

# 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)

### Advanced Words Only

#### IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

## Session 1: Word List

### 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**.

### 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.

### 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Session 2: Spelling

- |                                |   |
|--------------------------------|---|
| 1. prophet of d__m             | <i>n.</i> death, destruction, or some other terrible situation that cannot be avoided                                       |
| 2. treatment for ort_____ia    | <i>n.</i> a medical term for an unhealthy obsession with getting perfect sleep  |
| 3. rapt in fas_____on          | <i>n.</i> the state of being intensely interested in someone or something, or a powerful attraction                         |
| 4. s__w around suddenly        | <i>v.</i> to turn or slip abruptly and sharply; (past for of) slay; (noun) a large number or amount or extent               |
| 5. subtle cultural nu___e      | <i>n.</i> a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.                    |
| 6. alcohol-dependent in_____ia | <i>n.</i> the condition of being unable to sleep, usually a chronic one   |
| 7. inv_____ry muscles          | <i>adj.</i> acting or done without or against one's will  |
| 8. economic d__m               | <i>n.</i> death, destruction, or some other terrible situation that cannot be avoided                                       |
| 9. medication for in_____ia    | <i>n.</i> the condition of being unable to sleep, usually a chronic one   |
| 10. pre_____ion with work      | <i>n.</i> the state or condition of thinking about something continuously or obsessively                                    |
| 11. excessive ort_____ia       | <i>n.</i> a medical term for an unhealthy obsession with getting perfect sleep  |
| 12. economic do_____ay         | <i>n.</i> the last day of the world when Christians believe that God will judge everyone; an unpleasant or disastrous event |

ANSWERS: 1. doom, 2. orthosomnia, 3. fascination, 4. slew, 5. nuance, 6. insomnia, 7. involuntary, 8. doom, 9. insomnia, 10. preoccupation, 11. orthosomnia, 12. doomsday

- |   |   |
|---|---|
| 13. a handy ga___t                      | <i>n.</i> a small tool or device that is useful for a particular job  |
| 14. ob___s over her weight              | <i>v.</i> to fill the mind of someone continually so that one can't think of anything else                                  |
| 15. cou_____ive approach                | <i>adj.</i> having the opposite effect to the one intended or wanted  |
| 16. inv_____ry manslaughter             | <i>adj.</i> acting or done without or against one's will  |
| 17. highly cou_____ive to performance   | <i>adj.</i> having the opposite effect to the one intended or wanted  |
| 18. do___ay scenario                    | <i>n.</i> the last day of the world when Christians believe that God will judge everyone; an unpleasant or disastrous event |
| 19. rich in nu___e                      | <i>n.</i> a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.                    |
| 20. 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               |
| 21. time-saving ga___t                  | <i>n.</i> a small tool or device that is useful for a particular job  |
| 22. he is ob___sed with the fear        | <i>v.</i> to fill the mind of someone continually so that one can't think of anything else                                  |
| 23. the fas_____on with classical music | <i>n.</i> the state of being intensely interested in someone or something, or a powerful attraction                         |
| 24. military pre_____ion                | <i>n.</i> the state or condition of thinking about something continuously or obsessively                                    |

ANSWERS: 13. gadget, 14. obsess, 15. counterproductive, 16. involuntary, 17. counterproductive, 18. doomsday, 19. nuance, 20. slew, 21. gadget, 22. obsess, 23. fascination, 24. preoccupation

ANSWERS:

## Session 3: Fill in the Blanks

1. She has an obsessive \_\_\_\_\_ with weight and shape.  
*n.* the state or condition of thinking about something continuously or obsessively
2. Several researchers claim that tracking sleep through apps and gadgets is causing \_\_\_\_\_.  
*n.* a medical term for an unhealthy obsession with getting perfect sleep
3. 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.
4. He suffered \_\_\_\_\_ and loss of appetite after he began taking that medication.  
*n.* the condition of being unable to sleep, usually a chronic one
5. The drug's side effects can include \_\_\_\_\_ loss of urine.  
*adj.* acting or done without or against one's will
6. 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
7. 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
8. Everyone was aware of the impending \_\_\_\_\_ but was unable to prevent it.  
*n.* death, destruction, or some other terrible situation that cannot be avoided

ANSWERS: 1. preoccupation, 2. orthosomnia, 3. nuance, 4. insomnia, 5. involuntary, 6. gadget, 7. doomsday, 8. doom

9. 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

10. Territorial disputes between different countries are entirely \_\_\_\_\_ but common.

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

11. He's utterly \_\_\_\_\_ with his promotion.

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

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

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

ANSWERS: 9. slew, 10. counterproductive, 11. obsessed, 12. fascination