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Vocabulary Builder Reference from...

Matt Walker: How sleep can improve your immunity | TED Talk

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

All Words

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Session 1: Word List

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

curl

v. to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles

synonym: coil, curve, spiral

(1) **curl** around street corners, (2) a **curl** of smoke

The cat **curled** into a ball and went to sleep.

intimate

adj. having a very close friendship, personal

synonym: close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship

He has an **intimate** knowledge of American history.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

individual

n. a single person or thing, as distinct from a group

synonym : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

infect

v. to affect a person, an animal, or a plant with a disease-causing organism

synonym : pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

rhinovirus

n. the most common viral infectious agent in humans and is the predominant cause of the common cold

(1) **rhinovirus** cold, (2) a **rhinovirus** in a host

About half of all asthma attacks are thought to be caused by **rhinovirus** infection.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym : evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

pneumonia

n. an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

synonym: lung infection, bronchitis

(1) bacterial **pneumonia**, (2) viral **pneumonia**

She was hospitalized with a severe case of **pneumonia**.

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**.

immunization

n. the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

synonym: vaccination, shot, inoculation

(1) **immunization** program, (2) childhood **immunization**

Due to the success of **immunization** programs, certain diseases, such as smallpox, have been eradicated.

influenza

n. (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

synonym: grippe, flu

(1) an epidemic outbreak of **influenza**, (2) **influenza B** strain

The research institute allocated a lot of money to study the cause and prevention of **influenza**.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

antibody

n. a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease

(1) produce **antibody**, (2) **antibody** against bacteria

This pharmaceutical company is developing **antibody** drugs with fewer side effects.

sufficient

adj. adequate; enough for a particular purpose or requirement

synonym: acceptable, ample, satisfactory

(1) **sufficient** time, (2) self- **sufficient** economy

That candidate does not have **sufficient** means to win an election with certainty.

render

v. to bring someone or something into a particular state; to provide something such as service, help, etc.

synonym: deliver, give, provide

(1) **render** an assessment, (2) **render** the contract void

The jury must **render** a decision on this complex case.

vaccinate

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

synonym: immunize, inject, inoculate

(1) **vaccinate** against scarlet fever, (2) **vaccinate** every year

The nurse **vaccinated** the children in the school.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental

consequences.

REM

n. (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

(1) **REM** sleep cycle, (2) **REM** sleep behavior disorder

REM sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.

weaponry

n. a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country

synonym: arms, munition, artillery

(1) **weaponry** development, (2) advanced **weaponry**

The army used various **weaponry** to defend the country from attack.

arsenal

n. a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor

synonym: storage, stockpile, armory

(1) **arsenal** of knowledge, (2) political **arsenal**

The police found a hidden **arsenal** of weapons in the suspect's house.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

numerous

adj. amounting to a large indefinite number

synonym: many, considerable, countless

(1) **numerous** countries, (2) as **numerous** as the sand

These descriptions are based on a number of **numerous**

assumptions.

sensitivity

n. the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

synonym: alertness, attentiveness, sympathy

(1) **sensitivity** analysis, (2) become full of **sensitivity**

The instrument has a high **sensitivity** to temperature changes.

robust

adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

synonym: healthy, strong, booming

(1) **robust** growth, (2) a **robust** appetite

The experiment yielded **robust** results that support his theory.

insure

v. to provide coverage in the event of loss or damage

synonym: protect, guard, safeguard

(1) **insure** my house against fire, (2) **insure** domestic tranquility

I will **insure** my car before I go on a road trip.

policy

n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

synonym: strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**

The company's new **policy** on remote work has made it a more inclusive workplace.

Session 2: Spelling

1. bacterial pn_____ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
2. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
3. we_____ry development *n.* a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country
4. a private ind_____al *n.* a single person or thing, as distinct from a group
5. my in_____te affairs *adj.* having a very close friendship, personal
6. an epidemic outbreak of in_____za *n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics
7. word ass_____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
8. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 1. pneumonia, 2. typical, 3. weaponry, 4. individual, 5. intimate, 6. influenza, 7. association, 8. develop

9. ind_____al freedom *n.* a single person or thing, as distinct from a group
10. va_____te against scarlet fever *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
11. ro___t growth *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
12. in___e domestic tranquility *v.* to provide coverage in the event of loss or damage
13. in_____te relationship *adj.* having a very close friendship, personal
14. advanced we_____ry *n.* a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country
15. imm_____ion program *n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
16. become full of sen_____ty *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
17. R_M sleep behavior disorder *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
18. n___m of action *n.* something that is regarded as usual, typical, or standard

ANSWERS: 9. individual, 10. vaccinate, 11. robust, 12. insure, 13. intimate, 14. weaponry, 15. immunization, 16. sensitivity, 17. REM, 18. norm

19. c__l around street corners *v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
20. re___r an assessment *v.* to bring someone or something into a particular state; to provide something such as service, help, etc.
21. a ro___t appetite *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
22. viral pn_____ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
23. re___r the contract void *v.* to bring someone or something into a particular state; to provide something such as service, help, etc.
24. a scholarship ass_____on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
25. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
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. an_____dy against bacteria *n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease

ANSWERS: 19. curl, 20. render, 21. robust, 22. pneumonia, 23. render, 24. association, 25. typical, 26. discovery, 27. antibody

36. ar____l of knowledge *n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor
37. st_____te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
38. sen_____ty analysis *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
39. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
40. political ar____l *n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor
41. rhi_____us cold *n.* the most common viral infectious agent in humans and is the predominant cause of the common cold
42. 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
43. foreign po____y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 36. arsenal, 37. stimulate, 38. sensitivity, 39. consequence, 40. arsenal, 41. rhinovirus, 42. discovery, 43. policy

44. the cell of the im___e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
45. a c___l of smoke *v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
46. st_____te the nervous system *v.* to encourage something to develop or become more active; to stir the feelings or emotions
47. va_____te every year *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
48. self-suf_____nt economy *adj.* adequate; enough for a particular purpose or requirement
49. cultural n___m *n.* something that is regarded as usual, typical, or standard
50. in___t other animal species *v.* to affect a person, an animal, or a plant with a disease-causing organism
51. in___e my house against fire *v.* to provide coverage in the event of loss or damage
52. im___e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
53. in___t a computer with a virus *v.* to affect a person, an animal, or a plant with a disease-causing organism
54. R_M sleep cycle *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

ANSWERS: 44. immune, 45. curl, 46. stimulate, 47. vaccinate, 48. sufficient, 49. norm, 50. infect, 51. insure, 52. immune, 53. infect, 54. REM

55. in_____za B strain

n. (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

56. as nu_____us as the sand

adj. amounting to a large indefinite number

ANSWERS: 55. influenza, 56. numerous

Session 3: Fill in the Blanks

1. The company's new _____ on remote work has made it a more inclusive workplace.
 - n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

2. That candidate does not have _____ means to win an election with certainty.
 - adj.* adequate; enough for a particular purpose or requirement

3. Due to the success of _____ programs, certain diseases, such as smallpox, have been eradicated.
 - n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

4. The research institute allocated a lot of money to study the cause and prevention of _____.
 - n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

5. I will _____ my car before I go on a road trip.
 - v.* to provide coverage in the event of loss or damage

6. ____ sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.
 - n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

ANSWERS: 1. policy, 2. sufficient, 3. immunization, 4. influenza, 5. insure, 6. REM

7. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

8. She was hospitalized with a severe case of _____.

n. an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

9. The jury must _____ a decision on this complex case.

v. to bring someone or something into a particular state; to provide something such as service, help, etc.

10. His membership in the _____ provided him with numerous benefits.

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

11. The nurse _____ the children in the school.

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

12. The army used various _____ to defend the country from attack.

n. a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country

13. 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

14. These descriptions are based on a number of _____ assumptions.

adj. amounting to a large indefinite number

ANSWERS: 7. typical, 8. pneumonia, 9. render, 10. association, 11. vaccinated, 12. weaponry, 13. discovery, 14. numerous

15. About half of all asthma attacks are thought to be caused by _____ infection.
- n.* the most common viral infectious agent in humans and is the predominant cause of the common cold
16. He has an _____ knowledge of American history.
- adj.* having a very close friendship, personal
17. We must _____ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
18. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
19. This pharmaceutical company is developing _____ drugs with fewer side effects.
- n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease
20. Children often _____ parents with this head cold.
- v.* to affect a person, an animal, or a plant with a disease-causing organism
21. The police found a hidden _____ of weapons in the suspect's house.
- n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor

ANSWERS: 15. rhinovirus, 16. intimate, 17. develop, 18. norms, 19. antibody, 20. infect, 21. arsenal

22. These economic activities had disastrous environmental _____.
- n.* the outcome of a particular action or event, especially relative to an individual
23. The vaccination does not necessarily make you completely _____.
- adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
24. The experiment yielded _____ results that support his theory.
- adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
25. As an _____ he had the right to make his own decisions and live his life as he saw fit.
- n.* a single person or thing, as distinct from a group
26. The instrument has a high _____ to temperature changes.
- n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
27. The cat _____ into a ball and went to sleep.
- v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
28. The book _____ my imagination.
- v.* to encourage something to develop or become more active; to stir the feelings or emotions

ANSWERS: 22. consequences, 23. immune, 24. robust, 25. individual, 26. sensitivity, 27. curled, 28. stimulated