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Vocabulary Builder Reference from...

Emmanuel During: What causes sleepwalking? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

mumble

v. to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately

synonym: murmur, mutter, whisper

(1) **mumble** a reply, (2) **mumble** under your breath

She tended to **mumble** when she was nervous or unsure of herself.

fantasy

n. a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen

synonym: fiction, illusion, fabrication

(1) **fantasy** novel, (2) confuse **fantasy** with reality

Composition by artificial intelligence is no longer a **fantasy**.

gibberish

n. unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing

synonym: nonsense, babble, drivel

(1) **gibberish** language, (2) meaningless **gibberish**

He spoke in **gibberish**, and no one could understand what he was trying to say.

devour

v. to eat or consume something eagerly or ravenously; or to destroy something rapidly

synonym: consume, swallow, destroy

(1) **devour** a meal, (2) **devour** my way

She **devoured** the mystery novel in one sitting.

toilet

n. a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture

synonym: bathroom, lavatory, washroom

(1) **toilet** paper, (2) **toilet** seat

She walked to the **toilet** to freshen up before the meeting.

sleepwalk

v. to walk about or perform other physical activities while asleep or in a sleep-like state; to engage in automatic behavior while asleep

synonym: walk in one's sleep, somnambulate, noctambulate

(1) **sleepwalk** through life, (2) **sleepwalk** at night

My sister used to **sleepwalk** as a child, but she eventually outgrew it.

benign

adj. kind and gentle; not harmful or malicious

synonym: kind, gentle, harmless

(1) **benign** tumor, (2) a **benign** smile

The lump was discovered to be **benign**, and no further treatment was needed.

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.

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.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

conscious

adj. being aware of and able to respond to what is happening around you

synonym: aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded

He became **conscious** that he was being followed.

deliberate

adj. done with full consciousness of nature and effects rather than by accident

synonym: intentional, planned, careful

(1) the **deliberate** act of provocation, (2) **deliberate** attempt

Despite its advanced science and technology, the empire was **deliberate** about invasion.

decision-maker

n. a person who makes important decisions, especially at a high level in an organization

(1) policy **decision-maker**, (2) act as a **decision-maker**

A wealth of information does not always have a positive impact on **decision-makers**.

hub

n. the central or main part of a particular place, activity, network, etc.; the central part of a car wheel, fan, propeller, etc., through which the shaft or axle passes

synonym: center, junction, focal point

(1) a **hub** of commerce, (2) education **hub**

This airport has taken the first step to become an international **hub** airport.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

intricate

adj. having many different parts and small details that all work together

synonym: complicated, convoluted, complex

(1) **intricate** details, (2) **intricate** lacework

The politician managed to deal with that **intricate** issue.

coordination

n. the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

synonym: cooperation, teamwork, collaboration

(1) data **coordination**, (2) loss of muscle **coordination**

Synchronized swimming needs close **coordination** between six performers.

sensory

adj. of or relating to the physical senses

synonym: receptive, sensuous, neural

(1) a **sensory** organ, (2) a child with **sensory** issues

Sharks have highly developed **sensory** systems and are extremely sensitive creatures.

execute

v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.

synonym: direct, conduct, enforce

(1) **execute** a bold strategy, (2) **execute** a double play

The mafioso who collaborated with the police was **executed**.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

spinal

adj. of or relating to the spine (= the long bone in the body's back)

(1) **spinal** injury, (2) brain and **spinal** cord

The surgeon carefully confirmed how to remove the tumor to avoid damaging the **spinal** nerves.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

generator

n. a machine that produces electricity

synonym: dynamo, alternator, creator

(1) random number **generator**, (2) major revenue **generator**

Most data centers have emergency **generators** on standby at all times.

govern

v. to legally control and direct a country, city, group of people, etc. and be responsible for introducing new laws, organizing and maintaining public services

synonym: control, rule, preside

(1) a nation's right to **govern**, (2) **govern** a public enterprise

The regulations **governing** medical malpractice claims are rigorous.

automatic

adj. able to work or operate with little or no direct human control; independent of external control

synonym: mechanical, robotic, intuitive

(1) **automatic** operation, (2) the **automatic** shrinking of the pupils

In passenger aircraft, it is common to use an **automatic** pilot during cruising.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

survival

n. the state of continuing to exist or live, frequently in the face of difficulty or danger

synonym: endurance, continuity

(1) **survival** ability, (2) **survival** food

He evaluated his chances for **survival** rather pessimistically.

REM

n. (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

(1) **REM** sleep cycle, (2) **REM** sleep behavior disorder

REM sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

enact

v. to make a law; to put something into practice

synonym: legislate, pass, decree

(1) **enact** new legislation, (2) **enact** the smoking ban

The government **enacted** this law in 1925.

separate

v. to force, take, or pull apart; mark as different

synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

slow-wave

n. a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude

synonym: delta wave, delta rhythm

(1) **slow-wave** sleep, (2) **slow-wave** circuit

The **slow-wave** activity in his brain indicated that he was in a deep sleep phase.

essentially

adv. relating to the essential features or concepts of anything

synonym: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

Essentially, a society is an organism.

rouse

v. to awaken or stir up from sleep, inactivity, or apathy; to excite or stimulate one's feelings or interests; to provoke or incite someone to action or reaction

synonym: stir, awaken, arouse

(1) **rouse** much interest, (2) **rouse** to action

I tried to **rouse** my sleepy child from bed for school.

