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Vocabulary Builder Reference from...

Matt Walker: What's the connection between sleep and Alzheimer's disease? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

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.

Alzheimer

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

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.

dementia

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

synonym: cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

typify

v. to be a typical example of; to represent or serve as an example of something

synonym: embody, represent, personify

(1) **typify** a generation, (2) **typify** a stereotype

These flowers **typify** the beauty of spring.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

protein

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

awry

adv. in a wrong or crooked position; out of order; amiss

synonym: amiss, askew, incorrect

(1) **awry** plan, (2) **awry** hair

The plans for the surprise party went **awry** when the cake was ruined.

sticky

adj. made of or covered with an adhesive substance; hot or warm and humid

synonym: adhesive, gluey, clingy

(1) **sticky** weather, (2) **sticky** situation

A peculiar **sticky** material coated the foliage.

toxic

adj. of or relating to or caused by a poison; poisonous
synonym : poisonous, harmful, contaminated

(1) **toxic** molecule, (2) exposure to **toxic** chemicals

This chemical compound is a thousand-fold more **toxic**.

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.

amyloid

n. a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease

synonym : protein deposit, plaque buildup

(1) **amyloid** beta, (2) **amyloid** accumulation

Alzheimer's disease is characterized by the buildup of **amyloid** plaques in the brain.

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**.

tau

n. the 19th letter of the Greek alphabet, transliterated as "t"; (of physics, tau particle) a fundamental particle known as the tau lepton that is an elementary particle with a negative electric charge and a spin of 1/2

(1) **tau** particle, (2) the symbol of **tau**

The **tau** protein has been found to play a role in the development of Alzheimer's disease and other neurological disorders.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

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.

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.

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.

develop

- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

- (1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

disorder

- n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

- (1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

insomnia

- n.* the condition of being unable to sleep, usually a chronic one

synonym: sleeplessness, wakefulness, restlessness

- (1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

apnea

- n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions

synonym: breathing interruption, suspension of breath

- (1) **apnea** treatment, (2) epileptic **apnea**

Sleep **apnea** is a severe condition that causes a person to stop breathing while asleep.

snore

- v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other

respiratory issues; to sound boring, monotonous, or dull
synonym : doze, slumber, yawn

(1) **snore** in my sleep, (2) **snore** peacefully

I couldn't sleep because my roommate **snored** loudly every night.

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.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym : affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

causal

adj. relating to or indicating a cause or the relationship between causes and effects; resulting from a cause

synonym : causative, contributory, connected

(1) **causal** chain, (2) **causal** effect

The study aimed to establish a **causal** relationship between smoking and lung cancer.

identify

v. to recognize someone or something and say or prove who or what they are

synonym : determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

deprive

v. to take away something from someone

synonym: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status
He was **deprived** of his freedom when sentenced to life in prison.

immediate

adj. happening or done without delay or occurring shortly after something else

synonym: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past
Both forts were subject to **immediate** attacks.

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.

bloodstream

n. the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain
Cancer cells are often carried throughout the body by the **bloodstream**.

cerebrospinal

adj. relating to the brain and spinal cord

(1) **cerebrospinal** fluid, (2) **cerebrospinal** pathway
The **cerebrospinal** nerves carry messages between the brain and the rest of the body.

fluid

n. a substance that can flow and is not solid

synonym: liquid, aqua, sap

(1) plenty of **fluids**, (2) **fluid** assets
She was diagnosed with a **fluid** buildup in her lungs.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during

a specific situation or reaction

synonym: means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

escalate

v. to increase in intensity, size, or severity; to make something greater, worse, or more serious

synonym: increase, intensify, expand

(1) **escalate** into a major international incident, (2) to **escalate**

The situation quickly **escalated** and turned violent.

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.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

cleanse

v. to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body

synonym: purify, detoxify, sanitize

(1) juice **cleanse**, (2) **cleanse** the face

The new diet is designed to **cleanse** toxins from the body.

lymph

n. a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading

(1) **lymph** vessel, (2) **lymph** flow

There was a massive swelling of the **lymph** nodes.

sew

v. to join, fasten, or repair two pieces of something by putting the thread through them with a needle

synonym: stitch, darn, tailor

(1) **sew** with thread, (2) **sew** a button

My mother taught me how to **sew**.

glymphatic

adj. relating to a system in the brain and spinal cord that helps to remove waste and other substances from the central nervous system

(1) **glymphatic** system, (2) enhance **glymphatic** transport

The study found that the **glymphatic** pathway is more active during sleep.

glia

n. a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity

synonym: astrocyte, microglia, oligodendrocyte

(1) neural **glia**, (2) **glia** function

The human brain contains both neurons and **glia** cells.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

volume

n. the amount of space occupied by an object or substance; the magnitude of sound

synonym: capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

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.

gear

n. a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

synonym: equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

relevance

n. the state or degree of being closely connected or appropriate to the matter at hand

synonym: pertinence, applicability, connection

(1) have no **relevance**, (2) **relevance** category

The **relevance** of this information to the current situation needs to be investigated.

discuss

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym: talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

metabolism

n. the set of chemical reactions in cells or organisms that are necessary for life-sustaining

(1) **metabolism** enzyme, (2) hemoglobin **metabolism**

Better sleep leads to increased **metabolism**.

byproduct

n. a secondary or incidental product produced in the manufacture or synthesis of something else

synonym: side effect, spinoff, outgrowth

(1) toxic **byproducts**, (2) **byproduct** of technology

The **byproduct** of the energy production process is a large amount of carbon dioxide emissions.

toxin

n. a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

synonym: poison, venom, contaminant

(1) **toxin** exposure, (2) **toxin** production

Mold exposure can release dangerous **toxins** into the air.

pulse

n. the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves

synonym: beat, vibration, throb

(1) a weak **pulse**, (2) **pulse** waves

The cardiac monitor displays the intensity of your **pulse**.

depress

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

synonym: sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym:

construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

fiend

n. an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something

synonym: monster, demon, devil

(1) **fiend** for chocolate, (2) fitness **fiend**

The **fiend** in the horror movie gave me nightmares for weeks.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

wholesale

n. the sale of goods in large quantities, typically for resale by retailers; of or relating to goods or services that are sold in large quantities, typically for resale by retailers or other intermediaries

synonym: bulk, quantity, mass

(1) **wholesale** business, (2) **wholesale** dealer in fish

Our company specializes in the **wholesale** of office supplies.

explanatory

adj. serving to explain or clarify; providing additional information or details to aid in understanding

synonym: explanative, elucidative, interpretive

(1) **explanatory** variable, (2) **explanatory** video

The professor's **explanatory** notes helped the students understand the confusing lecture material.

puzzle

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused

because of something difficult to understand

synonym : plight, maze, (verb) perplex

(1) crossword **puzzle**, (2) mathematical **puzzle**

This jigsaw **puzzle** is challenging because there are no pictures.

exciting

adj. causing a lot of interest or excitement

synonym : exhilarating, stimulating, thrilling

(1) **exciting** football player, (2) **exciting** news

The findings of the experiment were both **exciting** and unexpected.

augment

v. to increase the size, extent, quantity, etc. of something by adding something to it

synonym : boost, increase, expand

(1) **augment** the reality, (2) **augment** immunity

Economic factors and monetary policy **augmented** inflation.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

midlife

n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness

(1) **midlife** depression, (2) **midlife** changes

Many people go through a **midlife** crisis and contemplate major life changes.

shift

n. a slight transition in position, direction, or trend

synonym : transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

healthcare

n. the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession

(1) **healthcare** agency, (2) rising **healthcare** cost

In an aging population, citizens must pay more to maintain quality **healthcare**.

mod

n. a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers

synonym: alteration, modification, tweak

(1) **mod** culture, (2) a house with **mod** cons

The **mod** for the video game added new features and improved gameplay.

arrow

n. a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow

synonym: shaft, dart, projectile

(1) **arrow** pointing, (2) **arrow** diagram

The archer aimed his **arrow** carefully at the target.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

Session 2: Spelling

1. exp_____ry variable *adj.* serving to explain or clarify; providing additional information or details to aid in understanding
2. lar_____le agriculture *adj.* involving many people or things and involving a lot of change or activity
3. ind_____al freedom *n.* a single person or thing, as distinct from a group
4. g__a function *n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity
5. ci_____te a rumor *v.* to move continuously or freely around a place or closed system
6. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
7. sports g__r *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
8. R_M sleep behavior disorder *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
9. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 1. explanatory, 2. large-scale, 3. individual, 4. glia, 5. circulate, 6. excite, 7. gear, 8. REM, 9. develop

- | | |
|----------------------------------|---|
| 10. medication for in_____ia | <i>n.</i> the condition of being unable to sleep, usually a chronic one |
| 11. fairly ty_____l symptoms | <i>adj.</i> having the usual characteristics or traits of a specific group of things |
| 12. enhance gly_____ic transport | <i>adj.</i> relating to a system in the brain and spinal cord that helps to remove waste and other substances from the central nervous system |
| 13. s_w a button | <i>v.</i> to join, fasten, or repair two pieces of something by putting the thread through them with a needle |
| 14. me_____al chemistry | <i>adj.</i> of or relating to the treatment or cure of disease |
| 15. ex_____ng news | <i>adj.</i> causing a lot of interest or excitement |
| 16. 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 |
| 17. crossword pu___e | <i>n.</i> a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand |
| 18. epileptic ap__a | <i>n.</i> a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions |
| 19. the st_____re of a machine | <i>n.</i> the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts |

ANSWERS: 10. insomnia, 11. typical, 12. glymphatic, 13. sew, 14. medicinal, 15. exciting, 16. substance, 17. puzzle, 18. apnea, 19. structure

20. es____te into a major international incident *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
21. blo_____am in an artery *n.* the blood flowing through the body
22. lar_____le project *adj.* involving many people or things and involving a lot of change or activity
23. di_____s options *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
24. m_d culture *n.* a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers
25. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
26. cer_____nal fluid *adj.* relating to the brain and spinal cord
27. pu__e waves *n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
28. word ass_____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

ANSWERS: 20. escalate, 21. bloodstream, 22. large-scale, 23. discuss, 24. mod, 25. mechanism, 26. cerebrospinal, 27. pulse, 28. association

29. 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
30. a__y hair *adv.* in a wrong or crooked position; out of order; amiss
31. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
32. ap__a treatment *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
33. rem_____le achievement *adj.* worthy of attention because unusual or special
34. am_____d beta *n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease
35. ca___l chain *adj.* relating to or indicating a cause or the relationship between causes and effects; resulting from a cause
36. re_____ce category *n.* the state or degree of being closely connected or appropriate to the matter at hand
37. at inc_____le speed *adj.* unbelievable; enormous
38. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

ANSWERS: 29. epidemiology, 30. awry, 31. relation, 32. apnea, 33. remarkable, 34. amyloid, 35. causal, 36. relevance, 37. incredible, 38. discovery

39. exposure to to__c chemicals *adj.* of or relating to or caused by a poison; poisonous
40. am____d accumulation *n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease
41. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
42. 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
43. de_____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
44. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
45. gly_____ic system *adj.* relating to a system in the brain and spinal cord that helps to remove waste and other substances from the central nervous system
46. ly__h flow *n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading

ANSWERS: 39. toxic, 40. amyloid, 41. Alzheimer, 42. disease, 43. depress, 44. brain, 45. glymphatic, 46. lymph

47. plenty of fl__ds *n.* a substance that can flow and is not solid
48. t_u particle *n.* the 19th letter of the Greek alphabet, transliterated as "t"; (of physics, tau particle) a fundamental particle known as the tau lepton that is an elementary particle with a negative electric charge and a spin of 1/2
49. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
50. probably have de_____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
51. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
52. wh_____le business *n.* the sale of goods in large quantities, typically for resale by retailers; of or relating to goods or services that are sold in large quantities, typically for resale by retailers or other intermediaries
53. key co_____nt *n.* one of several parts that combines with others to form something bigger
54. id_____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
55. mi_____e changes *n.* the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness

ANSWERS: 47. fluid, 48. tau, 49. structure, 50. dementia, 51. incredibly, 52. wholesale, 53. component, 54. identify, 55. midlife

56. defense me_____sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
57. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
58. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
59. inc_____le amount *adj.* unbelievable; enormous
60. de_____e a job offer *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
61. a__y plan *adv.* in a wrong or crooked position; out of order; amiss
62. pr_____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
63. a private ind_____al *n.* a single person or thing, as distinct from a group
64. cl_____e the face *v.* to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body

ANSWERS: 56. mechanism, 57. Alzheimer, 58. incredibly, 59. incredible, 60. decline, 61. awry, 62. protein, 63. individual, 64. cleanse

65. ty____l leader *adj.* having the usual characteristics or traits of a specific group of things
66. id____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
67. 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
68. st____y weather *adj.* made of or covered with an adhesive substance; hot or warm and humid
69. ar__w pointing *n.* a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow
70. a house with m_d cons *n.* a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers
71. im____e the test score *v.* to make or become better
72. st____y situation *adj.* made of or covered with an adhesive substance; hot or warm and humid
73. sn__e in my sleep *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
74. by____ct of technology *n.* a secondary or incidental product produced in the manufacture or synthesis of something else

ANSWERS: 65. typical, 66. identify, 67. disease, 68. sticky, 69. arrow, 70. mod, 71. improve, 72. sticky, 73. snore, 74. byproduct

75. sn__e peacefully *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
76. de____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
77. have no re_____ce *n.* the state or degree of being closely connected or appropriate to the matter at hand
78. fl__d assets *n.* a substance that can flow and is not solid
79. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
80. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
81. neural g__a *n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity
82. high vo____e *n.* the amount of space occupied by an object or substance; the magnitude of sound
83. blo_____am to the brain *n.* the blood flowing through the body

ANSWERS: 75. snore, 76. develop, 77. relevance, 78. fluid, 79. relation, 80. disorder, 81. glia, 82. volume, 83. bloodstream

84. ci_____te an agenda before the meeting
v. to move continuously or freely around a place or closed system
85. mi_____e depression
n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
86. to__n exposure
n. a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
87. au_____t immunity
v. to increase the size, extent, quantity, etc. of something by adding something to it
88. ty___y a generation
v. to be a typical example of; to represent or serve as an example of something
89. de_____e in quality
v. to become gradually smaller, fewer, worse, etc.; to refuse to accept
90. Doppler sh__t
n. a slight transition in position, direction, or trend
91. a scholarship ass_____on
n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
92. stress pr_____n
n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 84. circulate, 85. midlife, 86. toxin, 87. augment, 88. typify, 89. decline, 90. shift, 91. association, 92. protein

93. ly__h vessel *n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading
94. fi__d for chocolate *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
95. hemoglobin met_____sm *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
96. the im_____te past *adj.* happening or done without delay or occurring shortly after something else
97. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
98. to__n production *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
99. cer_____nal pathway *adj.* relating to the brain and spinal cord
100. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
101. su_____ce abuse problem *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
102. ca___l effect *adj.* relating to or indicating a cause or the relationship between causes and effects; resulting from a cause

ANSWERS: 93. lymph, 94. fiend, 95. metabolism, 96. immediate, 97. excite, 98. toxin, 99. cerebrospinal, 100. associate, 101. substance, 102. causal

103. hea_____re agency *n.* the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession
104. ty___y a stereotype *v.* to be a typical example of; to represent or serve as an example of something
105. im_____e a process *v.* to make or become better
106. s_w with thread *v.* to join, fasten, or repair two pieces of something by putting the thread through them with a needle
107. to es_____te *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
108. ar__w diagram *n.* a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow
109. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
110. met_____sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
111. de_____s their spirits *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
112. traditional me_____al *adj.* of or relating to the treatment or cure of disease

ANSWERS: 103. healthcare, 104. typify, 105. improve, 106. sew, 107. escalate, 108. arrow, 109. disorder, 110. metabolism, 111. depress, 112. medicinal

113. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
114. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
115. juice cl_____e *v.* to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body
116. to__c molecule *adj.* of or relating to or caused by a poison; poisonous
117. R_M sleep cycle *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
118. ex_____ng football player *adj.* causing a lot of interest or excitement
119. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
120. toxic by_____cts *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
121. de_____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

ANSWERS: 113. discovery, 114. component, 115. cleanse, 116. toxic, 117. REM, 118. exciting, 119. associate, 120. byproduct, 121. dementia

122. take im_____te effect *adj.* happening or done without delay or occurring shortly after something else
123. fitness fi__d *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
124. epi_____ogy research *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
125. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
126. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
127. vo___e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
128. alcohol-dependent in_____ia *n.* the condition of being unable to sleep, usually a chronic one
129. a weak pu__e *n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
130. a g__r change lever *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

ANSWERS: 122. immediate, 123. fiend, 124. epidemiology, 125. relate, 126. brain, 127. volume, 128. insomnia, 129. pulse, 130. gear

131. rising hea_____re cost *n.* the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession
132. exp_____ry video *adj.* serving to explain or clarify; providing additional information or details to aid in understanding
133. wh_____le dealer in fish *n.* the sale of goods in large quantities, typically for resale by retailers; of or relating to goods or services that are sold in large quantities, typically for resale by retailers or other intermediaries
134. major paradigm sh__t *n.* a slight transition in position, direction, or trend
135. the rem_____le breadth of knowledge *adj.* worthy of attention because unusual or special
136. de_____e others of profit *v.* to take away something from someone
137. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
138. de_____e him of his status *v.* to take away something from someone
139. di_____s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

ANSWERS: 131. healthcare, 132. explanatory, 133. wholesale, 134. shift, 135. remarkable, 136. deprive, 137. relate, 138. deprive, 139. discuss

140. mathematical pu___e

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

141. the symbol of t_u

n. the 19th letter of the Greek alphabet, transliterated as "t"; (of physics, tau particle) a fundamental particle known as the tau lepton that is an elementary particle with a negative electric charge and a spin of 1/2

142. au_____t the reality

v. to increase the size, extent, quantity, etc. of something by adding something to it

ANSWERS: 140. puzzle, 141. tau, 142. augment

Session 3: Fill in the Blanks

- Both forts were subject to _____ attacks.
adj. happening or done without delay or occurring shortly after something else
- The study found that the _____ pathway is more active during sleep.
adj. relating to a system in the brain and spinal cord that helps to remove waste and other substances from the central nervous system
- We must _____ a new system to streamline our workflow and increase efficiency.
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
- I will introduce you to how to _____ the leading causes of the malfunction.
v. to recognize someone or something and say or prove who or what they are
- This artwork is _____ of her work.
adj. having the usual characteristics or traits of a specific group of things
- The economic recession _____ the housing market.
v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
- Her research team made an important _____.
n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

ANSWERS: 1. immediate, 2. glymphatic, 3. develop, 4. identify, 5. typical, 6. depressed, 7. discovery

8. Many people go through a _____ crisis and contemplate major life changes.
n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
9. In an aging population, citizens must pay more to maintain quality _____.
n. the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession
10. The findings of the experiment were both _____ and unexpected.
adj. causing a lot of interest or excitement
11. The new diet is designed to _____ toxins from the body.
v. to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body
12. The ___ for the video game added new features and improved gameplay.
n. a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers
13. Several cities are experiencing _____ high unemployment rates.
adv. in a way that is very difficult to believe; exceedingly or extremely
14. The study aimed to establish a _____ relationship between smoking and lung cancer.
adj. relating to or indicating a cause or the relationship between causes and effects; resulting from a cause

ANSWERS: 8. midlife, 9. healthcare, 10. exciting, 11. cleanse, 12. mod, 13. incredibly, 14. causal

15. We need to _____ the next steps for the project during our meeting tomorrow.
- v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
16. There was a massive swelling of the _____ nodes.
- n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading
17. Sleep _____ is a severe condition that causes a person to stop breathing while asleep.
- n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
18. The _____ protein has been found to play a role in the development of Alzheimer's disease and other neurological disorders.
- n.* the 19th letter of the Greek alphabet, transliterated as "t"; (of physics, tau particle) a fundamental particle known as the tau lepton that is an elementary particle with a negative electric charge and a spin of 1/2
19. Cancer cells are often carried throughout the body by the _____.
- n.* the blood flowing through the body
20. The archer aimed his _____ carefully at the target.
- n.* a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow
21. My grandmother has _____ disease requires special care and attention from her caregivers.
- n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

ANSWERS: 15. discuss, 16. lymph, 17. apnea, 18. tau, 19. bloodstream, 20. arrow, 21. Alzheimer's

22. As people age, their digestive capacity also gradually _____.
- v. to become gradually smaller, fewer, worse, etc.; to refuse to accept
23. The organizational _____ of start-ups is often flat and straightforward.
- n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
24. 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
25. The _____ in the horror movie gave me nightmares for weeks.
- n. an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
26. The majority of consumers _____ this brand with quality.
- v. to mentally connect someone or something with someone or something else
27. These flowers _____ the beauty of spring.
- v. to be a typical example of; to represent or serve as an example of something
28. 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
29. The _____ of this information to the current situation needs to be investigated.
- n. the state or degree of being closely connected or appropriate to the matter at hand

ANSWERS: 22. declines, 23. structure, 24. individual, 25. fiend, 26. associate, 27. typify, 28. disease, 29. relevance

30. Our company specializes in the _____ of office supplies.
n. the sale of goods in large quantities, typically for resale by retailers; of or relating to goods or services that are sold in large quantities, typically for resale by retailers or other intermediaries
31. 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
32. The doctor prescribed some medicine for the mental _____.
n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
33. The election was a _____ success for the Whigs.
adj. worthy of attention because unusual or special
34. The body needs a certain amount of _____ to build and repair tissues.
n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
35. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
36. My mother taught me how to _____.
v. to join, fasten, or repair two pieces of something by putting the thread through them with a needle
37. The plans for the surprise party went _____ when the cake was ruined.
adv. in a wrong or crooked position; out of order; amiss

ANSWERS: 30. wholesale, 31. relations, 32. disorder, 33. remarkable, 34. protein, 35. shift, 36. sew, 37. awry

38. The _____ properties of this herb have been known to help with various ailments.

adj. of or relating to the treatment or cure of disease

39. Alzheimer's disease is characterized by the buildup of _____ plaques in the brain.

n. a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease

40. His membership in the _____ provided him with numerous benefits.

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

41. This jigsaw _____ is challenging because there are no pictures.

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

42. The _____ of the energy production process is a large amount of carbon dioxide emissions.

n. a secondary or incidental product produced in the manufacture or synthesis of something else

43. She was diagnosed with a _____ buildup in her lungs.

n. a substance that can flow and is not solid

44. _____ 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

ANSWERS: 38. medicinal, 39. amyloid, 40. association, 41. puzzle, 42. byproduct, 43. fluid, 44. REM

45. Her response revealed _____ idiocy.

adj. unbelievable; enormous

46. The researchers try to discover a common _____ in all types of successful organizations.

n. one of several parts that combines with others to form something bigger

47. The cardiac monitor displays the intensity of your _____.

n. the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves

48. He tried to _____ his experience to the group, but they couldn't understand.

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

49. A peculiar _____ material coated the foliage.

adj. made of or covered with an adhesive substance; hot or warm and humid

50. The professor's _____ notes helped the students understand the confusing lecture material.

adj. serving to explain or clarify; providing additional information or details to aid in understanding

51. He was _____ of his freedom when sentenced to life in prison.

v. to take away something from someone

52. The news of her promotion _____ her.

v. to make someone feel suddenly enthusiastic or eager

ANSWERS: 45. incredible, 46. component, 47. pulse, 48. relate, 49. sticky, 50. explanatory, 51. deprived, 52. excited

53. We want to _____ ties between our two countries.

v. to make or become better

54. This chemical compound is a thousand-fold more _____.

adj. of or relating to or caused by a poison; poisonous

55. Mold exposure can release dangerous _____ into the air.

n. a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

56. He suffered _____ and loss of appetite after he began taking that medication.

n. the condition of being unable to sleep, usually a chronic one

57. The _____ nerves carry messages between the brain and the rest of the body.

adj. relating to the brain and spinal cord

58. The study found that regular exercise can help to prevent the onset of _____ in older age.

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

59. 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

60. I couldn't sleep because my roommate _____ loudly every night.

v. to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull

ANSWERS: 53. improve, 54. toxic, 55. toxins, 56. insomnia, 57. cerebrospinal, 58. dementia, 59. large-scale, 60. snored

61. The human brain contains both neurons and _____ cells.
- n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity
62. 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
63. The fan _____ the air in the room quickly.
- v.* to move continuously or freely around a place or closed system
64. 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
65. 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
66. She checked her _____ before embarking on the hike.
- n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
67. He discovered unique _____ for photochemical reactions.
- n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

ANSWERS: 61. glia, 62. epidemiology, 63. circulates, 64. brain, 65. substance, 66. gear, 67. mechanisms

68. The situation quickly _____ and turned violent.

- v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious

69. Economic factors and monetary policy _____ inflation.

- v.* to increase the size, extent, quantity, etc. of something by adding something to it

70. Better sleep leads to increased _____.

- n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining

71. This container has a _____ of 10 cubic meters.

- n.* the amount of space occupied by an object or substance; the magnitude of sound

ANSWERS: 68. escalated, 69. augmented, 70. metabolism, 71. volume