

# Englist.me



## Vocabulary Builder Reference from...

*Matt Walker: How sleep affects your emotions | TED Talk*

[https://www.ted.com/talks/matt\\_walker\\_how\\_sleep\\_affects\\_your\\_emotions](https://www.ted.com/talks/matt_walker_how_sleep_affects_your_emotions)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### irrational

*adj.* not based on, or not using reason or clear thinking;  
(mathematics) a real number that cannot be expressed  
as the ratio of two integers

*synonym*: illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

### deprive

*v.* to take away something from someone

*synonym*: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status

He was **deprived** of his freedom when sentenced to life in prison.

### amygdala

*n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

### centerpiece

*n.* the most important or attractive part of something;  
something placed at the center of something, as on a

## table

*synonym* : highlight, focal point, heart

(1) the **centerpiece** of the meal, (2) **centerpiece** proposal  
His writing activities are the **centerpiece** of his life.

## hyperactive

*adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

*synonym* : hyperkinetic, overactive, restless

(1) **hyperactive** child, (2) **hyperactive** imagination  
The **hyperactive** dog was running around the house, knocking things over.

## prefrontal

*adj.* in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

## sever

*v.* to break or separate something by cutting, especially suddenly and forcibly

*synonym* : cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship  
He **severed** a branch from a tree quickly.

## buckle

*v.* to bend out of shape, as under pressure or from heat;  
(noun) a device used for fastening two loose ends of a belt or strap

*synonym* : bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe  
The severe heat wave **buckled** railway tracks.

## nocturnal

*adj.* relating to or occurring in the night; active or awake during the night

*synonym* : nighttime, nightly, after-dark

(1) **nocturnal** insects, (2) **nocturnal** habits

**Nocturnal** animals, such as owls and bats, are active at night.

## soothe

*v.* to calm or comfort someone or something; to make something less painful or uncomfortable

*synonym*: calm, relax, comfort

(1) **soothe** anxiety, (2) **soothe** a baby to sleep

She applied aloe vera to **soothe** her sunburn.

## balm

*n.* a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress

*synonym*: ointment, salve, lotion

(1) healing **balm**, (2) soothing **balm**

Aloe vera is a natural **balm** often used to treat burns and rashes.

## convalescence

*n.* the process of recovering from an illness or injury, during which the body gradually returns to health and strength

*synonym*: recovery, recuperation, rehabilitation

(1) post-surgery **convalescence**, (2) prolonged **convalescence**

After her surgery, she had a long **convalescence** period at home to recover.

## Session 2: Spelling

- |                              |  |
|------------------------------|--|
| 1. so___e a baby to sleep    | <i>v.</i> to calm or comfort someone or something; to make something less painful or uncomfortable   |
| 2. de____e him of his status | <i>v.</i> to take away something from someone  |
| 3. am____la damage           | <i>n.</i> one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell               |
| 4. so___e anxiety            | <i>v.</i> to calm or comfort someone or something; to make something less painful or uncomfortable   |
| 5. hyp____ve imagination     | <i>adj.</i> excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD) |
| 6. pre____al region          | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain   |
| 7. cen____ce proposal        | <i>n.</i> the most important or attractive part of something; something placed at the center of something, as on a table   |
| 8. irr____al numbers         | <i>adj.</i> not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers                       |
| 9. se__r a rope              | <i>v.</i> to break or separate something by cutting, especially suddenly and forcibly  |

ANSWERS: 1. soothe, 2. deprive, 3. amygdala, 4. soothe, 5. hyperactive, 6. prefrontal, 7. centerpiece, 8. irrational, 9. sever

- |                                   |  |
|-----------------------------------|--|
| 10. soothing b__m                 | <i>n.</i> a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress  |
| 11. de____e others of profit      | <i>v.</i> to take away something from someone  |
| 12. bu____e down to study         | <i>v.</i> to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap                                     |
| 13. prolonged con_____nce         | <i>n.</i> the process of recovering from an illness or injury, during which the body gradually returns to health and strength  |
| 14. no_____al habits              | <i>adj.</i> relating to or occurring in the night; active or awake during the night  |
| 15. hyp_____ve child              | <i>adj.</i> excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD) |
| 16. se__r a positive relationship | <i>v.</i> to break or separate something by cutting, especially suddenly and forcibly  |
| 17. healing b__m                  | <i>n.</i> a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress  |
| 18. an irr_____al request         | <i>adj.</i> not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers                       |

ANSWERS: 10. balm, 11. deprive, 12. buckle, 13. convalescence, 14. nocturnal, 15. hyperactive, 16. sever, 17. balm, 18. irrational

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|---------------------------------------|--|
| 19. the cen_____ce of the meal        | <i>n.</i> the most important or attractive part of something; something placed at the center of something, as on a table                                   |
| 20. bu___e shoe                       | <i>v.</i> to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap                       |
| 21. pre_____al bone                   | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain   |
| 22. the decline in am_____la activity | <i>n.</i> one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell |
| 23. no_____al insects                 | <i>adj.</i> relating to or occurring in the night; active or awake during the night  |
| 24. post-surgery con_____nce          | <i>n.</i> the process of recovering from an illness or injury, during which the body gradually returns to health and strength                              |

ANSWERS: 19. centerpiece, 20. buckle, 21. prefrontal, 22. amygdala, 23. nocturnal, 24. convalescence

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ dog was running around the house, knocking things over.  
*adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
2. Aloe vera is a natural \_\_\_\_\_ often used to treat burns and rashes.  
*n.* a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress
3. They continued to endure \_\_\_\_\_ treatment by the dictatorship.  
*adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
4. She applied aloe vera to \_\_\_\_\_ her sunburn.  
*v.* to calm or comfort someone or something; to make something less painful or uncomfortable
5. He was \_\_\_\_\_ of his freedom when sentenced to life in prison.  
*v.* to take away something from someone
6. Research shows that damage to the \_\_\_\_\_ cortex leads to increased aggression.  
*adj.* in or about the foremost part of the frontal lobe of the brain
7. The \_\_\_\_\_ has been associated with memories of past emotional events.  
*n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 1. hyperactive, 2. balm, 3. irrational, 4. soothe, 5. deprived, 6. prefrontal, 7. amygdala

8. He \_\_\_\_\_ a branch from a tree quickly.

*v.* to break or separate something by cutting, especially suddenly and forcibly

9. The severe heat wave \_\_\_\_\_ railway tracks.

*v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap

10. His writing activities are the \_\_\_\_\_ of his life.

*n.* the most important or attractive part of something; something placed at the center of something, as on a table

11. \_\_\_\_\_ animals, such as owls and bats, are active at night.

*adj.* relating to or occurring in the night; active or awake during the night

12. After her surgery, she had a long \_\_\_\_\_ period at home to recover.

*n.* the process of recovering from an illness or injury, during which the body gradually returns to health and strength

ANSWERS: 8. severed, 9. buckled, 10. centerpiece, 11. Nocturnal, 12. convalescence