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.

doze

v. to sleep lightly or for a short period of time

synonym: nap, snooze, slumber

(1) **doze** over a book, (2) **doze** in the sun

He **dozed** off in his chair while watching TV.

intermediate

adj. situated between two locations, things, states, etc.;
around the middle of a scale of evaluation

synonym: middle, medium, central

(1) **intermediate** sanction, (2) **intermediate** level

Purple is **intermediate** between blue and red.

straddle

v. to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests

synonym: straddle, sit astride, span

(1) **straddle** a fence, (2) **straddle** a motorcycle

We had to **straddle** the fallen tree to cross the river.

episode

n. a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

synonym: event, chapter, seizure

(1) end of the first **episode**, (2) **episode** of vertigo

I want to put that **episode** of my life behind me.

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.

prolong

v. to extend the duration or length of something,
particularly a period of time or an event

synonym: extend, lengthen, stretch

(1) **prolong** the agony, (2) measures to **prolong** the lifespan

We need to **prolong** the meeting for another hour to discuss all the issues.

inactive

adj. not doing any or much physical activity; lying idle or unused

synonym: inoperative, passive, stagnant

(1) become **inactive**, (2) an **inactive** volcano

The chronic back pain forced him to live an **inactive** life.

possess

v. to have or own something or to have as an attribute, knowledge, skill, etc.

synonym: keep, maintain, own

(1) **possess** a basic knowledge, (2) **possess** divine powers

He **possesses** a good sense of humor.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

obstacle

n. a thing that blocks one's way or prevents or hinders progress

synonym: hindrance, barrier, block

(1) an **obstacle** to progress, (2) **obstacle** avoidance

The **obstacle** course was challenging but fun.

nonsense

n. an idea, behavior, or something spoken or written that has no meaning or makes no sense or that is silly or unacceptable

synonym: ludicrousness, gabble, absurdity

(1) talk **nonsense**, (2) sheer **nonsense**

The parents spoke to their children in no- **nonsense** tones.

operate

v. to work in a particular way; to supervise something

synonym: work, use, employ

(1) **operate** 24 hours a day, (2) manually **operate** a machine

This machine is too difficult to **operate** for me.

peaceful

adj. not involving violence, conflict, or war

synonym: friendly, pacific, amicable

(1) **peaceful** country, (2) **peaceful** coexistence

Plutonium has limited **peaceful** applications.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

dreamless

adj. without dreams or dreaming; not characterized by or associated with dreams

synonym: unconscious, comatose, unaware

(1) child in **dreamless** slumber, (2) **dreamless** nights

After a long day of work, he fell into a deep, **dreamless** sleep.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

occasionally

adv. now and then; sometimes but not often

synonym: periodically, sometimes, from time to time

(1) **occasionally** dine with friends, (2) **occasionally** change the routine

She still **occasionally** writes a short romance novel.

urge

- v. to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist

synonym: push for, advise, (noun) impulse

(1) **urge** a total ban, (2) a sexual **urge**

The lobbyist **urged** Congress not to approve the measure.

pursue

- v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym: seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

flee

- v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

perceive

- v. to become aware or conscious of something through the senses

synonym: sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of corruption.

imminent

adj. coming or likely to happen very soon

synonym: looming, coming, impending

(1) **imminent** danger, (2) **imminent** arrest

This country was long faced with **imminent** peril.

jolt	<p><i>v.</i> to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock</p> <p><i>synonym</i> : shock, jar, bump</p> <p>(1) jolt entire social systems, (2) jolt of excitement</p> <p>The news of the unexpected announcement jolted the stock market.</p>
terror	<p><i>n.</i> intense fear; a state of intense fear or alarm</p> <p><i>synonym</i> : fear, alarm, horror</p> <p>(1) terror attack, (2) terror group</p> <p>The bomb blast spread terror among the people.</p>
naturally	<p><i>adv.</i> as might be expected; by natural manners</p> <p><i>synonym</i> : by nature, inherently, intrinsically</p> <p>(1) naturally arising, (2) naturally regenerated forest</p> <p>He was naturally gifted.</p>
transition	<p><i>n.</i> the process or period of changing from one state or circumstance to another</p> <p><i>synonym</i> : change, growth, shift</p> <p>(1) transition phase, (2) ensure a smooth transition</p> <p>The nation's healthcare system is in transition at the moment.</p>
mechanism	<p><i>n.</i> a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction</p> <p><i>synonym</i> : means, method, system</p> <p>(1) the mechanism for DNA replication, (2) defense mechanism</p> <p>He discovered unique mechanisms for photochemical reactions.</p>
unclear	<p><i>adj.</i> poorly stated or described and therefore not easy to understand; not easy to perceive</p> <p><i>synonym</i> : ambiguous, fuzzy, obscure</p>

(1) an **unclear** match, (2) in no **unclear** terms

It is important not to undertake tasks with **unclear** objectives to improve productivity.

awaken

v. to stop sleeping or to cause someone to stop sleeping

synonym: rouse, arouse, revive

(1) **awaken** at daybreak, (2) **awaken** a child

The friend's death **awakens** them.

likelihood

n. the probability or chance that something will happen or be the case

synonym: probability, chance, possibility

(1) **likelihood** of the success, (2) improve the **likelihood** of a cure

The **likelihood** of the project being completed on time is uncertain.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

sedative

n. a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies

synonym: calmative, tranquilizer, sleeping pill

(1) **sedative** medication, (2) take a **sedative**

The doctor prescribed a **sedative** to help me sleep.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep
I'm so sorry to **disrupt** you when you're pretty busy.

apnea

n. a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions

synonym: breathing interruption, suspension of breath

(1) **apnea** treatment, (2) epileptic **apnea**

Sleep **apnea** is a severe condition that causes a person to stop breathing while asleep.

restless

adj. unwilling or unable to stay still or relax because you are worried and uneasy

synonym: agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

syndrome

n. a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

synonym: disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

evaluate

v. to assess or estimate the quality, significance, quantity, or value of something

synonym: assess, estimate, consider

(1) **evaluate** the grant proposal, (2) **evaluate** a situation

The meeting aims to **evaluate** possible choices.

aid *n.* things sent to help countries in need, notably food or money; support
synonym: helper, resource, assistance
(1) financial **aid**, (2) country-by-country **aid** programs
Pakistan's **aid** budget was still being reviewed.

consistent *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
synonym: coherent, constant, compatible
(1) do on a **consistent** basis, (2) get **consistent** results
You are not **consistent** in your behavior.

sufficient *adj.* adequate; enough for a particular purpose or requirement
synonym: acceptable, ample, satisfactory
(1) **sufficient** time, (2) self- **sufficient** economy
That candidate does not have **sufficient** means to win an election with certainty.

schedule *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
synonym: agenda, program, itinerary
(1) a heavy **schedule**, (2) arrange my **schedule**
So far, the meeting is going according to **schedule**.

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.

install *v.* to fix furniture, a machine, or a piece of equipment into position so that it can be used; put into an office or a position
synonym: establish, inaugurate, lodge
(1) **install** a door, (2) **install** a chairperson

The new president was **installed** immediately after the national election.

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.

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.

treatment

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

synonym: remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

rigorous

adj. allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate

synonym: severe, exact, strict

(1) **rigorous** standards, (2) have **rigorous** criticism

The way he manages his employees is extremely **rigorous**.

entirely

adv. completely

synonym: completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

encounter

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

synonym: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym: fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

rousing

adj. exciting, stimulating, or inspiring; causing a strong emotional or physical response; arousing enthusiasm or interest

synonym: exciting, stirring, invigorating

(1) **rousing** music, (2) **rousing** business

The **rousing** speech by the coach pumped up the team before the big game.

irreparable

adj. not able to be repaired or fixed; beyond repair or remedy

synonym: irreversible, permanent, unfixable

(1) **irreparable** harm, (2) **irreparable** loss

Unfortunately, the damage to the car was **irreparable**, and it had to be scrapped.

fortunate

adj. having good luck or lucky

synonym: fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

forceful

adj. having or showing great strength or energy

synonym: powerful, strong, energetic

(1) **forceful** argument, (2) take **forceful** action
She spoke with a **forceful** tone and made her point clear.

confusion

n. the state of being mixed up or unclear, or the state of disorder or uncertainty

synonym: disorder, disarray, chaos

(1) administrative **confusion**, (2) in great **confusion**
The sudden policy change has caused **confusion** among employees.

distress

n. a feeling of great worry, sadness, pain, or discomfort

synonym: discomfort, despair, misery

(1) a signal of **distress**, (2) emotional **distress**
She has been in great **distress** since she was heartbroken.

gentle

adj. having or showing a kindly or tender nature; soft and mild

synonym: mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope
Her **gentle** manner relaxed everyone there.

resist

v. to refuse to accept something and attempt to prevent it from happening

synonym: fight, defy, revolt

(1) **resist** temptation, (2) **resist** being kissed
I chose to **resist** cancer by trying every possible treatment.

resolve

v. to find a suitable answer to the problems or difficulty

synonym: decide, determine, fix

(1) **resolve** a dispute, (2) **resolve** the computer error
This company **resolves** its battery problem completely.

Session 2: Spelling

- | | |
|-------------------------------|--|
| 1. ro____g business | <i>adj.</i> exciting, stimulating, or inspiring; causing a strong emotional or physical response; arousing enthusiasm or interest |
| 2. less fo_____te person | <i>adj.</i> having good luck or lucky |
| 3. re____ss waves | <i>adj.</i> unwilling or unable to stay still or relax because you are worried and uneasy |
| 4. ro__e much interest | <i>v.</i> to awaken or stir up from sleep, inactivity, or apathy; to excite or stimulate one's feelings or interests; to provoke or incite someone to action or reaction |
| 5. pe____ve a threat | <i>v.</i> to become aware or conscious of something through the senses |
| 6. re____e a dispute | <i>v.</i> to find a suitable answer to the problems or difficulty |
| 7. end of the first ep____e | <i>n.</i> a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness |
| 8. j__t entire social systems | <i>v.</i> to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock |
| 9. manually op____e a machine | <i>v.</i> to work in a particular way; to supervise something |

ANSWERS: 1. rousing, 2. fortunate, 3. restless, 4. rouse, 5. perceive, 6. resolve, 7. episode, 8. jolt, 9. operate

- | | |
|---------------------------------------|---|
| 10. op____e 24 hours a day | <i>v.</i> to work in a particular way; to supervise something |
| 11. antibiotic med_____on | <i>n.</i> a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease |
| 12. ev_____te the grant proposal | <i>v.</i> to assess or estimate the quality, significance, quantity, or value of something |
| 13. the del_____te act of provocation | <i>adj.</i> done with full consciousness of nature and effects rather than by accident |
| 14. a re_____ss person | <i>adj.</i> unwilling or unable to stay still or relax because you are worried and uneasy |
| 15. ex_____e sports | <i>adj.</i> very great in amount or degree |
| 16. a se_____y organ | <i>adj.</i> of or relating to the physical senses |
| 17. an un_____r match | <i>adj.</i> poorly stated or described and therefore not easy to understand; not easy to perceive |
| 18. in_____e a high degree of risk | <i>v.</i> to include or affect someone or something as a necessary part of something else |
| 19. ex_____e weather events | <i>adj.</i> very great in amount or degree |
| 20. financial a_d | <i>n.</i> things sent to help countries in need, notably food or money; support |
| 21. a signal of di_____ss | <i>n.</i> a feeling of great worry, sadness, pain, or discomfort |
| 22. country-by-country a_d programs | <i>n.</i> things sent to help countries in need, notably food or money; support |

