\_\_ and it was scary.

*adj.* having or showing a sensible and practical idea that is possible to achieve

ANSWERS: 18. Academy, 19. doomsday, 20. Depression, 21. medication, 22. psychology, 23. fascination, 24. lab, 25. realistic,

26. He suffered \_\_\_\_\_ and loss of appetite after he began taking that medication.
- n.* the condition of being unable to sleep, usually a chronic one
27. The painter has tried to express every \_\_\_\_\_ of the woman's expression in his work.
- n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
28. He could not \_\_\_\_\_ against temptation.
- v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
29. He was \_\_\_\_\_ when he lost all his money by gambling.
- adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
30. Territorial disputes between different countries are entirely \_\_\_\_\_ but common.
- adj.* having the opposite effect to the one intended or wanted
31. She has an obsessive \_\_\_\_\_ with weight and shape.
- n.* the state or condition of thinking about something continuously or obsessively
32. She departed hurriedly because of some significant \_\_\_\_\_ in their affairs.
- n.* the quality of being very important and needing to be dealt with immediately
33. I underwent aversion \_\_\_\_\_ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.

ANSWERS: 26. insomnia, 27. nuance, 28. struggle, 29. desperate, 30. counterproductive, 31. preoccupation, 32. urgency, 33. therapy

34. The military incarcerated him for the \_\_\_\_\_ of the war.  
*n.* the length of time something lasts or continues
35. The museum houses a \_\_\_\_\_ collection of Celtic artifacts.  
*adj.* extremely interesting
36. This building construction causes serious \_\_\_\_\_ to residents.  
*n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
37. The majority of consumers \_\_\_\_\_ this brand with quality.  
*v.* to mentally connect someone or something with someone or something else
38. The drug's side effects can include \_\_\_\_\_ loss of urine.  
*adj.* acting or done without or against one's will
39. My father was tested for \_\_\_\_\_.  
*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
40. Several researchers claim that tracking sleep through apps and gadgets is causing \_\_\_\_\_.  
*n.* a medical term for an unhealthy obsession with getting perfect sleep
41. The organization finally signed a peace \_\_\_\_\_.  
*n.* an official agreement or treaty between two organizations, countries, etc.;  
(verb) allow to have
42. He lay down and fell \_\_\_\_\_ immediately.  
*adj.* in a state of sleep

ANSWERS: 34. duration, 35. fascinating, 36. disturbance, 37. associate, 38. involuntary, 39. diabetes, 40. orthosomnia, 41. accord, 42. asleep



43. \_\_\_\_\_ dropping wears away the stone.

*adj.* happening repeatedly or all the time

44. The \_\_\_\_\_ announcing an enemy attack went off this morning.

*n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

45. The management must \_\_\_\_\_ strategies to increase office security.

*v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

46. She waited for her daughter with \_\_\_\_\_.

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

47. Even the slightest design \_\_\_\_\_ in an aircraft can lead to a fatal accident.

*n.* a fault, mistake, or weakness that causes something not to be perfect

48. Please \_\_\_\_\_ your explanation for the children.

*v.* to make something more straightforward, more understandable, or easier to do

49. With \_\_\_\_\_ joy, he signed his name.

*adj.* apparent to the mind, senses, or judgment

ANSWERS: 43. Constant, 44. alarm, 45. explore, 46. anxiety, 47. flaw, 48. simplify, 49. evident