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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

Advanced Words Only

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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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

jolt

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

synonym : shock, jar, bump

(1) **jolt** entire social systems, (2) **jolt** of excitement

The news of the unexpected announcement **jolted** the stock market.

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.

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.

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.

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.

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.

Session 2: Spelling

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|-------------------------------|--|
| 1. 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 |
| 2. pr_____g the agony | <i>v.</i> to extend the duration or length of something, particularly a period of time or an event |
| 3. 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 |
| 4. aw____n at daybreak | <i>v.</i> to stop sleeping or to cause someone to stop sleeping |
| 5. take fo_____ul action | <i>adj.</i> having or showing great strength or energy |
| 6. 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 |
| 7. 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 |
| 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. in_____te details | <i>adj.</i> having many different parts and small details that all work together |

ANSWERS: 1. sleepwalk, 2. prolong, 3. mumble, 4. awaken, 5. forceful, 6. sedative, 7. sedative, 8. jolt, 9. intricate

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|------------------------------|--|
| 10. ro____g business | <i>adj.</i> exciting, stimulating, or inspiring; causing a strong emotional or physical response; arousing enthusiasm or interest |
| 11. 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 |
| 12. 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 |
| 13. a be____n smile | <i>adj.</i> kind and gentle; not harmful or malicious |
| 14. pre____al bone | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain |
| 15. d__e in the sun | <i>v.</i> to sleep lightly or for a short period of time |
| 16. 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 |
| 17. 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 |
| 18. en__t new legislation | <i>v.</i> to make a law; to put something into practice |

ANSWERS: 10. rousing, 11. mumble, 12. disrupt, 13. benign, 14. prefrontal, 15. doze, 16. sleepwalk, 17. straddle, 18. enact

19. irr_____le harm	<i>adj.</i> not able to be repaired or fixed; beyond repair or remedy
20. be____n tumor	<i>adj.</i> kind and gentle; not harmful or malicious
21. 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
22. 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
23. de____r my way	<i>v.</i> to eat or consume something eagerly or ravenously; or to destroy something rapidly
24. a re_____ss person	<i>adj.</i> unwilling or unable to stay still or relax because you are worried and uneasy
25. re_____ss waves	<i>adj.</i> unwilling or unable to stay still or relax because you are worried and uneasy
26. d__e over a book	<i>v.</i> to sleep lightly or for a short period of time
27. en__t the smoking ban	<i>v.</i> to make a law; to put something into practice
28. 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

ANSWERS: 19. irreparable, 20. benign, 21. apnea, 22. rouse, 23. devour, 24. restless, 25. restless, 26. doze, 27. enact, 28. straddle

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|---------------------------------------|--|
| 29. irr_____le loss | <i>adj.</i> not able to be repaired or fixed; beyond repair or remedy |
| 30. meaningless gi_____sh | <i>n.</i> unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing |
| 31. ro_____g music | <i>adj.</i> exciting, stimulating, or inspiring; causing a strong emotional or physical response; arousing enthusiasm or interest |
| 32. feel gr____y | <i>adj.</i> weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow |
| 33. 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 |
| 34. 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 |
| 35. 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 |
| 36. dr_____ss nights | <i>adj.</i> without dreams or dreaming; not characterized by or associated with dreams |
| 37. 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 |

ANSWERS: 29. irreparable, 30. gibberish, 31. rousing, 32. groggy, 33. misconception, 34. rouse, 35. prolong, 36. dreamless, 37. disrupt

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|----------------------------------|---|
| 38. 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 |
| 39. child in dr_____ss slumber | <i>adj.</i> without dreams or dreaming; not characterized by or associated with dreams |
| 40. 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 |
| 41. in_____te lacework | <i>adj.</i> having many different parts and small details that all work together |
| 42. still gr___y from anesthesia | <i>adj.</i> weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow |
| 43. 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 |
| 44. pre_____al region | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain |
| 45. gi_____sh language | <i>n.</i> unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing |
| 46. aw___n a child | <i>v.</i> to stop sleeping or to cause someone to stop sleeping |
| 47. fo_____ul argument | <i>adj.</i> having or showing great strength or energy |
| 48. de___r a meal | <i>v.</i> to eat or consume something eagerly or ravenously; or to destroy something rapidly |

ANSWERS: 38. jolt, 39. dreamless, 40. misconception, 41. intricate, 42. groggy, 43. apnea, 44. prefrontal, 45. gibberish, 46. awaken, 47. forceful, 48. devour

ANSWERS:

Session 3: Fill in the Blanks

1. We were _____ with jet lag.
adj. weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
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. The friend's death _____ them.
v. to stop sleeping or to cause someone to stop sleeping
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. 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
6. 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
7. 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

ANSWERS: 1. groggy, 2. misconceptions, 3. awakens, 4. prefrontal, 5. sedative, 6. disrupt, 7. gibberish,

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

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

9. 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

10. 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

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

adj. kind and gentle; not harmful or malicious

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

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

13. 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

14. 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

15. 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: 8. dreamless, 9. prolong, 10. mumble, 11. benign, 12. intricate, 13. sleepwalk, 14. apnea, 15. rouse

16. She _____ the mystery novel in one sitting.

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

17. He felt _____ and constantly changed his postures.

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

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

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

19. 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

20. 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

21. The government _____ this law in 1925.

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

22. 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

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

- adj.* having or showing great strength or energy

24. 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

ANSWERS: 16. devoured, 17. restless, 18. dozed, 19. rousing, 20. irreparable, 21. enacted, 22. jolted, 23. forceful, 24. straddle

ANSWERS: