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Vocabulary Builder Reference from...

Matt Walker: Hacking your memory -- with sleep | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

cram

- v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

synonym : stuff, pack, jam

- (1) **cram** more circuits into chips, (2) **cram** five people into a car

She had to **cram** for the final exam and stayed up all night studying.

sponge

- n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

- (1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

soak

- v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money

synonym : saturate, steep, douse

- (1) **soak** in a hot spring, (2) **soak** away stress

I **soaked** the shirt in the sink before washing it.

waterlog

v. to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water

synonym : flood, soak, drench

(1) **waterlog** a field, (2) **waterlog** the roof

The heavy rainwater was enough to **waterlog** the basement of the house.

hippocampus

n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory storage.

inbox

n. an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept

(1) **inbox** full of emails, (2) **inbox** folder

After you register, you will receive an email with a coupon shortly in your **inbox**.

wrinkle

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

synonym : crinkle, fold, crumple

(1) a fine **wrinkle** on a fabric, (2) a facial **wrinkle**

This suit is made of **wrinkle-proof** material.

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.

maze

n. a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through

synonym : labyrinth, puzzle, network

(1) puzzle **maze**, (2) labyrinth **maze**

We got lost in the **maze** of streets while exploring the city.

interconnect

v. to connect similar things

synonym : interlink, connect, annex

(1) directly **interconnect** with those systems, (2) human activities **interconnect** with the environment

Our system can now **interconnect** with other databases.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym : revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

impenetrable

adj. not able to be passed through, entered, or understood

synonym : impassable, insurmountable, impregnable

(1) **impenetrable** fortress, (2) through an **impenetrable** fog

The jungle was so dense and **impenetrable** that it was almost impossible to find a way through.

Session 2: Spelling

1. imp_____ble fortress *adj.* not able to be passed through, entered, or understood
2. in__x full of emails *n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept
3. a fine wr_____e on a fabric *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
4. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
5. involvement of the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
6. s__k away stress *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
7. neurons in the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
8. wa_____og the roof *v.* to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water

ANSWERS: 1. impenetrable, 2. inbox, 3. wrinkle, 4. rev, 5. hippocampus, 6. soak, 7. hippocampus, 8. waterlog

9. a facial wr_____e *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
10. through an imp_____ble fog *adj.* not able to be passed through, entered, or understood
11. sea sp____e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
12. c__m five people into a car *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
13. s__k in a hot spring *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
14. labyrinth m__e *n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
15. human activities int_____ect with the environment *v.* to connect similar things
16. se__r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
17. metallic sp____e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

ANSWERS: 9. wrinkle, 10. impenetrable, 11. sponge, 12. cram, 13. soak, 14. maze, 15. interconnect, 16. sever, 17. sponge

18. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
19. wa____og a field *v.* to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water
20. c__m more circuits into chips *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
21. directly int_____ect with those systems *v.* to connect similar things
22. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
23. puzzle m__e *n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
24. in__x folder *n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept

ANSWERS: 18. sever, 19. waterlog, 20. cram, 21. interconnect, 22. rev, 23. maze, 24. inbox

Session 3: Fill in the Blanks

1. He _____ a branch from a tree quickly.
v. to break or separate something by cutting, especially suddenly and forcibly
2. The heavy rainwater was enough to _____ the basement of the house.
v. to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water
3. I _____ the shirt in the sink before washing it.
v. to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
4. The _____ is crucial for learning and memory storage.
n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
5. This suit is made of _____ material.
n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
6. The tiny marine _____ has existed for more than 500 million years.
n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
7. He stepped on the gas pedal, and the engine released a loud _____.
n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 1. severed, 2. waterlog, 3. soaked, 4. hippocampus, 5. wrinkle-proof, 6. sponge, 7. rev

8. She had to _____ for the final exam and stayed up all night studying.
- v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
9. We got lost in the _____ of streets while exploring the city.
- n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
10. Our system can now _____ with other databases.
- v.* to connect similar things
11. The jungle was so dense and _____ that it was almost impossible to find a way through.
- adj.* not able to be passed through, entered, or understood
12. After you register, you will receive an email with a coupon shortly in your _____.
- n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept

ANSWERS: 8. cram, 9. maze, 10. interconnect, 11. impenetrable, 12. inbox