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Vocabulary Builder Reference from...

Matt Walker: Are naps actually good for us? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

- nap** *n.* a short sleep, especially during the day
synonym: rest, doze, drowse
(1) take a **nap**, (2) daytime **nap**
She woke the kids up from their **nap**.
- aim** *v.* to try or plan to get or achieve something
synonym: aspire, direct, target
(1) **aim** at a specific target, (2) **aim** to be a nurse
We **aim** for an overseas expansion.
- 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.
- stretch** *v.* to make or be capable of making anything longer or broader without hurting or breaking
synonym: lengthen, prolong, extend
(1) **stretch** along the coast, (2) **stretch** a story
Some herds have been observed to **stretch** hundreds of kilometers.

monophasic

adj. referring to a medication or treatment that delivers a consistent dose of a single active ingredient over a given period of time

synonym : single-phase, uniphasic, monophonic

(1) **monophasic** waveform, (2) **monophasic** pills

The medical device uses **monophasic** electrical pulses to treat certain conditions.

bout

n. a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

synonym : match, round, contest

(1) **bout** of coughing, (2) boxing **bout**

He had a **bout** of anxiety before his big presentation.

alert

v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

synonym : warn, inform, (adjective) vigilant

(1) **alert** consumers to the dangers, (2) **alert** system

The company's cybersecurity team **alerted** the CEO to potential threats.

bob

v. to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders

synonym : bobble, bounce, wag

(1) **bob** a quick curtsy, (2) **bob** on the surface of the water

I need to **bob** my head to the beat of the music.

hardwired

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

synonym : innate, ingrained, automatic

(1) **hardwired** behavior, (2) **hardwired** connection

The instinct to protect one's offspring is **hardwired** into many animal species.

electrode

n. either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region

(1) platinum **electrodes**, (2) **electrode** corrosion

It is important to place the **electrodes** in the correct position for accurate electro-cardiogram recording.

reliable

adj. worthy of being relied on; trustworthy

synonym: dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery

Trains are **reliable**, inexpensive, and ideal for long-distance travel.

reprogram

v. to modify or recreate a program

synonym: recreate, modify, revamp

(1) **reprogram** a device, (2) **reprogram** a database

He **reprogrammed** the computer's operating system to remove the safeguard.

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**.

biphasic

adj. referring to a medication or treatment that delivers two distinct doses of different active ingredients over a given period of time

synonym: dual-phase, two-phase

(1) **biphasic** defibrillation, (2) **biphasic** reaction

The **biphasic** pattern of sleep involves a period of deep sleep and a period of REM sleep.

siesta

n. a short period of sleep or rest taken during the middle of the day, particularly in cultures or regions that experience hot weather or a slower lifestyle in the afternoon

synonym: nap, rest, snooze

(1) afternoon **siesta**, (2) Spanish **siesta**

In some countries, it is common to take a **siesta** after lunch.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

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**.

double-edged

adj. having two sharp edges or sides, especially one that can harm or benefit in equal measure; (of sword or blade) having two cutting edges

synonym: two-sided, ambivalent, ambiguous

(1) a **double-edged** compliment, (2) **double-edged** tool

The **double-edged** sword could be used for both offense and defense.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

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.

regularly

adv. at regular intervals or times

synonym: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

Session 2: Spelling

1. nec_____ly true *adv.* in an essential manner; in such a way as could not be otherwise
2. daytime n_p *n.* a short sleep, especially during the day
3. re_____le access *adj.* worthy of being relied on; trustworthy
4. a_m to be a nurse *v.* to try or plan to get or achieve something
5. mon_____ic pills *adj.* referring to a medication or treatment that delivers a consistent dose of a single active ingredient over a given period of time
6. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
7. b_b a quick curtsy *v.* to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
8. dead as____p *adj.* in a state of sleep
9. 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

ANSWERS: 1. necessarily, 2. nap, 3. reliable, 4. aim, 5. monophasic, 6. brain, 7. bob, 8. asleep, 9. discovery

10. ha_____ed connection *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
11. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
12. re_____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
13. ha_____ed behavior *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
14. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
15. st_____h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
16. take a n_p *n.* a short sleep, especially during the day
17. a_m at a specific target *v.* to try or plan to get or achieve something
18. platinum el_____des *n.* either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region
19. post re_____ly to a blog *adv.* at regular intervals or times

ANSWERS: 10. hardwired, 11. struggle, 12. recommend, 13. hardwired, 14. recommend, 15. stretch, 16. nap, 17. aim, 18. electrode, 19. regularly

20. bi____ic reaction *adj.* referring to a medication or treatment that delivers two distinct doses of different active ingredients over a given period of time
21. Spanish si____a *n.* a short period of sleep or rest taken during the middle of the day, particularly in cultures or regions that experience hot weather or a slower lifestyle in the afternoon
22. bi____ic defibrillation *adj.* referring to a medication or treatment that delivers two distinct doses of different active ingredients over a given period of time
23. st____h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking
24. boxing b__t *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
25. re_____am a device *v.* to modify or recreate a program
26. 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
27. mon_____ic waveform *adj.* referring to a medication or treatment that delivers a consistent dose of a single active ingredient over a given period of time

ANSWERS: 20. biphasic, 21. siesta, 22. biphasic, 23. stretch, 24. bout, 25. reprogram, 26. discovery, 27. monophasic

28. re_____ly arranged *adv.* at regular intervals or times
29. not nec_____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
30. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
31. as___p at the wheel *adj.* in a state of sleep
32. al__t consumers to the dangers *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
33. guarantee re_____le delivery *adj.* worthy of being relied on; trustworthy
34. b_b on the surface of the water *v.* to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
35. al__t system *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
36. afternoon si___a *n.* a short period of sleep or rest taken during the middle of the day, particularly in cultures or regions that experience hot weather or a slower lifestyle in the afternoon
37. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 28. regularly, 29. necessarily, 30. brain, 31. asleep, 32. alert, 33. reliable, 34. bob, 35. alert, 36. siesta, 37. struggle

38. a dou_____ged compliment *adj.* having two sharp edges or sides, especially one that can harm or benefit in equal measure; (of sword or blade) having two cutting edges
39. b__t of coughing *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
40. el_____de corrosion *n.* either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region
41. dou_____ged tool *adj.* having two sharp edges or sides, especially one that can harm or benefit in equal measure; (of sword or blade) having two cutting edges
42. re_____am a database *v.* to modify or recreate a program

ANSWERS: 38. double-edged, 39. bout, 40. electrode, 41. double-edged, 42. reprogram

Session 3: Fill in the Blanks

1. The medical device uses _____ electrical pulses to treat certain conditions.
adj. referring to a medication or treatment that delivers a consistent dose of a single active ingredient over a given period of time
2. The _____ pattern of sleep involves a period of deep sleep and a period of REM sleep.
adj. referring to a medication or treatment that delivers two distinct doses of different active ingredients over a given period of time
3. The company's cybersecurity team _____ the CEO to potential threats.
v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
4. 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
5. He could not _____ against temptation.
v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
6. In some countries, it is common to take a _____ after lunch.
n. a short period of sleep or rest taken during the middle of the day, particularly in cultures or regions that experience hot weather or a slower lifestyle in the afternoon
7. The instinct to protect one's offspring is _____ into many animal species.
adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

ANSWERS: 1. monophasic, 2. biphasic, 3. alerted, 4. discovery, 5. struggle, 6. siesta, 7. hardwired

8. Trains are _____ inexpensive, and ideal for long-distance travel.

adj. worthy of being relied on; trustworthy

9. 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

10. He lay down and fell _____ immediately.

adj. in a state of sleep

11. This site _____ shares high-quality academic materials.

adv. at regular intervals or times

12. It is important to place the _____ in the correct position for accurate electro-cardiogram recording.

n. either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region

13. He had a _____ of anxiety before his big presentation.

n. a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

14. The _____ sword could be used for both offense and defense.

adj. having two sharp edges or sides, especially one that can harm or benefit in equal measure; (of sword or blade) having two cutting edges

15. 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

ANSWERS: 8. reliable, 9. brain, 10. asleep, 11. regularly, 12. electrodes, 13. bout, 14. double-edged, 15. recommend

16. She woke the kids up from their ____.

n. a short sleep, especially during the day

17. He _____ the computer's operating system to remove the safeguard.

v. to modify or recreate a program

18. I need to ____ my head to the beat of the music.

v. to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders

19. We ____ for an overseas expansion.

v. to try or plan to get or achieve something

20. This accident was something that happened _____.

adv. in an essential manner; in such a way as could not be otherwise

21. Some herds have been observed to _____ hundreds of kilometers.

v. to make or be capable of making anything longer or broader without hurting or breaking

ANSWERS: 16. nap, 17. reprogrammed, 18. bob, 19. aim, 20. necessarily, 21. stretch