

Englist.me



Vocabulary Builder Reference from...

Matt Walker: What is melatonin -- and should you take it to fall asleep? | TED Talk

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

All Words

IMPORTANT

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

Session 1: Word List

melatonin

n. a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles
synonym: pineal hormone, sleep hormone, chronobiotic
(1) disrupt **melatonin** production, (2) **melatonin** receptor
A **melatonin** supplement can help regulate sleep-wake cycles in people with insomnia.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
(1) **hormone** secretion, (2) female **hormone**
The doctor diagnosed me with a **hormone** disorder.

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**.

naturally

adv. as might be expected; by natural manners
synonym: by nature, inherently, intrinsically
(1) **naturally** arising, (2) **naturally** regenerated forest
He was **naturally** gifted.

release

v. to set free or allow to escape from confinement
synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

The animal rights group worked to **release** the dolphins back into the wild.

gland

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

synonym : secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**

The adrenal **glands** produce steroids.

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.

technique

n. a particular way or art of doing something that needs skill

synonym : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

analyze

v. to think about in-depth and evaluate to discover essential features or meaning

synonym : explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

asleep

adj. in a state of sleep

synonym : sleeping, fallen, at rest

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

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

efficiency

n. the state or quality of doing something well with no waste of input such as time or money

synonym : effectiveness, efficacy, productivity

(1) better fuel **efficiency**, (2) an energy **efficiency**

Our company must continue to strive for greater **efficiency**.

primarily

adv. mainly

synonym : largely, mainly, mostly

(1) intended **primarily** for young people, (2) **primarily** affect adults

All peaceful cooperation is based **primarily** on mutual trust.

regulate

v. to control something, especially by means of rules or laws

synonym : control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

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.

generation

n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity

synonym : cohort, age group, era

(1) **generation** gap, (2) the **generation** of electricity

The younger **generation** has different values and beliefs than the older one.

mechanism

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

synonym : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

supplement

n. something that is added to something else to make it better or complete it

synonym : complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

purity

n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

synonym : sinlessness, innocence, cleanliness

(1) the degree of **purity**, (2) high **purity**

Higher **purity** requires additional equipment and energy.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

unreliable

adj. not able to be trusted or depended on

synonym : inconsistent, erratic, undependable

(1) prove **unreliable**, (2) **unreliable** source of information
By incorrect assumption, statistics can be notoriously **unreliable**.

optimize

v. to make the best or most effective use of something
synonym: advance, amend, improve

(1) **optimize** a process, (2) **optimize** control for cooling
The essence of economics is to **optimize** the allocation of limited resources.

dim

adj. poorly lit; not bright
synonym: dull, faint, weak

(1) **dim** and distant past, (2) **dim** memory
The **dim** light made it difficult to read the book.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
synonym: overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order
The restaurant **reversed** a ban on smoking.

engineer

n. a person whose job is designing, building, or maintaining something such as machines, structures, or software
synonym: architect, creator, builder

(1) a civil **engineer**, (2) **engineer** shortage
The **engineer** will repair my telephone tomorrow morning.

daylight

n. the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
synonym: sunlight, daytime, day

(1) **daylight** hours, (2) natural **daylight**
The view of the city skyline from the top of the building looked amazing in the **daylight**.

Session 2: Spelling

- | | | |
|-------------------------------------|----|---|
| 1. re_____e the trend | v. | to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear |
| 2. st_____th of the economy | n. | the quality or state of being physically, or sometimes mentally, strong |
| 3. permanent br__n damage | n. | the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 4. financial a_d | n. | things sent to help countries in need, notably food or money; support |
| 5. me_____in receptor | n. | a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles |
| 6. disrupt me_____in production | n. | a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles |
| 7. use of dietary sup_____nts | n. | something that is added to something else to make it better or complete it |
| 8. better fuel eff_____cy | n. | the state or quality of doing something well with no waste of input such as time or money |
| 9. gen_____on gap | n. | all the people born and living at about the same time, regarded collectively; the production of heat or electricity |
| 10. country-by-country a_d programs | n. | things sent to help countries in need, notably food or money; support |

ANSWERS: 1. reverse, 2. strength, 3. brain, 4. aid, 5. melatonin, 6. melatonin, 7. supplement, 8. efficiency, 9. generation, 10. aid

- | | | |
|---|------|---|
| 11. op_____ze control for cooling | v. | to make the best or most effective use of something |
| 12. d_m memory | adj. | poorly lit; not bright |
| 13. en_____er shortage | n. | a person whose job is designing, building, or maintaining something such as machines, structures, or software |
| 14. unr_____le source of information | adj. | not able to be trusted or depended on |
| 15. na_____ly regenerated forest | adv. | as might be expected; by natural manners |
| 16. the gen_____on of electricity | n. | all the people born and living at about the same time, regarded collectively; the production of heat or electricity |
| 17. an_____e your real motives | v. | to think about in-depth and evaluate to discover essential features or meaning |
| 18. the te_____ue applied to construction | n. | a particular way or art of doing something that needs skill |
| 19. re_____te blood sugar levels | v. | to control something, especially by means of rules or laws |
| 20. a scientific di_____ry | n. | the act or process of finding information, a place, or an object, or learning about something that was previously not known |
| 21. in_____e a lot of paperwork | v. | to include or affect someone or something as a necessary part of something else |
| 22. the great di_____ry of the century | n. | the act or process of finding information, a place, or an object, or learning about something that was previously not known |

ANSWERS: 11. optimize, 12. dim, 13. engineer, 14. unreliable, 15. naturally, 16. generation, 17. analyze, 18. technique, 19. regulate, 20. discovery, 21. involve, 22. discovery

23. re_____te our conduct *v.* to control something, especially by means of rules or laws
24. a civil en_____er *n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
25. as___p at the wheel *adj.* in a state of sleep
26. the me_____sm for DNA replication *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
27. na_____ly arising *adv.* as might be expected; by natural manners
28. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
29. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
30. the function of the thyroid gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
31. an energy eff_____cy *n.* the state or quality of doing something well with no waste of input such as time or money
32. natural da_____ht *n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

ANSWERS: 23. regulate, 24. engineer, 25. asleep, 26. mechanism, 27. naturally, 28. hormone, 29. technique, 30. gland, 31. efficiency, 32. daylight

33. da____ht hours *n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
34. a mammary gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
35. re____e CO2 into the air *v.* to set free or allow to escape from confinement
36. the degree of pu____y *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
37. defense me____sm *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
38. re____e a prisoner *v.* to set free or allow to escape from confinement
39. pr____ly affect adults *adv.* mainly
40. dead as____p *adj.* in a state of sleep
41. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
42. re____e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

ANSWERS: 33. daylight, 34. gland, 35. release, 36. purity, 37. mechanism, 38. release, 39. primarily, 40. asleep, 41. hormone, 42. reverse

43. intended pr_____ly for young people *adv.* mainly
44. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
45. prove unr_____le *adj.* not able to be trusted or depended on
46. op_____ze a process *v.* to make the best or most effective use of something
47. d_m and distant past *adj.* poorly lit; not bright
48. wage sup_____nt *n.* something that is added to something else to make it better or complete it
49. an_____e a chemical compound *v.* to think about in-depth and evaluate to discover essential features or meaning
50. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
51. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
52. high pu____y *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

ANSWERS: 43. primarily, 44. involve, 45. unreliable, 46. optimize, 47. dim, 48. supplement, 49. analyze, 50. strength, 51. brain, 52. purity

Session 3: Fill in the Blanks

- Higher _____ requires additional equipment and energy.
n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
- The ___ light made it difficult to read the book.
adj. poorly lit; not bright
- 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
- The younger _____ has different values and beliefs than the older one.
n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
- The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
- The teacher attempted to _____ the root cause of our mistake.
v. to think about in-depth and evaluate to discover essential features or meaning
- The view of the city skyline from the top of the building looked amazing in the _____.
n. the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

ANSWERS: 1. purity, 2. dim, 3. brain, 4. generation, 5. hormone, 6. analyze, 7. daylight

8. He lay down and fell _____ immediately.

adj. in a state of sleep

9. Certain _____ may promote tumor growth.

n. something that is added to something else to make it better or complete it

10. He was _____ gifted.

adv. as might be expected; by natural manners

11. Her research team made an important _____.

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

12. Jockey's superior _____ brought him victory.

n. a particular way or art of doing something that needs skill

13. 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

14. Our company must continue to strive for greater _____.

n. the state or quality of doing something well with no waste of input such as time or money

15. We must manage to _____ our expenditure.

v. to control something, especially by means of rules or laws

16. The animal rights group worked to _____ the dolphins back into the wild.

v. to set free or allow to escape from confinement

ANSWERS: 8. asleep, 9. supplements, 10. naturally, 11. discovery, 12. technique, 13. mechanisms, 14. efficiency, 15. regulate, 16. release

17. A _____ supplement can help regulate sleep-wake cycles in people with insomnia.
- n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles
18. The adrenal _____ produce steroids.
- n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
19. All peaceful cooperation is based _____ on mutual trust.
- adv.* mainly
20. The _____ will repair my telephone tomorrow morning.
- n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
21. By incorrect assumption, statistics can be notoriously _____.
- adj.* not able to be trusted or depended on
22. The restaurant _____ a ban on smoking.
- v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
23. Health and _____ are, above all, gold.
- n.* the quality or state of being physically, or sometimes mentally, strong
24. Pakistan's ___ budget was still being reviewed.
- n.* things sent to help countries in need, notably food or money; support

ANSWERS: 17. melatonin, 18. glands, 19. primarily, 20. engineer, 21. unreliable, 22. reversed, 23. strength, 24. aid

25. The essence of economics is to _____ the allocation of limited resources.
- v. to make the best or most effective use of something
26. 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

ANSWERS: 25. optimize, 26. involves