ANSWERS: 10. operate, 11. medication, 12. evaluate, 13. deliberate, 14. restless, 15. extreme, 16. sensory, 17. unclear, 18. involve, 19. extreme, 20. aid, 21. distress, 22. aid

23. im____nt arrest	<i>adj.</i> coming or likely to happen very soon
24. del_____te attempt	<i>adj.</i> done with full consciousness of nature and effects rather than by accident
25. go____n a public enterprise	<i>v.</i> to legally control and direct a country, city, group of people, etc. and be responsible for introducing new laws, organizing and maintaining public services
26. commonly held mis_____ion	<i>n.</i> a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
27. em_____al distress	<i>adj.</i> relating to people's feelings
28. sl_____ve circuit	<i>n.</i> a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude
29. child in dr_____ss slumber	<i>adj.</i> without dreams or dreaming; not characterized by or associated with dreams
30. get ne____s	<i>adj.</i> worried and anxious about something; relating to the nerves
31. spinal c__d	<i>n.</i> a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
32. occ_____lly change the routine	<i>adv.</i> now and then; sometimes but not often
33. lik_____od of the success	<i>n.</i> the probability or chance that something will happen or be the case
34. in a ge____e voice	<i>adj.</i> having or showing a kindly or tender nature; soft and mild

ANSWERS: 23. imminent, 24. deliberate, 25. govern, 26. misconception, 27. emotional, 28. slow-wave, 29. dreamless, 30. nervous, 31. cord, 32. occasionally, 33. likelihood, 34. gentle

35. occ_____lly dine with friends	<i>adv.</i> now and then; sometimes but not often
36. development of the ne_____s system	<i>adj.</i> worried and anxious about something; relating to the nerves
37. te____r attack	<i>n.</i> intense fear; a state of intense fear or alarm
38. env_____nt affairs	<i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live
39. co_____us effort	<i>adj.</i> being aware of and able to respond to what is happening around you
40. en_____ly satisfied with the meal	<i>adv.</i> completely
41. administrative co_____on	<i>n.</i> the state of being mixed up or unclear, or the state of disorder or uncertainty
42. 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
43. re_____nd a hospitalization	<i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role
44. es_____te this chicken to weigh three pounds	<i>v.</i> to guess or calculate the cost, size, value, etc. of something
45. a circular mo_____nt	<i>n.</i> a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
46. meaningless gi_____sh	<i>n.</i> unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing

ANSWERS: 35. occasionally, 36. nervous, 37. terror, 38. environment, 39. conscious, 40. entirely, 41. confusion, 42. alarm, 43. recommend, 44. estimate, 45. movement, 46. gibberish

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| 47. int_____ate level | <i>adj.</i> situated between two locations, things, states, etc.; around the middle of a scale of evaluation |
| 48. cognitive com_____ty | <i>n.</i> the state or quality of being complicated or intricate and difficult to understand |
| 49. se_____te cream from milk | <i>v.</i> to force, take, or pull apart; mark as different |
| 50. data coo_____ion | <i>n.</i> the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively |
| 51. take fo_____ul action | <i>adj.</i> having or showing great strength or energy |
| 52. d__e over a book | <i>v.</i> to sleep lightly or for a short period of time |
| 53. en_____er a storm | <i>v.</i> to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly |
| 54. u__e a total ban | <i>v.</i> to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist |
| 55. de____r my way | <i>v.</i> to eat or consume something eagerly or ravenously; or to destroy something rapidly |
| 56. po_____s divine powers | <i>v.</i> to have or own something or to have as an attribute, knowledge, skill, etc. |
| 57. pre_____al bone | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain |

ANSWERS: 47. intermediate, 48. complexity, 49. separate, 50. coordination, 51. forceful, 52. doze, 53. encounter, 54. urge, 55. devour, 56. possess, 57. prefrontal

58. epileptic ap__a	<i>n.</i> a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
59. aw___n at daybreak	<i>v.</i> to stop sleeping or to cause someone to stop sleeping
60. co_____us of having succeeded	<i>adj.</i> being aware of and able to respond to what is happening around you
61. he was en_____ly to blame	<i>adv.</i> completely
62. in_____te lacework	<i>adj.</i> having many different parts and small details that all work together
63. a sexual u__e	<i>v.</i> to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
64. mu___e a reply	<i>v.</i> to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately
65. take a se_____ve	<i>n.</i> a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies
66. sy_____me of dementia	<i>n.</i> a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
67. ob_____le avoidance	<i>n.</i> a thing that blocks one's way or prevents or hinders progress
68. permanent br__n damage	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 58. apnea, 59. awaken, 60. conscious, 61. entirely, 62. intricate, 63. urge, 64. mumble, 65. sedative, 66. syndrome, 67. obstacle, 68. brain

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| 69. ess_____ly correct | <i>adv.</i> relating to the essential features or concepts of anything |
| 70. basic br__n function | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 71. se_____ve medication | <i>n.</i> a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies |
| 72. loss of muscle coo_____ion | <i>n.</i> the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively |
| 73. st_____le a fence | <i>v.</i> to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests |
| 74. d__e in the sun | <i>v.</i> to sleep lightly or for a short period of time |
| 75. the au_____ic shrinking of the pupils | <i>adj.</i> able to work or operate with little or no direct human control; independent of external control |
| 76. em_____al health | <i>adj.</i> relating to people's feelings |
| 77. di_____t sleep | <i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance |

ANSWERS: 69. essentially, 70. brain, 71. sedative, 72. coordination, 73. straddle, 74. doze, 75. automatic, 76. emotional, 77. disrupt

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| 78. st____le a motorcycle | <i>v.</i> to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests |
| 79. education h_b | <i>n.</i> the central or main part of a particular place, activity, network, etc.; the central part of a car wheel, fan, propeller, etc., through which the shaft or axle passes |
| 80. dispel the mis_____ion | <i>n.</i> a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis |
| 81. a be____n smile | <i>adj.</i> kind and gentle; not harmful or malicious |
| 82. en__t new legislation | <i>v.</i> to make a law; to put something into practice |
| 83. fo_____te situation | <i>adj.</i> having good luck or lucky |
| 84. pe_____ul coexistence | <i>adj.</i> not involving violence, conflict, or war |
| 85. the me_____sm for DNA replication | <i>n.</i> a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction |
| 86. in no un_____r terms | <i>adj.</i> poorly stated or described and therefore not easy to understand; not easy to perceive |
| 87. es_____te a fair value | <i>v.</i> to guess or calculate the cost, size, value, etc. of something |

ANSWERS: 78. straddle, 79. hub, 80. misconception, 81. benign, 82. enact, 83. fortunate, 84. peaceful, 85. mechanism, 86. unclear, 87. estimate

88. random number ge_____or	<i>n.</i> a machine that produces electricity
89. in_____l a door	<i>v.</i> to fix furniture, a machine, or a piece of equipment into position so that it can be used; put into an office or a position
90. to____t seat	<i>n.</i> a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture
91. talk no_____se	<i>n.</i> an idea, behavior, or something spoken or written that has no meaning or makes no sense or that is silly or unacceptable
92. na_____ly regenerated forest	<i>adv.</i> as might be expected; by natural manners
93. pr_____e bad behavior	<i>v.</i> to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
94. pe_____ul country	<i>adj.</i> not involving violence, conflict, or war
95. sheer no_____se	<i>n.</i> an idea, behavior, or something spoken or written that has no meaning or makes no sense or that is silly or unacceptable
96. po_____s a basic knowledge	<i>v.</i> to have or own something or to have as an attribute, knowledge, skill, etc.
97. policy dec_____ker	<i>n.</i> a person who makes important decisions, especially at a high level in an organization

ANSWERS: 88. generator, 89. install, 90. toilet, 91. nonsense, 92. naturally, 93. promote, 94. peaceful, 95. nonsense, 96. possess, 97. decision-maker

98. pu___e freedoms	<i>v.</i> to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
99. in____e a lot of paperwork	<i>v.</i> to include or affect someone or something as a necessary part of something else
100. acute sy____me	<i>n.</i> a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
101. int____ate sanction	<i>adj.</i> situated between two locations, things, states, etc.; around the middle of a scale of evaluation
102. im____nt danger	<i>adj.</i> coming or likely to happen very soon
103. feel gr____y	<i>adj.</i> weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
104. get con____nt results	<i>adj.</i> always behaving or happening in the same way, or having the same thoughts, standards, etc.
105. au____ic operation	<i>adj.</i> able to work or operate with little or no direct human control; independent of external control
106. sp____l injury	<i>adj.</i> of or relating to the spine (= the long bone in the body's back)
107. sl____ve sleep	<i>n.</i> a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude
108. sl____lk at night	<i>v.</i> to walk about or perform other physical activities while asleep or in a sleep-like state; to engage in automatic behavior while asleep

ANSWERS: 98. pursue, 99. involve, 100. syndrome, 101. intermediate, 102. imminent, 103. groggy, 104. consistent, 105. automatic, 106. spinal, 107. slow-wave, 108. sleepwalk

109. a h_b of commerce	<i>n.</i> the central or main part of a particular place, activity, network, etc.; the central part of a car wheel, fan, propeller, etc., through which the shaft or axle passes
110. ri____us standards	<i>adj.</i> allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate
111. fa____y novel	<i>n.</i> a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen
112. be____n tumor	<i>adj.</i> kind and gentle; not harmful or malicious
113. do on a con_____nt basis	<i>adj.</i> always behaving or happening in the same way, or having the same thoughts, standards, etc.
114. ro____g music	<i>adj.</i> exciting, stimulating, or inspiring; causing a strong emotional or physical response; arousing enthusiasm or interest
115. se____te video into chapter	<i>v.</i> to force, take, or pull apart; mark as different
116. re____e the computer error	<i>v.</i> to find a suitable answer to the problems or difficulty
117. pr____e a better relationship	<i>v.</i> to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
118. sl_____lk through life	<i>v.</i> to walk about or perform other physical activities while asleep or in a sleep-like state; to engage in automatic behavior while asleep

ANSWERS: 109. hub, 110. rigorous, 111. fantasy, 112. benign, 113. consistent, 114. rousing, 115. separate, 116. resolve, 117. promote, 118. sleepwalk

119. self-suf_____nt economy	<i>adj.</i> adequate; enough for a particular purpose or requirement
120. mu___e under your breath	<i>v.</i> to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately
121. the files are in complete di_____er	<i>n.</i> an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
122. confuse fa_____y with reality	<i>n.</i> a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen
123. major revenue ge_____or	<i>n.</i> a machine that produces electricity
124. di_____t a well-ordered condition	<i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
125. R_M sleep behavior disorder	<i>n.</i> (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
126. pu___e a goal	<i>v.</i> to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
127. te___r group	<i>n.</i> intense fear; a state of intense fear or alarm
128. arrange my sc_____le	<i>n.</i> a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

ANSWERS: 119. sufficient, 120. mumble, 121. disorder, 122. fantasy, 123. generator, 124. disrupt, 125. REM, 126. pursue, 127. terror, 128. schedule

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| 129. ex____e a double play | <i>v.</i> to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc. |
| 130. act as a dec_____ker | <i>n.</i> a person who makes important decisions, especially at a high level in an organization |
| 131. emotional di_____ss | <i>n.</i> a feeling of great worry, sadness, pain, or discomfort |
| 132. ap__a treatment | <i>n.</i> a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions |
| 133. re_____nd reading | <i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role |
| 134. su_____ly attacked by an enemy | <i>adv.</i> quickly and unexpectedly |
| 135. in_____te details | <i>adj.</i> having many different parts and small details that all work together |
| 136. re___t temptation | <i>v.</i> to refuse to accept something and attempt to prevent it from happening |
| 137. defense me_____sm | <i>n.</i> a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction |
| 138. ro__e to action | <i>v.</i> to awaken or stir up from sleep, inactivity, or apathy; to excite or stimulate one's feelings or interests; to provoke or incite someone to action or reaction |

ANSWERS: 129. execute, 130. decision-maker, 131. distress, 132. apnea, 133. recommend, 134. suddenly, 135. intricate, 136. resist, 137. mechanism, 138. rouse

139. a nation's right to go___n *v.* to legally control and direct a country, city, group of people, etc. and be responsible for introducing new laws, organizing and maintaining public services
140. ep____e of vertigo *n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
141. have ri____us criticism *adj.* allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate
142. people with bipolar di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
143. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
144. na_____ly arising *adv.* as might be expected; by natural manners
145. die su____ly *adv.* quickly and unexpectedly
146. first-aid tr_____nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
147. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 139. govern, 140. episode, 141. rigorous, 142. disorder, 143. decide, 144. naturally, 145. suddenly, 146. treatment, 147. decide

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| 148. electrical c__d | <i>n.</i> a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment |
| 149. irr_____le harm | <i>adj.</i> not able to be repaired or fixed; beyond repair or remedy |
| 150. mo_____nt of troops | <i>n.</i> a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively |
| 151. su_____al food | <i>n.</i> the state of continuing to exist or live, frequently in the face of difficulty or danger |
| 152. in_____l a chairperson | <i>v.</i> to fix furniture, a machine, or a piece of equipment into position so that it can be used; put into an office or a position |
| 153. irr_____le loss | <i>adj.</i> not able to be repaired or fixed; beyond repair or remedy |
| 154. visual co___x neuron | <i>n.</i> the outermost layer of an organ, especially the brain |
| 155. re___t being kissed | <i>v.</i> to refuse to accept something and attempt to prevent it from happening |
| 156. j__t of excitement | <i>v.</i> to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock |
| 157. ex_____e a bold strategy | <i>v.</i> to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc. |

ANSWERS: 148. cord, 149. irreparable, 150. movement, 151. survival, 152. install, 153. irreparable, 154. cortex, 155. resist, 156. jolt, 157. execute

158. gi_____sh language	<i>n.</i> unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing
159. tra_____on phase	<i>n.</i> the process or period of changing from one state or circumstance to another
160. en__t the smoking ban	<i>v.</i> to make a law; to put something into practice
161. chaotic env_____nt	<i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live
162. de___r a meal	<i>v.</i> to eat or consume something eagerly or ravenously; or to destroy something rapidly
163. ensure a smooth tra_____on	<i>n.</i> the process or period of changing from one state or circumstance to another
164. become in_____ve	<i>adj.</i> not doing any or much physical activity; lying idle or unused
165. an in_____ve volcano	<i>adj.</i> not doing any or much physical activity; lying idle or unused
166. in great co_____on	<i>n.</i> the state of being mixed up or unclear, or the state of disorder or uncertainty
167. su_____al ability	<i>n.</i> the state of continuing to exist or live, frequently in the face of difficulty or danger
168. measures to pr_____g the lifespan	<i>v.</i> to extend the duration or length of something, particularly a period of time or an event
169. suf_____nt time	<i>adj.</i> adequate; enough for a particular purpose or requirement

ANSWERS: 158. gibberish, 159. transition, 160. enact, 161. environment, 162. devour, 163. transition, 164. inactive, 165. inactive, 166. confusion, 167. survival, 168. prolong, 169. sufficient

170. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
171. fo_____ul argument *adj.* having or showing great strength or energy
172. R_M sleep cycle *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
173. ge____e downward slope *adj.* having or showing a kindly or tender nature; soft and mild
174. dr_____ss nights *adj.* without dreams or dreaming; not characterized by or associated with dreams
175. en_____er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
176. an ob_____le to progress *n.* a thing that blocks one's way or prevents or hinders progress
177. to____t paper *n.* a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture
178. pr_____g the agony *v.* to extend the duration or length of something, particularly a period of time or an event
179. a heavy sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

ANSWERS: 170. treatment, 171. forceful, 172. REM, 173. gentle, 174. dreamless, 175. encounter, 176. obstacle, 177. toilet, 178. prolong, 179. schedule

180. f__e abroad	<i>v.</i> to leave by running away, especially out of fear or danger
181. f__e their homes	<i>v.</i> to leave by running away, especially out of fear or danger
182. co___x cells	<i>n.</i> the outermost layer of an organ, especially the brain
183. pre_____al region	<i>adj.</i> in or about the foremost part of the frontal lobe of the brain
184. become ess_____ly same	<i>adv.</i> relating to the essential features or concepts of anything
185. pe_____ve light	<i>v.</i> to become aware or conscious of something through the senses
186. aw___n a child	<i>v.</i> to stop sleeping or to cause someone to stop sleeping
187. ev_____te a situation	<i>v.</i> to assess or estimate the quality, significance, quantity, or value of something
188. brain and sp___l cord	<i>adj.</i> of or relating to the spine (= the long bone in the body's back)
189. still gr___y from anesthesia	<i>adj.</i> weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
190. med_____on by mouth	<i>n.</i> a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
191. improve the lik_____od of a cure	<i>n.</i> the probability or chance that something will happen or be the case
192. an al__m clock	<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: 180. flee, 181. flee, 182. cortex, 183. prefrontal, 184. essentially, 185. perceive, 186. awaken, 187. evaluate, 188. spinal, 189. groggy, 190. medication, 191. likelihood, 192. alarm

193. a child with se____y issues

adj. of or relating to the physical senses

194. com_____ty theory

n. the state or quality of being complicated or intricate and difficult to understand

ANSWERS: 193. sensory, 194. complexity

Session 3: Fill in the Blanks

1. Your spinal _____ is located deep within your body.
 - n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
2. There are numerous _____ about food and health.
 - n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
3. I chose to _____ cancer by trying every possible treatment.
 - v.* to refuse to accept something and attempt to prevent it from happening
4. Pakistan's _____ budget was still being reviewed.
 - n.* things sent to help countries in need, notably food or money; support
5. We need to _____ the meeting for another hour to discuss all the issues.
 - v.* to extend the duration or length of something, particularly a period of time or an event
6. Sharks have highly developed _____ systems and are extremely sensitive creatures.
 - adj.* of or relating to the physical senses
7. 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

ANSWERS: 1. cord, 2. misconceptions, 3. resist, 4. aid, 5. prolong, 6. sensory, 7. medication

8. The _____ of the dancers on stage was graceful and elegant.
n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
9. The bomb blast spread _____ among the people.
n. intense fear; a state of intense fear or alarm
10. He evaluated his chances for _____ rather pessimistically.
n. the state of continuing to exist or live, frequently in the face of difficulty or danger
11. The way he manages his employees is extremely _____.
adj. allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate
12. ____ sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.
n. (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
13. He was pretty _____ to pass the exam.
adj. having good luck or lucky
14. That candidate does not have _____ means to win an election with certainty.
adj. adequate; enough for a particular purpose or requirement
15. Composition by artificial intelligence is no longer a _____.
n. a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen

ANSWERS: 8. movement, 9. terror, 10. survival, 11. rigorous, 12. REM, 13. fortunate, 14. sufficient, 15. fantasy

16. After a long day of work, he fell into a deep, _____ sleep.

adj. without dreams or dreaming; not characterized by or associated with dreams

17. The nation's healthcare system is in _____ at the moment.

n. the process or period of changing from one state or circumstance to another

18. Despite its advanced science and technology, the empire was _____ about invasion.

adj. done with full consciousness of nature and effects rather than by accident

19. The surgeon carefully confirmed how to remove the tumor to avoid damaging the _____ nerves.

adj. of or relating to the spine (= the long bone in the body's back)

20. The _____ course was challenging but fun.

n. a thing that blocks one's way or prevents or hinders progress

21. 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

22. The mafioso who collaborated with the police was _____.

v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.

23. Every human is responsible for taking care of the Earth's _____.

n. the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 16. dreamless, 17. transition, 18. deliberate, 19. spinal, 20. obstacle, 21. alarm, 22. executed, 23. environment

24. The parents spoke to their children in no-_____ tones.
n. an idea, behavior, or something spoken or written that has no meaning or makes no sense or that is silly or unacceptable
25. She _____ the mystery novel in one sitting.
v. to eat or consume something eagerly or ravenously; or to destroy something rapidly
26. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
v. to force, take, or pull apart; mark as different
27. She still _____ writes a short romance novel.
adv. now and then; sometimes but not often
28. This company _____ its battery problem completely.
v. to find a suitable answer to the problems or difficulty
29. X-rays revealed a small tumor in his _____.
n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
30. 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
31. He _____ a good sense of humor.
v. to have or own something or to have as an attribute, knowledge, skill, etc.

ANSWERS: 24. nonsense, 25. devoured, 26. separate, 27. occasionally, 28. resolves, 29. brain, 30. prefrontal, 31. possesses

32. A wealth of information does not always have a positive impact on _____.

n. a person who makes important decisions, especially at a high level in an organization

33. In passenger aircraft, it is common to use an _____ pilot during cruising.

adj. able to work or operate with little or no direct human control; independent of external control

34. _____ a society is an organism.

adv. relating to the essential features or concepts of anything

35. It is important not to undertake tasks with _____ objectives to improve productivity.

adj. poorly stated or described and therefore not easy to understand; not easy to perceive

36. The investigation _____ several government agencies and is expected to take several months.

v. to include or affect someone or something as a necessary part of something else

37. The doctor prescribed some medicine for the mental _____.

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

38. Her _____ manner relaxed everyone there.

adj. having or showing a kindly or tender nature; soft and mild

39. I tried to _____ my sleepy child from bed for school.

v. to awaken or stir up from sleep, inactivity, or apathy; to excite or stimulate one's feelings or interests; to provoke or incite someone to action or reaction

ANSWERS: 32. decision-makers, 33. automatic, 34. Essentially, 35. unclear, 36. involves, 37. disorder, 38. gentle, 39. rouse

40. The lump was discovered to be _____ and no further treatment was needed.

adj. kind and gentle; not harmful or malicious

41. She tended to _____ when she was nervous or unsure of herself.

v. to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately

42. My sister used to _____ as a child, but she eventually outgrew it.

v. to walk about or perform other physical activities while asleep or in a sleep-like state; to engage in automatic behavior while asleep

43. The politician managed to deal with that _____ issue.

adj. having many different parts and small details that all work together

44. The project's _____ made it difficult for the team to complete it on time.

n. the state or quality of being complicated or intricate and difficult to understand

45. The patient was diagnosed with a rare genetic _____.

n. a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

46. She walked to the _____ to freshen up before the meeting.

n. a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture

47. The regulations _____ medical malpractice claims are rigorous.

v. to legally control and direct a country, city, group of people, etc. and be responsible for introducing new laws, organizing and maintaining public services

ANSWERS: 40. benign, 41. mumble, 42. sleepwalk, 43. intricate, 44. complexity, 45. syndrome, 46. toilet, 47. governing

48. Purple is _____ between blue and red.

adj. situated between two locations, things, states, etc.; around the middle of a scale of evaluation

49. He was _____ gifted.

adv. as might be expected; by natural manners

50. The new president was _____ immediately after the national election.

v. to fix furniture, a machine, or a piece of equipment into position so that it can be used; put into an office or a position

51. The cerebral _____ consists of six layers.

n. the outermost layer of an organ, especially the brain

52. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

53. Synchronized swimming needs close _____ between six performers.

n. the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

54. This airport has taken the first step to become an international ____ airport.

n. the central or main part of a particular place, activity, network, etc.; the central part of a car wheel, fan, propeller, etc., through which the shaft or axle passes

55. The government should do more to _____ sustainable agribusiness.

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

ANSWERS: 48. intermediate, 49. naturally, 50. installed, 51. cortex, 52. extreme, 53. coordination, 54. hub, 55. promote

56. Australia is widely _____ as having low levels of corruption.

v. to become aware or conscious of something through the senses

57. This machine is too difficult to _____ for me.

v. to work in a particular way; to supervise something

58. She spoke with a _____ tone and made her point clear.

adj. having or showing great strength or energy

59. I'm prepared to _____ challenges throughout this adventure.

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

60. We had to _____ the fallen tree to cross the river.

v. to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests

61. The chronic back pain forced him to live an _____ life.

adj. not doing any or much physical activity; lying idle or unused

62. He felt _____ and constantly changed his postures.

adj. unwilling or unable to stay still or relax because you are worried and uneasy

63. It is a basic instinct to _____ from a dangerous situation.

v. to leave by running away, especially out of fear or danger

64. I'm so sorry to _____ you when you're pretty busy.

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 56. perceived, 57. operate, 58. forceful, 59. encounter, 60. straddle, 61. inactive, 62. restless, 63. flee, 64. disrupt

65. The primary purpose of the _____ is pain relief.

- n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

66. Plutonium has limited _____ applications.

- adj.* not involving violence, conflict, or war

67. Who answers _____ knows little.

- adv.* quickly and unexpectedly

68. The _____ activity in his brain indicated that he was in a deep sleep phase.

- n.* a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude

69. Sleep _____ is a severe condition that causes a person to stop breathing while asleep.

- n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions

70. The news of the unexpected announcement _____ the stock market.

- v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock

71. The friend's death _____ them.

- v.* to stop sleeping or to cause someone to stop sleeping

72. He became _____ that he was being followed.

- adj.* being aware of and able to respond to what is happening around you

ANSWERS: 65. treatment, 66. peaceful, 67. suddenly, 68. slow-wave, 69. apnea, 70. jolted, 71. awakens, 72. conscious

73. Later, his claim was found to be _____ false.

adv. completely

74. We _____ the season's total trade deficit at \$50 billion.

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

75. She intends to _____ a political career.

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

76. We were _____ with jet lag.

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

77. The doctor prescribed a _____ to help me sleep.

n. a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies

78. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

79. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

80. She couldn't _____ whether to order the pizza or the pasta for dinner.

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 73. entirely, 74. estimated, 75. pursue, 76. groggy, 77. sedative, 78. emotional, 79. consistent, 80. decide

81. This country was long faced with _____ peril.

adj. coming or likely to happen very soon

82. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

83. She has been in great _____ since she was heartbroken.

n. a feeling of great worry, sadness, pain, or discomfort

84. The lobbyist _____ Congress not to approve the measure.

v. to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist

85. The sudden policy change has caused _____ among employees.

n. the state of being mixed up or unclear, or the state of disorder or uncertainty

86. The _____ speech by the coach pumped up the team before the big game.

adj. exciting, stimulating, or inspiring; causing a strong emotional or physical response; arousing enthusiasm or interest

87. He spoke in _____ and no one could understand what he was trying to say.

n. unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing

88. So far, the meeting is going according to _____.

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

ANSWERS: 81. imminent, 82. nervous, 83. distress, 84. urged, 85. confusion, 86. rousing, 87. gibberish, 88. schedule

89. He _____ off in his chair while watching TV.

v. to sleep lightly or for a short period of time

90. He discovered unique _____ for photochemical reactions.

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

91. The _____ of the project being completed on time is uncertain.

n. the probability or chance that something will happen or be the case

92. Most data centers have emergency _____ on standby at all times.

n. a machine that produces electricity

93. The government _____ this law in 1925.

v. to make a law; to put something into practice

94. I want to put that _____ of my life behind me.

n. a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

95. The meeting aims to _____ possible choices.

v. to assess or estimate the quality, significance, quantity, or value of something

96. 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

97. Unfortunately, the damage to the car was _____ and it had to be scrapped.

adj. not able to be repaired or fixed; beyond repair or remedy

ANSWERS: 89. dozed, 90. mechanisms, 91. likelihood, 92. generators, 93. enacted, 94. episode, 95. evaluate, 96. recommend, 97. irreparable,

ANSWERS: