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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

Advanced Words Only

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.

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.

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.

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.

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.

Session 2: Spelling

1. psy_____ive effects *adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
2. psy_____ive medication *adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
3. alcohol-dependent in_____ia *n.* the condition of being unable to sleep, usually a chronic one
4. 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
5. 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
6. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
7. me_____in receptor *n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles
8. medication for in_____ia *n.* the condition of being unable to sleep, usually a chronic one
9. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients

ANSWERS: 1. psychoactive, 2. psychoactive, 3. insomnia, 4. melatonin, 5. cannabis, 6. clinician, 7. melatonin, 8. insomnia, 9. clinician

10. 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: 10. cannabis

Session 3: Fill in the Blanks

1. Some _____ believe that psychological characteristics alone may cause mental disorders.
 - n.* a practitioner, especially of medicine or psychology, who has direct contact with patients

2. He suffered _____ and loss of appetite after he began taking that medication.
 - n.* the condition of being unable to sleep, usually a chronic one

3. 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

4. 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

5. _____ 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: 1. clinicians, 2. insomnia, 3. cannabis, 4. melatonin, 5. Psychoactive