

# 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](https://www.ted.com/talks/matt_walker_how_caffeine_and_alcohol_affect_your_sleep)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### 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.

### 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.

## 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.

## 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.

## 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.

## 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*: calmative, 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.

## 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.

## 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.

## 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. 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   |
| 2. ci_____te a rumor           | <i>v.</i> to move continuously or freely around a place or closed system  |
| 3. double es____so             | <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 |
| 4. 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   |
| 5. br_____ve idea              | <i>n.</i> a sudden idea or inspiration; a moment of great insight or creativity   |
| 6. 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   |
| 7. pri_____ze people over cars | <i>v.</i> to assign a higher level of importance to something compared to other things  |
| 8. se___e atmosphere           | <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                             |

ANSWERS: 1. sedative, 2. circulate, 3. espresso, 4. psychoactive, 5. brainwave, 6. stimulant, 7. prioritize, 8. sedate

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|----------------------------|---|
| 9. sw__l the deck          | <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  |
| 10. 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   |
| 11. 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 |
| 12. 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   |
| 13. 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  |
| 14. mis_____and each other | <i>v.</i> to interpret or understand something in the wrong way   |
| 15. 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 |

ANSWERS: 9. swill, 10. psychoactive, 11. puritan, 12. sedative, 13. swill, 14. misunderstand, 15. espresso

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|--|---|
| 16. 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                             |
| 17. mis_____and entirely about her         | <i>v.</i> to interpret or understand something in the wrong way   |
| 18. 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 |
| 19. sudden br_____ve                       | <i>n.</i> a sudden idea or inspiration; a moment of great insight or creativity   |
| 20. ci_____te an agenda before the meeting | <i>v.</i> to move continuously or freely around a place or closed system  |
| 21. pri_____ze tasks                       | <i>v.</i> to assign a higher level of importance to something compared to other things  |
| 22. 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: 16. sedate, 17. misunderstand, 18. puritan, 19. brainwave, 20. circulate, 21. prioritize, 22. stimulant

## Session 3: Fill in the Blanks

1. 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
2. The fan \_\_\_\_\_ the air in the room quickly.  
*v.* to move continuously or freely around a place or closed system
3. 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
4. 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
5. 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
6. You should not \_\_\_\_\_ the meaning of freedom.  
*v.* to interpret or understand something in the wrong way
7. 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

ANSWERS: 1. espresso, 2. circulates, 3. sedative, 4. puritan, 5. prioritized, 6. misunderstand, 7. sedate

8. 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
9. 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
10. 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
11. \_\_\_\_\_ 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

ANSWERS: 8. swill, 9. stimulants, 10. brainwave, 11. Psychoactive