

# 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](https://www.ted.com/talks/matt_walker_what_is_melatonin_and_should_you_take_it_to_fall_asleep)

### Advanced Words Only

#### IMPORTANT

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## 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.

### 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**.

## Session 2: Spelling

- |                                     |  |
|-------------------------------------|--|
| 1. unr_____le source of information | <i>adj.</i> not able to be trusted or depended on  |
| 2. me_____in receptor               | <i>n.</i> a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles |
| 3. disrupt me_____in production     | <i>n.</i> a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles |
| 4. prove unr_____le                 | <i>adj.</i> not able to be trusted or depended on  |

ANSWERS: 1. unreliable, 2. melatonin, 3. melatonin, 4. unreliable

## Session 3: Fill in the Blanks

1. By incorrect assumption, statistics can be notoriously \_\_\_\_\_.  
*adj.* not able to be trusted or depended on
2. 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

ANSWERS: 1. unreliable, 2. melatonin