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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

Advanced Words Only

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Session 1: Word List

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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. cer_____nal pathway | <i>adj.</i> relating to the brain and spinal cord |
| 2. traditional me_____al | <i>adj.</i> of or relating to the treatment or cure of disease |
| 3. blo_____am to the brain | <i>n.</i> the blood flowing through the body |
| 4. de_____e him of his status | <i>v.</i> to take away something from someone |
| 5. Al_____er's brain | <i>n.</i> a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults |
| 6. 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 |
| 7. ap__a treatment | <i>n.</i> a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions |
| 8. 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 |
| 9. the symbol of t_u | <i>n.</i> 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 |

ANSWERS: 1. cerebrospinal, 2. medicinal, 3. bloodstream, 4. deprive, 5. Alzheimer, 6. apnea, 7. apnea, 8. sew, 9. tau

10. 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
11. de____s their spirits *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
12. 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
13. ci_____te an agenda before the meeting *v.* to move continuously or freely around a place or closed system
14. 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
15. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
16. ty___y a stereotype *v.* to be a typical example of; to represent or serve as an example of something
17. medication for in_____ia *n.* the condition of being unable to sleep, usually a chronic one
18. 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

ANSWERS: 10. toxin, 11. depress, 12. Alzheimer, 13. circulate, 14. midlife, 15. medicinal, 16. typify, 17. insomnia, 18. glymphatic

19. 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
20. au____t immunity *v.* to increase the size, extent, quantity, etc. of something by adding something to it
21. probably have de____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
22. s_w with thread *v.* to join, fasten, or repair two pieces of something by putting the thread through them with a needle
23. de____e others of profit *v.* to take away something from someone
24. ex____e the crowd *v.* to make someone feel suddenly enthusiastic or eager
25. ty____y a generation *v.* to be a typical example of; to represent or serve as an example of something
26. 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
27. a__y hair *adv.* in a wrong or crooked position; out of order; amiss
28. neural g__a *n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity
29. 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

ANSWERS: 19. lymph, 20. augment, 21. dementia, 22. sew, 23. deprive, 24. excite, 25. typify, 26. midlife, 27. awry, 28. glia, 29. amyloid

30. 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
31. 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
32. enhance gly_____ic transport *adj.* relating to a system in the brain and spinal cord that helps to remove waste and other substances from the central nervous system
33. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
34. blo_____am in an artery *n.* the blood flowing through the body
35. 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
36. de_____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
37. alcohol-dependent in_____ia *n.* the condition of being unable to sleep, usually a chronic one
38. to es_____te *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious

ANSWERS: 30. amyloid, 31. toxin, 32. glymphatic, 33. excite, 34. bloodstream, 35. snore, 36. depress, 37. insomnia, 38. escalate

39. fitness fi__d *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
40. de____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
41. ci_____te a rumor *v.* to move continuously or freely around a place or closed system
42. 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
43. cer_____nal fluid *adj.* relating to the brain and spinal cord
44. fi__d for chocolate *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
45. es_____te into a major international incident *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
46. a__y plan *adv.* in a wrong or crooked position; out of order; amiss
47. 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
48. g__a function *n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity

ANSWERS: 39. fiend, 40. dementia, 41. circulate, 42. lymph, 43. cerebrospinal, 44. fiend, 45. escalate, 46. awry, 47. snore, 48. glia

49. au____t the reality

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

50. 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

ANSWERS: 49. augment, 50. tau

Session 3: Fill in the Blanks

1. 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
2. Economic factors and monetary policy _____ inflation.
v. to increase the size, extent, quantity, etc. of something by adding something to it
3. He was _____ of his freedom when sentenced to life in prison.
v. to take away something from someone
4. 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
5. 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
6. 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
7. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease

ANSWERS: 1. midlife, 2. augmented, 3. deprived, 4. glymphatic, 5. apnea, 6. glia, 7. medicinal

8. Cancer cells are often carried throughout the body by the _____.
- n.* the blood flowing through the body
9. 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
10. 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
11. 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
12. 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
13. 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
14. The plans for the surprise party went _____ when the cake was ruined.
- adv.* in a wrong or crooked position; out of order; amiss
15. 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

ANSWERS: 8. bloodstream, 9. lymph, 10. dementia, 11. depressed, 12. amyloid, 13.

snored, 14. awry, 15. tau

16. He suffered _____ and loss of appetite after he began taking that medication.
- n.* the condition of being unable to sleep, usually a chronic one
17. 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
18. The situation quickly _____ and turned violent.
- v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
19. 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
20. The _____ nerves carry messages between the brain and the rest of the body.
- adj.* relating to the brain and spinal cord
21. The news of her promotion _____ her.
- v.* to make someone feel suddenly enthusiastic or eager
22. 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
23. These flowers _____ the beauty of spring.
- v.* to be a typical example of; to represent or serve as an example of something

ANSWERS: 16. insomnia, 17. Alzheimer's, 18. escalated, 19. fiend, 20. cerebrospinal, 21. excited, 22. toxins, 23. typify

24. 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

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

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

ANSWERS: 24. sew, 25. circulates