

# Englist.me



## 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](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