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Vocabulary Builder Reference from...

Matt Walker: How to deal with your insomnia -- and finally get to sleep | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

insomnia

n. the condition of being unable to sleep, usually a chronic one

synonym: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

lifetime

n. the duration of someone's life or something's existence;

synonym: lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

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.

difficulty

n. a condition or state that causes problems

synonym: hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

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.

instance

n. a particular example or single occurrence of something

synonym: example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

psychoactive

adj. producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions

synonym: mind-altering, mind-bending, hallucinogenic

(1) **psychoactive** medication, (2) **psychoactive** effects

Psychoactive substances can seriously affect the brain and must be used cautiously.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

cannabis

n. a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish

synonym : marijuana, weed, pot

(1) **cannabis** plant, (2) **cannabis** legalization

The use of **cannabis** for medicinal purposes is legal in some states.

ultimate

adj. furthest or highest in degree or order

synonym : highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

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.

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**.

cognitive

adj. of or relating to mental processes of understanding

synonym : perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**
I underwent aversion **therapy** for my addiction to alcohol.

clinician

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

synonym: psychiatrist, therapist, doctor

(1) experienced **clinician**, (2) from a **clinician's** perspective
Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number
The movie has received almost universally **negative** criticism.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors
In **addition**, private corporations provide healthcare services.

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.

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.

regain

v. to get something back or recover something after it has been lost or taken away

synonym: recover, reclaim, retrieve

(1) **regain** our reputation, (2) **regain** my health

After years of hard work, he finally **regained** his financial stability.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

Session 2: Spelling

1. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
2. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
3. 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
4. chemical ad_____on *n.* the act or process of adding something to something else; the process of adding numbers
5. key co_____nt *n.* one of several parts that combines with others to form something bigger
6. as___p at the wheel *adj.* in a state of sleep
7. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
8. do on a con_____nt basis *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
9. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
10. a ne_____ve number *adj.* having the quality of something bad or harmful; expressing refusal
11. stop drinking al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

ANSWERS: 1. cognitive, 2. consistent, 3. melatonin, 4. addition, 5. component, 6. asleep, 7. addition, 8. consistent, 9. confidence, 10. negative, 11. alcohol

12. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
13. ca____is legalization *n.* a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish
14. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
15. medication for in_____ia *n.* the condition of being unable to sleep, usually a chronic one
16. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
17. dead as____p *adj.* in a state of sleep
18. me_____in receptor *n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles
19. improve co_____ve function *adj.* of or relating to mental processes of understanding
20. the degree of dif_____ty *n.* a condition or state that causes problems
21. re_____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
22. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients

ANSWERS: 12. therapy, 13. cannabis, 14. confidence, 15. insomnia, 16. negative, 17. asleep, 18. melatonin, 19. cognitive, 20. difficulty, 21. recommend, 22. clinician

23. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
24. li_____me benefits *n.* the duration of someone's life or something's existence;
25. re___n our reputation *v.* to get something back or recover something after it has been lost or taken away
26. better fuel eff_____cy *n.* the state or quality of doing something well with no waste of input such as time or money
27. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
28. re___n my health *v.* to get something back or recover something after it has been lost or taken away
29. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
30. notable in_____ce *n.* a particular example or single occurrence of something
31. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
32. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
33. dif_____ty in breathing *n.* a condition or state that causes problems
34. ca_____is plant *n.* a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish

ANSWERS: 23. lifetime, 24. lifetime, 25. regain, 26. efficiency, 27. clinician, 28. regain, 29. component, 30. instance, 31. therapy, 32. recommend, 33. difficulty, 34. cannabis

35. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
36. an energy eff_____cy *n.* the state or quality of doing something well with no waste of input such as time or money
37. 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.
38. the ul_____te goal in life *adj.* furthest or highest in degree or order
39. for in_____ce *n.* a particular example or single occurrence of something
40. psy_____ive effects *adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
41. 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.
42. the ul_____te luxury *adj.* furthest or highest in degree or order
43. psy_____ive medication *adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
44. alcohol-dependent in_____ia *n.* the condition of being unable to sleep, usually a chronic one

ANSWERS: 35. alcohol, 36. efficiency, 37. treatment, 38. ultimate, 39. instance, 40. psychoactive, 41. treatment, 42. ultimate, 43. psychoactive, 44. insomnia

ANSWERS:

Session 3: Fill in the Blanks

1. In _____ private corporations provide healthcare services.
n. the act or process of adding something to something else; the process of adding numbers
2. You are not _____ in your behavior.
adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.
3. These articles cite five _____ of climate change.
n. a particular example or single occurrence of something
4. The researchers try to discover a common _____ in all types of successful organizations.
n. one of several parts that combines with others to form something bigger
5. 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.
6. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
7. Management must take _____ responsibility for the accident.
adj. furthest or highest in degree or order
8. There is a clear association between _____ consumption and cognitive decline.
n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

ANSWERS: 1. addition, 2. consistent, 3. instances, 4. component, 5. treatment, 6. therapy, 7. ultimate, 8. alcohol

9. Some _____ believe that psychological characteristics alone may cause mental disorders.
- n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
10. He lay down and fell _____ immediately.
- adj.* in a state of sleep
11. The movie has received almost universally _____ criticism.
- adj.* having the quality of something bad or harmful; expressing refusal
12. 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
13. He has _____ exercising because of a back injury sustained in an accident.
- n.* a condition or state that causes problems
14. The use of _____ for medicinal purposes is legal in some states.
- n.* a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish
15. His _____ faculties were getting worse because of a lack of sleep.
- adj.* of or relating to mental processes of understanding
16. _____ substances can seriously affect the brain and must be used cautiously.
- adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions

ANSWERS: 9. clinicians, 10. asleep, 11. negative, 12. recommend, 13. difficulty, 14. cannabis, 15. cognitive, 16. Psychoactive

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. He suffered _____ and loss of appetite after he began taking that medication.
- n.* the condition of being unable to sleep, usually a chronic one
19. 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
20. After years of hard work, he finally _____ his financial stability.
- v.* to get something back or recover something after it has been lost or taken away
21. Skill and _____ are an unconquered army.
- n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
22. She had lived through two world wars in her _____.
- n.* the duration of someone's life or something's existence;

ANSWERS: 17. melatonin, 18. insomnia, 19. efficiency, 20. regained, 21. confidence, 22. lifetime