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Vocabulary Builder Reference from...

Alayna Vaughan: Why do some people snore so loudly? | TED Talk

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

Advanced Words Only

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Session 1: Word List

clamp

- v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

synonym : fasten, secure, hold tight

- (1) **clamp** down on extremism, (2) **clamp** coupling

He used a wrench to **clamp** down the pipes tightly.

cannonball

- n. a large metal or stone ball shot or fired from a cannon

synonym : projectile, ammunition, bullet

- (1) a 4 kg **cannonball**, (2) human **cannonball**

The castle collapsed as multiple **cannonballs** hit the walls.

sew

- v. to join, fasten, or repair two pieces of something by putting the thread through them with a needle

synonym : stitch, darn, tailor

- (1) **sew** with thread, (2) **sew** a button

My mother taught me how to **sew**.

haunted

- adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions

synonym :

spooky, eerie, ghostly

(1) **haunted** house, (2) **haunted** by memories

The old mansion was known to be **haunted**, with strange noises and eerie sightings reported by visitors.

snore

v. to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull

synonym: doze, slumber, yawn

(1) **snore** in my sleep, (2) **snore** peacefully

I couldn't sleep because my roommate **snored** loudly every night.

stutter

v. to speak with sudden involuntary pauses or repetitions of sounds, syllables, or words; (noun) a speech disorder characterized by the repetition or prolongation of sounds, syllables, or words, or by pauses or blocks in speech

synonym: stammer, falter, stumble

(1) **stutter** speech, (2) **stutter** out an apology

He tends to **stutter** when he gets nervous, making it difficult for others to understand him.

chainsaw

n. a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects

synonym: handsaw, power saw, buzz saw

(1) use a **chainsaw**, (2) sharpen a **chainsaw**

The lumberjack used his **chainsaw** to chop through the tree's thick trunk.

originate

v. to come into existence in a particular place or situation; to start something in a specific place

synonym: begin, arise, create

(1) **originate** from the country, (2) **originate** a political movement

The flight **originates** in Vancouver.

airway

n. the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another

synonym : air passage, air duct, skyway

(1) **airway** blockage, (2) **airway** beacon

When performing lifesaving, the first step is to secure the **airway**.

congest

v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

synonym : clog, choke, crowd

(1) **congest** in a vein, (2) **congest** a highway

The roads to the airport were heavily **congested**.

anatomical

adj. of or relating to the structure of the body and its parts

synonym : physical, bodily, structural

(1) **anatomical** structure, (2) **anatomical** elements

The **anatomical** model of the human body was used to teach medical students.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym : squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

exacerbate

v. to make a situation, problem, or feeling worse

synonym : worsen, aggravate, escalate

(1) **exacerbate** the situation, (2) **exacerbate** symptoms

The heat wave **exacerbated** the drought conditions.

airflow

n. the flow of air, especially around a moving object such as an aircraft or vehicle

synonym : current, breeze, breath

(1) **airflow** duct, (2) high-speed **airflow**

They thoroughly tested the **airflow** around their latest formula

car.

vibrate

v. to move or cause anything to move fast and in small increments from side to side

synonym: oscillate, convulse, jerk

(1) **vibrate** at a regular frequency, (2) **vibrate** with anger
During the flight, the wings of the plane **vibrate**.

obstruct

v. to block or interfere with the passage, movement, or action of something or someone

synonym: block, impede, hinder

(1) **obstruct** an airway, (2) **obstruct** a bill

The road was blocked by a fallen tree, **obstructing** the path for all vehicles.

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.

troublesome

adj. causing difficulty or annoyance for someone

synonym: disconcerting, unsettling, upsetting

(1) undertake a **troublesome** task, (2) **troublesome** behavior

He had to resolve a **troublesome** event that happened unexpectedly

snort

v. to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose

synonym: sniff, inhale, snuffle

(1) **snort** with laughter, (2) **snort** cocaine

The horse **snorted** as I approached it in the field.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

loosen

v. to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

synonym: relax, slacken, untie

(1) **loosen** grip, (2) **loosen** knot

Please **loosen** the screws on the back panel so we can access the inside of the machine.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

Session 2: Spelling

1. tro_____me behavior *adj.* causing difficulty or annoyance for someone
2. or_____te a political movement *v.* to come into existence in a particular place or situation; to start something in a specific place
3. ana_____al elements *adj.* of or relating to the structure of the body and its parts
4. ai____y blockage *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
5. lo____n grip *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
6. s_w a button *v.* to join, fasten, or repair two pieces of something by putting the thread through them with a needle
7. sharpen a ch_____aw *n.* a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects
8. epileptic ap__a *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
9. st_____r out an apology *v.* to speak with sudden involuntary pauses or repetitions of sounds, syllables, or words; (noun) a speech disorder characterized by the repetition or prolongation of sounds, syllables, or words, or by pauses or blocks in speech

ANSWERS: 1. troublesome, 2. originate, 3. anatomical, 4. airway, 5. loosen, 6. sew, 7. chainsaw, 8. apnea, 9. stutter

18. el_____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
19. sn__e peacefully *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
20. high-speed ai_____w *n.* the flow of air, especially around a moving object such as an aircraft or vehicle
21. ana_____al structure *adj.* of or relating to the structure of the body and its parts
22. ap__a treatment *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
23. ob_____ct a bill *v.* to block or interfere with the passage, movement, or action of something or someone
24. ob_____ct an airway *v.* to block or interfere with the passage, movement, or action of something or someone
25. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
26. human can_____ll *n.* a large metal or stone ball shot or fired from a cannon
27. ai_____w duct *n.* the flow of air, especially around a moving object such as an aircraft or vehicle

ANSWERS: 18. elevate, 19. snore, 20. airflow, 21. anatomical, 22. apnea, 23. obstruct, 24. obstruct, 25. constrict, 26. cannonball, 27. airflow

28. ai___y beacon *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
29. sn___e in my sleep *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
30. ha_____d house *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
31. ch___e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
32. exa_____te the situation *v.* to make a situation, problem, or feeling worse
33. use a ch_____aw *n.* a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects
34. or_____te from the country *v.* to come into existence in a particular place or situation; to start something in a specific place
35. vi_____e with anger *v.* to move or cause anything to move fast and in small increments from side to side
36. co_____t a highway *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

ANSWERS: 28. airway, 29. snore, 30. haunted, 31. choke, 32. exacerbate, 33. chainsaw, 34. originate, 35. vibrate, 36. congest

37. sn__t with laughter v. to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose
38. co_____t in a vein v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
39. ch__e off the blood supply v. to prevent or obstruct the normal breathing or swallowing of someone or something
40. sn__t cocaine v. to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose
41. s_w with thread v. to join, fasten, or repair two pieces of something by putting the thread through them with a needle
42. a 4 kg can_____ll n. a large metal or stone ball shot or fired from a cannon
43. cl__p coupling v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
44. el_____e educational standards v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

ANSWERS: 37. snort, 38. congest, 39. choke, 40. snort, 41. sew, 42. cannonball, 43. clamp, 44. elevate

ANSWERS:

Session 3: Fill in the Blanks

1. I couldn't sleep because my roommate _____ loudly every night.
v. to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
2. Please _____ the screws on the back panel so we can access the inside of the machine.
v. to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
3. They thoroughly tested the _____ around their latest formula car.
n. the flow of air, especially around a moving object such as an aircraft or vehicle
4. The _____ model of the human body was used to teach medical students.
adj. of or relating to the structure of the body and its parts
5. The old mansion was known to be _____ with strange noises and eerie sightings reported by visitors.
adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
6. 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
7. Eating food in a hurry _____ blood glucose levels.
v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

ANSWERS: 1. snored, 2. loosen, 3. airflow, 4. anatomical, 5. haunted, 6. apnea, 7. elevates

8. When performing lifesaving, the first step is to secure the _____.
- n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
9. The snake's muscles began to _____ around its prey.
- v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
10. The horse _____ as I approached it in the field.
- v.* to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose
11. He had to resolve a _____ event that happened unexpectedly
- adj.* causing difficulty or annoyance for someone
12. During the flight, the wings of the plane _____.
- v.* to move or cause anything to move fast and in small increments from side to side
13. The road was blocked by a fallen tree, _____ the path for all vehicles.
- v.* to block or interfere with the passage, movement, or action of something or someone
14. My mother taught me how to ____.
- v.* to join, fasten, or repair two pieces of something by putting the thread through them with a needle
15. He used a wrench to _____ down the pipes tightly.
- v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

ANSWERS: 8. airway, 9. constrict, 10. snorted, 11. troublesome, 12. vibrate, 13. obstructing, 14. sew, 15. clamp

16. The castle collapsed as multiple _____ hit the walls.
n. a large metal or stone ball shot or fired from a cannon
17. The lumberjack used his _____ to chop through the tree's thick trunk.
n. a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects
18. The flight _____ in Vancouver.
v. to come into existence in a particular place or situation; to start something in a specific place
19. The baby started to _____ on a piece of apple.
v. to prevent or obstruct the normal breathing or swallowing of someone or something
20. He tends to _____ when he gets nervous, making it difficult for others to understand him.
v. to speak with sudden involuntary pauses or repetitions of sounds, syllables, or words; (noun) a speech disorder characterized by the repetition or prolongation of sounds, syllables, or words, or by pauses or blocks in speech
21. The roads to the airport were heavily _____.
v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
22. The heat wave _____ the drought conditions.
v. to make a situation, problem, or feeling worse

ANSWERS: 16. cannonballs, 17. chainsaw, 18. originates, 19. choke, 20. stutter, 21. congested, 22. exacerbated