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Vocabulary Builder Reference from...

Sara C. Mednick: How long should your naps be? |

TED Talk

https://www.ted.com/talks/sara_c_mednick_how_long_should_your_naps_be

Advanced Words Only

IMPORTANT

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Session 1: Word List

- nap** *n.* a short sleep, especially during the day
synonym: rest, doze, drowse
(1) take a **nap**, (2) daytime **nap**
She woke the kids up from their **nap**.
- derail** *v.* to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally
synonym: crash, wreck, thwart
(1) **derail** the recovery, (2) **derail** an argument
The train **derailed** because a cow was standing on the tracks.
- neuron** *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
synonym: nerve cell
(1) excite the **neurons**, (2) **neuron** cell body
Our body transfers information along each **neuron** using an electrical impulse.
- unison** *n.* occurring or corresponding together, simultaneously, or exactly; (music) two or more sounds or tones at the same pitch or in octaves
synonym: harmony, accord, unanimity

(1) singing in **unison**, (2) clap the hands in **unison**
They saluted in **unison** to the captain.

punctuate

v. to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically

synonym: emphasize, accent, mark

(1) **punctuate** a sentence, (2) **punctuate** his talk
Strikes had also **punctuated** the preceding weeks.

spindle

n. a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division

synonym: shaft, axis, mandrel

(1) a **spindle-shaped** muscle, (2) **spindle** cell cancer
A powerful **spindle** motor is required to process these metal parts.

potentiate

v. to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon

synonym: increase, boost, enhance

(1) **potentiate** the drug, (2) **potentiate** the immune response

The author's war and suffering experience **potentiates** this novel's reality.

synapse

n. the fact or state of failing to finish an activity and of stopping using, making, or doing it

(1) **synapse** circuit, (2) end at a **synapse**

Animals transmit nerve impulses through **synapses**.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym: brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

cingulate

n. a part of the brain situated in the medial aspect of the cerebral cortex that is an integral part of the limbic system, which is involved with emotion formation and processing, learning, and memory

(1) a posterior **cingulate**, (2) ventral **cingulate** cortex

Researchers found marked differences in the anterior **cingulate** of the brain between species.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

midday

n. noon; twelve o'clock in the middle of the day

synonym: noon, meridian, noontime

(1) **midday** meal, (2) **midday** glare of the sun

We usually have a lunch meeting at **midday**.

groggy

adj. weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow

synonym: dizzy, dazed, foggy

(1) still **groggy** from anesthesia, (2) feel **groggy**

We were **groggy** with jet lag.

afterward

adv. after the time mentioned

synonym : later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

Session 2: Spelling

- | | |
|---------------------------------|---|
| 1. take a n_p | <i>n.</i> a short sleep, especially during the day |
| 2. daytime n_p | <i>n.</i> a short sleep, especially during the day |
| 3. pu_____te his talk | <i>v.</i> to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically |
| 4. pre_____al bone | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain |
| 5. ventral ci_____te cortex | <i>n.</i> a part of the brain situated in the medial aspect of the cerebral cortex that is an integral part of the limbic system, which is involved with emotion formation and processing, learning, and memory |
| 6. ne___n cell body | <i>n.</i> a cell that is specialized to carry information within the brain and between the brain and other parts of the body |
| 7. singing in un___n | <i>n.</i> occurring or corresponding together, simultaneously, or exactly; (music) two or more sounds or tones at the same pitch or in octaves |
| 8. still gr___y from anesthesia | <i>adj.</i> weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow |
| 9. de___l an argument | <i>v.</i> to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally |

ANSWERS: 1. nap, 2. nap, 3. punctuate, 4. prefrontal, 5. cingulate, 6. neuron, 7. unison, 8. groggy, 9. derail

10. the decline in am_____la activity *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
11. po__t the premise *v.* to suggest or accept something as fact or as a basis for argument or consideration
12. feel gr___y *adj.* weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
13. sy_____e circuit *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
14. a posterior ci_____te *n.* a part of the brain situated in the medial aspect of the cerebral cortex that is an integral part of the limbic system, which is involved with emotion formation and processing, learning, and memory
15. a few years af_____rd *adv.* after the time mentioned
16. a sp_____e-shaped muscle *n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division
17. mi___y meal *n.* noon; twelve o'clock in the middle of the day
18. excite the ne___ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
19. pot_____te the drug *v.* to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon

ANSWERS: 10. amygdala, 11. posit, 12. groggy, 13. synapse, 14. cingulate, 15. afterward, 16. spindle, 17. midday, 18. neuron, 19. potentiate

20. mi___y glare of the sun *n.* noon; twelve o'clock in the middle of the day
21. go there af_____rd *adv.* after the time mentioned
22. pot_____te the immune response *v.* to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon
23. sp_____e cell cancer *n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division
24. st_____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
25. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
26. pre_____al region *adj.* in or about the foremost part of the frontal lobe of the brain
27. pu_____te a sentence *v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically
28. end at a sy_____e *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
29. clap the hands in un____n *n.* occurring or corresponding together, simultaneously, or exactly; (music) two or more sounds or tones at the same pitch or in octaves
30. am_____la damage *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 20. midday, 21. afterward, 22. potentiate, 23. spindle, 24. stabilize, 25. stabilize, 26. prefrontal, 27. punctuate, 28. synapse, 29. unison, 30. amygdala

31. de___l the recovery

v. to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally

32. po__t the existence of life after death

v. to suggest or accept something as fact or as a basis for argument or consideration

ANSWERS: 31. derail, 32. posit

Session 3: Fill in the Blanks

1. We should _____ several hypotheses to discuss the matter.
 - v. to suggest or accept something as fact or as a basis for argument or consideration

2. The author's war and suffering experience _____ this novel's reality.
 - v. to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon

3. They saluted in _____ to the captain.
 - n. occurring or corresponding together, simultaneously, or exactly; (music) two or more sounds or tones at the same pitch or in octaves

4. Research shows that damage to the _____ cortex leads to increased aggression.
 - adj. in or about the foremost part of the frontal lobe of the brain

5. Strikes had also _____ the preceding weeks.
 - v. to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically

6. She woke the kids up from their _____.
 - n. a short sleep, especially during the day

7. The raising of interest rates _____ the inflation rate.
 - v. to become or cause to become steady or unlikely to give way

8. We usually have a lunch meeting at _____.
 - n. noon; twelve o'clock in the middle of the day

ANSWERS: 1. posit, 2. potentiates, 3. unison, 4. prefrontal, 5. punctuated, 6. nap, 7. stabilizes, 8. midday

9. Animals transmit nerve impulses through _____.
- n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
10. A powerful _____ motor is required to process these metal parts.
- n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division
11. We were _____ with jet lag.
- adj.* weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
12. The _____ has been associated with memories of past emotional events.
- n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
13. Our body transfers information along each _____ using an electrical impulse.
- n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
14. We will explain the countermeasure concerning this problem _____.
- adv.* after the time mentioned
15. The train _____ because a cow was standing on the tracks.
- v.* to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally
16. Researchers found marked differences in the anterior _____ of the brain between species.
- n.* a part of the brain situated in the medial aspect of the cerebral cortex that is an integral part of the limbic system, which is involved with emotion formation and processing, learning, and memory

ANSWERS: 9. synapses, 10. spindle, 11. groggy, 12. amygdala, 13. neuron, 14. afterward, 15. derailed, 16. cingulate

ANSWERS: