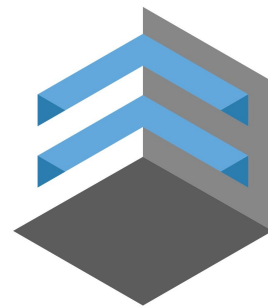


Englist.me



Vocabulary Builder Reference from...

Matt Walker: How caffeine and alcohol affect your sleep | TED Talk

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

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

substance

n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

synonym: essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem

The **substance** of the argument was well-presented.

caffeine

n. a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance

synonym: stimulant

(1) **caffeine** intake, (2) coffee with the **caffeine** removed

She experienced headaches and fatigue as symptoms of **caffeine** withdrawal after quitting coffee.

psychoactive

adj. producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions

synonym: mind-altering, mind-bending, hallucinogenic

(1) **psychoactive** medication, (2) **psychoactive** effects

Psychoactive substances can seriously affect the brain and must be used cautiously.

stimulant

n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

synonym: upper, energizer, booster

(1) memory **stimulant**, (2) prescription **stimulant**

Many athletes use **stimulants** like caffeine to boost their energy before a competition.

alert

v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

synonym: warn, inform, (adjective) vigilant

(1) **alert** consumers to the dangers, (2) **alert** system

The company's cybersecurity team **alerted** the CEO to potential threats.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym: achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

duration

n. the length of time something lasts or continues

synonym: period, span, course

(1) the **duration** of insurance, (2) short **duration**

The military incarcerated him for the **duration** of the war.

circulate

v. to move continuously or freely around a place or closed system

synonym: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

quarter

n. one of four equal parts; a fourth part or portion

synonym: fourth, one-fourth

(1) a **quarter** mile, (2) end of the first **quarter**

The unemployment rate in the first **quarter** was 2.3 percentage points higher than in the previous.

swill

v. to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals

synonym: gulp, chug, guzzle

(1) **swill** beer, (2) **swill** the deck

You should not **swill** your drink like an animal.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

midnight

n. the middle point of the night, usually defined as 12:00 AM or the start of a new day

synonym: middle of the night, witching hour

(1) **midnight** snack, (2) **midnight** shift

I stayed up until **midnight** watching my favorite movie.

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.

asleep

adj. in a state of sleep

synonym: sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

espresso

n. a strong, concentrated, and finely ground coffee beverage, typically served in a small cup or demitasse originating in Italy, which is characterized by its rich, dark flavor and thick, foamy crema on top

synonym: coffee, java, cappuccino

(1) double **espresso**, (2) **espresso** machine

I ordered an **espresso** shot to add to my latte.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

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.

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**.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

nevertheless

adv. in spite of that; yet

synonym: nonetheless, yet, still

(1) keep working **nevertheless**, (2) **nevertheless**, she persevered

She was tired and hungry, but **nevertheless**, she persevered.

misunderstand

v. to interpret or understand something in the wrong way

synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

aid

n. things sent to help countries in need, notably food or money; support

synonym: helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

problematic

adj. full of difficulties; difficult to deal with or solve

synonym: inappropriate, inconvenient, worrisome

(1) a **problematic** situation, (2) seems to be highly

problematic

Direct democracy is effective in quickly resolving **problematic** situations within a community.

sedative

n. a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies

synonym: calmateive, tranquilizer, sleeping pill

(1) **sedative** medication, (2) take a **sedative**

The doctor prescribed a **sedative** to help me sleep.

sedate

adj. calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity

synonym: calm, composed, tranquil

(1) **sedate** atmosphere, (2) **sedate** patient

The **sedate** environment of the library was perfect for studying.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

remarkable

adj. worthy of attention because unusual or special

synonym: outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

coordination

n. the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

synonym: cooperation, teamwork, collaboration

(1) data **coordination**, (2) loss of muscle **coordination**

Synchronized swimming needs close **coordination** between

six performers.

silent

adj. without any or little sound

synonym : quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

brainwave

n. a sudden idea or inspiration; a moment of great insight or creativity

synonym : inspiration, brainstorm, revelation

(1) **brainwave** idea, (2) sudden **brainwave**

The engineer had a **brainwave** and redesigned the product to be more efficient.

fragment

n. a small piece or part broken off or detached

synonym : piece, shard, segment

(1) **fragment** of a text, (2) a broken **fragment**

The archaeologist carefully pieced together the tiny **fragments** of pottery found at the dig site.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym : activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

flee

v. to leave by running away, especially out of fear or danger

synonym : exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

branch

n. a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization

synonym : limb, twig, bough

(1) **branch** office, (2) a **branch** pipe

The **branch** of the tree had fallen and blocked the road.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

chemical

adj. relating to or connected with chemistry;

synonym : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

release

v. to set free or allow to escape from confinement

synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

The animal rights group worked to **release** the dolphins back into the wild.

subsequent

adj. happening or occurring later or after something else

synonym : later, following, ensuing

(1) over **subsequent** months, (2) reduce **subsequent** mortality

In the **subsequent** meeting, the team discussed ways to improve productivity.

episode

n. a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

synonym :

event, chapter, seizure

(1) end of the first **episode**, (2) **episode** of vertigo
I want to put that **episode** of my life behind me.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym: imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

puritan

n. a member of a Protestant religious group in the 16th and 17th centuries who believed in strict moral and religious principles, such as predestination and the rejection of religious iconography and ritual

synonym: purist, pietist, separatist

(1) **puritan** beliefs, (2) **puritan** lifestyle

The **puritan** community shunned those who did not adhere to their strict moral code.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

prioritize

v. to assign a higher level of importance to something compared to other things

synonym:

rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

Session 2: Spelling

- | | |
|--------------------------------------|---|
| 1. pu____n beliefs | <i>n.</i> a member of a Protestant religious group in the 16th and 17th centuries who believed in strict moral and religious principles, such as predestination and the rejection of religious iconography and ritual |
| 2. se___e patient | <i>adj.</i> calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity |
| 3. psy_____ive effects | <i>adj.</i> producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions |
| 4. permanent br__n damage | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 5. co___x cells | <i>n.</i> the outermost layer of an organ, especially the brain |
| 6. rem_____le achievement | <i>adj.</i> worthy of attention because unusual or special |
| 7. coffee with the ca_____ne removed | <i>n.</i> a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance |
| 8. memory st_____nt | <i>n.</i> a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration |

ANSWERS: 1. puritan, 2. sedate, 3. psychoactive, 4. brain, 5. cortex, 6. remarkable, 7. caffeine, 8. stimulant

9. a broken fr____nt	<i>n.</i> a small piece or part broken off or detached
10. re____e a prisoner	<i>v.</i> to set free or allow to escape from confinement
11. a private ind____al	<i>n.</i> a single person or thing, as distinct from a group
12. prescription st____nt	<i>n.</i> a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
13. keep working nev____ess	<i>adv.</i> in spite of that; yet
14. se____ve medication	<i>n.</i> a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies
15. st____le against discrimination	<i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
16. f__e their homes	<i>v.</i> to leave by running away, especially out of fear or danger
17. re____e CO2 into the air	<i>v.</i> to set free or allow to escape from confinement
18. sudden br____ve	<i>n.</i> a sudden idea or inspiration; a moment of great insight or creativity
19. si____t reading	<i>adj.</i> without any or little sound
20. br____h office	<i>n.</i> a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization

ANSWERS: 9. fragment, 10. release, 11. individual, 12. stimulant, 13. nevertheless, 14. sedative, 15. struggle, 16. flee, 17. release, 18. brainwave, 19. silent, 20. branch

- | | |
|--|--|
| 21. ad____on of vectors | <i>n.</i> the act or process of adding something to something else; the process of adding numbers |
| 22. R_M sleep cycle | <i>n.</i> (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming |
| 23. mis____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way |
| 24. mi____ht shift | <i>n.</i> the middle point of the night, usually defined as 12:00 AM or the start of a new day |
| 25. ind____al freedom | <i>n.</i> a single person or thing, as distinct from a group |
| 26. tr____r inflation | <i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function |
| 27. ci____te a rumor | <i>v.</i> to move continuously or freely around a place or closed system |
| 28. short du____on | <i>n.</i> the length of time something lasts or continues |
| 29. the rem____le breadth of knowledge | <i>adj.</i> worthy of attention because unusual or special |
| 30. mo____nt of troops | <i>n.</i> a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively |
| 31. nev____ess, she persevered | <i>adv.</i> in spite of that; yet |

ANSWERS: 21. addition, 22. REM, 23. misunderstand, 24. midnight, 25. individual, 26. trigger, 27. circulate, 28. duration, 29. remarkable, 30. movement, 31. nevertheless

32. data coo_____ion	<i>n.</i> the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively
33. em_____al distress	<i>adj.</i> relating to people's feelings
34. over sub_____nt months	<i>adj.</i> happening or occurring later or after something else
35. br_____ve idea	<i>n.</i> a sudden idea or inspiration; a moment of great insight or creativity
36. tr_____r a biochemical response	<i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function
37. fr_____nt of a text	<i>n.</i> a small piece or part broken off or detached
38. end of the first qu_____r	<i>n.</i> one of four equal parts; a fourth part or portion
39. toxic ch_____als	<i>adj.</i> relating to or connected with chemistry;
40. seems to be highly pro_____ic	<i>adj.</i> full of difficulties; difficult to deal with or solve
41. loss of muscle coo_____ion	<i>n.</i> the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively
42. a qu_____r mile	<i>n.</i> one of four equal parts; a fourth part or portion
43. ci_____te an agenda before the meeting	<i>v.</i> to move continuously or freely around a place or closed system

ANSWERS: 32. coordination, 33. emotional, 34. subsequent, 35. brainwave, 36. trigger, 37. fragment, 38. quarter, 39. chemical, 40. problematic, 41. coordination, 42. quarter, 43. circulate

44. double es____so *n.* a strong, concentrated, and finely ground coffee beverage, typically served in a small cup or demitasse originating in Italy, which is characterized by its rich, dark flavor and thick, foamy crema on top
45. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
46. se____e atmosphere *adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
47. fr____nt absence *adj.* happening constantly
48. a circular mo____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
49. give si____t consent *adj.* without any or little sound
50. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
51. pri____ze tasks *v.* to assign a higher level of importance to something compared to other things
52. chemical ad____on *n.* the act or process of adding something to something else; the process of adding numbers
53. sw__l the deck *v.* to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals

ANSWERS: 44. espresso, 45. relation, 46. sedate, 47. frequent, 48. movement, 49. silent, 50. feat, 51. prioritize, 52. addition, 53. swill

54. intellectual f__t	<i>n.</i> a notable or impressive achievement, especially one that requires great skill or bravery
55. es____so machine	<i>n.</i> a strong, concentrated, and finely ground coffee beverage, typically served in a small cup or demitasse originating in Italy, which is characterized by its rich, dark flavor and thick, foamy crema on top
56. country-by-country a_d programs	<i>n.</i> things sent to help countries in need, notably food or money; support
57. take a se____ve	<i>n.</i> a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies
58. pri____ze people over cars	<i>v.</i> to assign a higher level of importance to something compared to other things
59. fr____nt use	<i>adj.</i> happening constantly
60. f__e abroad	<i>v.</i> to leave by running away, especially out of fear or danger
61. cr____ve writing	<i>adj.</i> relating to or involving the use of skill and original and unusual ideas to create something
62. get ne____s	<i>adj.</i> worried and anxious about something; relating to the nerves
63. al__t system	<i>v.</i> to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
64. re____on of inclusion	<i>n.</i> the way two persons or groups of people feel and act toward one another

ANSWERS: 54. feat, 55. espresso, 56. aid, 57. sedative, 58. prioritize, 59. frequent, 60. flee, 61. creative, 62. nervous, 63. alert, 64. relation

- | | |
|---------------------------------|--|
| 65. su_____ce abuse problem | <i>n.</i> the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug |
| 66. reduce sub_____nt mortality | <i>adj.</i> happening or occurring later or after something else |
| 67. barren of cr_____ve spirit | <i>adj.</i> relating to or involving the use of skill and original and unusual ideas to create something |
| 68. a ch_____al compound | <i>adj.</i> relating to or connected with chemistry; |
| 69. an explosive su_____ce | <i>n.</i> the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug |
| 70. R_M sleep behavior disorder | <i>n.</i> (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming |
| 71. em_____al health | <i>adj.</i> relating to people's feelings |
| 72. unintended con_____ces | <i>n.</i> the outcome of a particular action or event, especially relative to an individual |
| 73. sw__l beer | <i>v.</i> to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals |
| 74. diluted al_____l | <i>n.</i> a clear liquid that can make people drunk and is used in medicines, cleaning products, etc. |

ANSWERS: 65. substance, 66. subsequent, 67. creative, 68. chemical, 69. substance, 70. REM, 71. emotional, 72. consequence, 73. swill, 74. alcohol

75. dead as___p	<i>adj.</i> in a state of sleep
76. a pro_____ic situation	<i>adj.</i> full of difficulties; difficult to deal with or solve
77. the du_____on of insurance	<i>n.</i> the length of time something lasts or continues
78. visual co___x neuron	<i>n.</i> the outermost layer of an organ, especially the brain
79. the con_____ce of an argument	<i>n.</i> the outcome of a particular action or event, especially relative to an individual
80. end of the first ep_____e	<i>n.</i> a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
81. as___p at the wheel	<i>adj.</i> in a state of sleep
82. psy_____ive medication	<i>adj.</i> producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
83. financial a_d	<i>n.</i> things sent to help countries in need, notably food or money; support
84. mis_____and each other	<i>v.</i> to interpret or understand something in the wrong way
85. ep_____e of vertigo	<i>n.</i> a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

ANSWERS: 75. asleep, 76. problematic, 77. duration, 78. cortex, 79. consequence, 80. episode, 81. asleep, 82. psychoactive, 83. aid, 84. misunderstand, 85. episode

86. basic br__n function	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling
87. development of the ne____s system	<i>adj.</i> worried and anxious about something; relating to the nerves
88. stop drinking al____l	<i>n.</i> a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
89. al__t consumers to the dangers	<i>v.</i> to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
90. mi____ht snack	<i>n.</i> the middle point of the night, usually defined as 12:00 AM or the start of a new day
91. a br___h pipe	<i>n.</i> a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization
92. ca____ne intake	<i>n.</i> a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance
93. pu____n lifestyle	<i>n.</i> a member of a Protestant religious group in the 16th and 17th centuries who believed in strict moral and religious principles, such as predestination and the rejection of religious iconography and ritual
94. st____le to get the job	<i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 86. brain, 87. nervous, 88. alcohol, 89. alert, 90. midnight, 91. branch, 92. caffeine, 93. puritan, 94. struggle

ANSWERS:

Session 3: Fill in the Blanks

1. The _____ environment of the library was perfect for studying.
adj. calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
2. All the supervisor has to do is assign tasks that make his subordinates more _____.
adj. relating to or involving the use of skill and original and unusual ideas to create something
3. Many athletes use _____ like caffeine to boost their energy before a competition.
n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
4. In _____ private corporations provide healthcare services.
n. the act or process of adding something to something else; the process of adding numbers
5. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
6. I stayed up until _____ watching my favorite movie.
n. the middle point of the night, usually defined as 12:00 AM or the start of a new day
7. The military incarcerated him for the _____ of the war.
n. the length of time something lasts or continues

ANSWERS: 1. sedate, 2. creative, 3. stimulants, 4. addition, 5. misunderstand, 6. midnight, 7. duration

8. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
9. The doctor prescribed a _____ to help me sleep.
n. a drug or medication that has a calming or sleep-inducing effect on the body and mind; something that soothes or pacifies
10. In the _____ meeting, the team discussed ways to improve productivity.
adj. happening or occurring later or after something else
11. The incident _____ a political controversy.
v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
12. The industrial _____ laws were passed with little to no alteration.
n. the way two persons or groups of people feel and act toward one another
13. The cerebral _____ consists of six layers.
n. the outermost layer of an organ, especially the brain
14. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
15. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves
16. The archaeologist carefully pieced together the tiny _____ of pottery found at the dig site.
n. a small piece or part broken off or detached

ANSWERS: 8. release, 9. sedative, 10. subsequent, 11. triggered, 12. relations, 13. cortex, 14. emotional, 15. nervous, 16. fragments

17. These economic activities had disastrous environmental _____.
n. the outcome of a particular action or event, especially relative to an individual
18. The organization _____ the needs of the community in its decision-making.
v. to assign a higher level of importance to something compared to other things
19. X-rays revealed a small tumor in his _____.
n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
20. The _____ of the argument was well-presented.
n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
21. I want to put that _____ of my life behind me.
n. a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
22. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
n. a notable or impressive achievement, especially one that requires great skill or bravery
23. He lay down and fell _____ immediately.
adj. in a state of sleep
24. It is a basic instinct to _____ from a dangerous situation.
v. to leave by running away, especially out of fear or danger

ANSWERS: 17. consequences, 18. prioritized, 19. brain, 20. substance, 21. episode, 22. feat, 23. asleep, 24. flee

25. His heartaches are less _____ now.

adj. happening constantly

26. The company's cybersecurity team _____ the CEO to potential threats.

v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

27. There is a clear association between _____ consumption and cognitive decline.

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

28. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

29. ____ 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

30. The engineer had a _____ and redesigned the product to be more efficient.

n. a sudden idea or inspiration; a moment of great insight or creativity

31. She was tired and hungry, but _____ she persevered.

adv. in spite of that; yet

32. The unemployment rate in the first _____ was 2.3 percentage points higher than in the previous.

n. one of four equal parts; a fourth part or portion

ANSWERS: 25. frequent, 26. alerted, 27. alcohol, 28. struggle, 29. REM, 30. brainwave, 31. nevertheless, 32. quarter

33. The _____ of the tree had fallen and blocked the road.

- n.* a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization

34. The firm has grown into a large _____ manufacturing.

- adj.* relating to or connected with chemistry;

35. The fan _____ the air in the room quickly.

- v.* to move continuously or freely around a place or closed system

36. You should not _____ your drink like an animal.

- v.* to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals

37. _____ substances can seriously affect the brain and must be used cautiously.

- adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions

38. She experienced headaches and fatigue as symptoms of _____ withdrawal after quitting coffee.

- n.* a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance

39. The election was a _____ success for the Whigs.

- adj.* worthy of attention because unusual or special

40. Direct democracy is effective in quickly resolving _____ situations within a community.

- adj.* full of difficulties; difficult to deal with or solve

ANSWERS: 33. branch, 34. chemical, 35. circulates, 36. swill, 37. Psychoactive, 38. caffeine, 39. remarkable, 40. problematic

41. 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

42. Pakistan's ____ budget was still being reviewed.

n. things sent to help countries in need, notably food or money; support

43. The politician remained _____ despite intense media scrutiny.

adj. without any or little sound

44. The _____ community shunned those who did not adhere to their strict moral code.

n. a member of a Protestant religious group in the 16th and 17th centuries who believed in strict moral and religious principles, such as predestination and the rejection of religious iconography and ritual

45. Synchronized swimming needs close _____ between six performers.

n. the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

46. I ordered an _____ shot to add to my latte.

n. a strong, concentrated, and finely ground coffee beverage, typically served in a small cup or demitasse originating in Italy, which is characterized by its rich, dark flavor and thick, foamy crema on top

47. The _____ of the dancers on stage was graceful and elegant.

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 41. individual, 42. aid, 43. silent, 44. puritan, 45. coordination, 46. espresso, 47. movement

ANSWERS: