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Vocabulary Builder Reference from...

Matt Walker: How much sleep do you really need? |

TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

recommendation

n. an official suggestion that something is good or suitable for a particular purpose or job

synonym: guidance, advice, suggestion

(1) follow his **recommendations**, (2) a letter of **recommendation**

We made a **recommendation** to the client.

large-scale

adj. involving many people or things and involving a lot of change or activity

synonym: big, massive, grand

(1) **large-scale** project, (2) **large-scale** agriculture

The company is planning to make a **large-scale** expansion of its factory.

epidemiology

n. the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems

synonym: public health, disease control

(1) **epidemiology** research, (2) cancer **epidemiology**

The **epidemiology** of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.

refer

v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

synonym : cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map

Please **refer** to the instruction manual for further assistance.

mortality

n. the quality or state of being subject to death

synonym : fatality

(1) **mortality** due to cancer, (2) lower infant **mortality**

This disease has a high **mortality**.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

statistics

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

stipulate

v. to specify or require something as a condition of an agreement or arrangement

synonym : specify, require, demand

(1) **stipulate** conditions, (2) **stipulate** the deadline

The contract **stipulates** that the work must be completed within six months.

linear

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

synonym : straight, direct, right

(1) **linear** trend, (2) a **linear** equation

People tend to make **linear** predictions.

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.

peculiar

adj. odd and uncommon, sometimes in an unpleasant way

synonym: bizarre, abnormal, odd

(1) **peculiar** way, (2) **peculiar** people

The juice has a **peculiar** taste.

explanation

n. the information or arguments that someone provides to make something understandable or clear

synonym: description, elucidation, account

(1) the **explanation** for the failure, (2) detailed **explanation**

The following **explanation** is currently being used to explain the phenomenon in question.

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.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

infect

v. to affect a person, an animal, or a plant with a disease-causing organism

synonym: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

unmeasured

adj. not having been measured or quantified; lacking measurement or precision

synonym: unmeasurable, immeasurable, indefinite

(1) **unmeasured** creativity, (2) **unmeasured** praise

The poet wrote an **unmeasured** line to give the poem a more natural feel.

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.

independence

n. freedom from another's or others' control or influence

synonym: freedom, liberty, autonomy

(1) financial **independence**, (2) **independence** ceremony

There is nothing more valuable than **independence** and freedom.

quantity

n. the amount or number of something; magnitude

synonym: abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

masquerade

n. a party, dance, or other festive gatherings of persons wearing masks and other disguises, or a costume worn on such an occasion; making a false outward show

synonym: disguise, pretense, facade

(1) show up in a **masquerade**, (2) absurd **masquerade**

The **masquerade** party was lavish, with guests in elaborate costumes and masks.

modernity

n. the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture

synonym: contemporaneousness, present-day, contemporaneity

(1) spirit of **modernity**, (2) path toward **modernity**

He was fascinated by the contrasts between traditional life and the city's **modernity**.

constantly

adv. all the time

synonym: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

neglect

v. to not give enough care or attention to something; to leave something undone

synonym : delinquency, carelessness, decay

(1) **neglect** to call, (2) **neglect** ethical issues

He **neglected** his health to make the project a success.

labor

n. productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

synonym : toil, moil, donkeywork

(1) seasonal **labor**, (2) manual **labor**

In several countries, child **labor** is a serious social problem.

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

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|---------------------------|--|
| 1. ind_____nce ceremony | <i>n.</i> freedom from another's or others' control or influence |
| 2. sta_____cs for cancer | <i>n.</i> the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data |
| 3. ov_____me opponents | <i>v.</i> to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone |
| 4. epi_____ogy research | <i>n.</i> the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems |
| 5. unm_____ed praise | <i>adj.</i> not having been measured or quantified; lacking measurement or precision |
| 6. ty_____l leader | <i>adj.</i> having the usual characteristics or traits of a specific group of things |
| 7. pri_____ze tasks | <i>v.</i> to assign a higher level of importance to something compared to other things |
| 8. official sta_____cs | <i>n.</i> the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data |
| 9. lower infant mo_____ty | <i>n.</i> the quality or state of being subject to death |

ANSWERS: 1. independence, 2. statistics, 3. overcome, 4. epidemiology, 5. unmeasured, 6. typical, 7. prioritize, 8. statistics, 9. mortality

10. re__r to a map *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
11. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
12. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
13. ind_____al freedom *n.* a single person or thing, as distinct from a group
14. pri_____ze people over cars *v.* to assign a higher level of importance to something compared to other things
15. manual la__r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
16. path toward mo_____ty *n.* the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
17. cancer epi_____ogy *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
18. half qu_____ty *n.* the amount or number of something; magnitude
19. detailed exp_____on *n.* the information or arguments that someone provides to make something understandable or clear

ANSWERS: 10. refer, 11. typical, 12. relation, 13. individual, 14. prioritize, 15. labor, 16. modernity, 17. epidemiology, 18. quantity, 19. explanation

20. st_____te the deadline *v.* to specify or require something as a condition of an agreement or arrangement
21. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
22. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
23. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
24. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
25. absurd mas_____de *n.* a party, dance, or other festive gatherings of persons wearing masks and other disguises, or a costume worn on such an occasion; making a false outward show
26. ne_____t ethical issues *v.* to not give enough care or attention to something; to leave something undone
27. a con_____ly varying mind *adv.* all the time
28. mo_____ty due to cancer *n.* the quality or state of being subject to death
29. as_____te with people widely *v.* to mentally connect someone or something with someone or something else

ANSWERS: 20. stipulate, 21. suffer, 22. associate, 23. disease, 24. disease, 25. masquerade, 26. neglect, 27. constantly, 28. mortality, 29. associate

30. lar_____le agriculture *adj.* involving many people or things and involving a lot of change or activity
31. a private ind_____al *n.* a single person or thing, as distinct from a group
32. spirit of mo_____ty *n.* the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
33. a li____r equation *adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
34. ne_____t to call *v.* to not give enough care or attention to something; to leave something undone
35. residual qu_____ty *n.* the amount or number of something; magnitude
36. li____r trend *adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
37. st_____te conditions *v.* to specify or require something as a condition of an agreement or arrangement
38. seasonal la____r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
39. follow his rec_____ions *n.* an official suggestion that something is good or suitable for a particular purpose or job

ANSWERS: 30. large-scale, 31. individual, 32. modernity, 33. linear, 34. neglect, 35. quantity, 36. linear, 37. stipulate, 38. labor, 39. recommendation

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| 40. in___t other animal species | v. | to affect a person, an animal, or a plant with a disease-causing organism |
| 41. tr_____r inflation | v. | to make something happen suddenly; to cause something such as a device, machine, etc. to function |
| 42. tr_____r a biochemical response | v. | to make something happen suddenly; to cause something such as a device, machine, etc. to function |
| 43. ov_____me all difficulties | v. | to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone |
| 44. re_____on of inclusion | n. | the way two persons or groups of people feel and act toward one another |
| 45. in___t a computer with a virus | v. | to affect a person, an animal, or a plant with a disease-causing organism |
| 46. financial ind_____nce | n. | freedom from another's or others' control or influence |
| 47. a letter of rec_____ion | n. | an official suggestion that something is good or suitable for a particular purpose or job |
| 48. a con_____ly innovative enterprise | adv. | all the time |
| 49. lar_____le project | adj. | involving many people or things and involving a lot of change or activity |
| 50. show up in a mas_____de | n. | a party, dance, or other festive gatherings of persons wearing masks and other disguises, or a costume worn on such an occasion; making a false outward show |

ANSWERS: 40. infect, 41. trigger, 42. trigger, 43. overcome, 44. relation, 45. infect, 46. independence, 47. recommendation, 48. constantly, 49. large-scale, 50. masquerade

51. the exp_____on for the failure *n.* the information or arguments that someone provides to make something understandable or clear
52. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
53. pe_____ar way *adj.* odd and uncommon, sometimes in an unpleasant way
54. re__r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
55. pe_____ar people *adj.* odd and uncommon, sometimes in an unpleasant way
56. unm_____ed creativity *adj.* not having been measured or quantified; lacking measurement or precision

ANSWERS: 51. explanation, 52. suffer, 53. peculiar, 54. refer, 55. peculiar, 56. unmeasured

Session 3: Fill in the Blanks

1. The company is planning to make a _____ expansion of its factory.
adj. involving many people or things and involving a lot of change or activity
2. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
3. The _____ demonstrate that poverty and unemployment are genuine problems.
n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
4. 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
5. The contract _____ that the work must be completed within six months.
v. to specify or require something as a condition of an agreement or arrangement
6. We made a _____ to the client.
n. an official suggestion that something is good or suitable for a particular purpose or job
7. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 1. large-scale, 2. disease, 3. statistics, 4. individual, 5. stipulates, 6. recommendation, 7. suffers

8. There is nothing more valuable than _____ and freedom.
n. freedom from another's or others' control or influence
9. In southward, the average annual water _____ increases.
n. the amount or number of something; magnitude
10. This disease has a high _____.
n. the quality or state of being subject to death
11. The majority of consumers _____ this brand with quality.
v. to mentally connect someone or something with someone or something else
12. The _____ of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.
n. the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
13. Children often _____ parents with this head cold.
v. to affect a person, an animal, or a plant with a disease-causing organism
14. The poet wrote an _____ line to give the poem a more natural feel.
adj. not having been measured or quantified; lacking measurement or precision
15. 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
16. In several countries, child _____ is a serious social problem.
n. productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

ANSWERS: 8. independence, 9. quantity, 10. mortality, 11. associate, 12. epidemiology, 13. infect, 14. unmeasured, 15. relations, 16. labor

17. The incident _____ a political controversy.

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

18. The _____ party was lavish, with guests in elaborate costumes and masks.

n. a party, dance, or other festive gatherings of persons wearing masks and other disguises, or a costume worn on such an occasion; making a false outward show

19. People tend to make _____ predictions.

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

20. The juice has a _____ taste.

adj. odd and uncommon, sometimes in an unpleasant way

21. The following _____ is currently being used to explain the phenomenon in question.

n. the information or arguments that someone provides to make something understandable or clear

22. The mobile application industry is _____ changing.

adv. all the time

23. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

24. He _____ his health to make the project a success.

v. to not give enough care or attention to something; to leave something undone

ANSWERS: 17. triggered, 18. masquerade, 19. linear, 20. peculiar, 21. explanation, 22. constantly, 23. typical, 24. neglected

25. 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
26. Please _____ to the instruction manual for further assistance.
- v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
27. He was fascinated by the contrasts between traditional life and the city's _____.
- n. the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
28. He tried to _____ a bad reputation and win the election.
- v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

ANSWERS: 25. prioritized, 26. refer, 27. modernity, 28. overcome