

# Englist.me



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

### Advanced Words Only

#### 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**.
- 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.
- 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.
- 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.

## 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.

## 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.

## Session 2: Spelling

1. 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
2. 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
3. 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
4. re\_\_\_\_\_am a database  
*v.* to modify or recreate a program
5. 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
6. 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
7. re\_\_\_\_\_am a device  
*v.* to modify or recreate a program
8. 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

ANSWERS: 1. hardwired, 2. siesta, 3. double-edged, 4. reprogram, 5. biphasic, 6. hardwired, 7. reprogram, 8. biphasic

9. 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
10. daytime n\_p *n.* a short sleep, especially during the day
11. 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
12. 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
13. 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
14. take a n\_p *n.* a short sleep, especially during the day

ANSWERS: 9. monophasic, 10. nap, 11. double-edged, 12. monophasic, 13. siesta, 14. nap

## Session 3: Fill in the Blanks

1. 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
2. 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
3. He \_\_\_\_\_ the computer's operating system to remove the safeguard.  
*v.* to modify or recreate a program
4. 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
5. She woke the kids up from their \_\_\_\_\_.  
*n.* a short sleep, especially during the day
6. 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
7. 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

ANSWERS: 1. biphasic, 2. monophasic, 3. reprogrammed, 4. hardwired, 5. nap, 6. double-edged, 7. siesta

ANSWERS: