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Vocabulary Builder Reference from...

Matt Walker: A walk through the stages of sleep |

TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

reset

v. to set again or differently; to return to a previous state or condition

synonym: restart, reinitialize, set anew

(1) **reset** password, (2) **reset** my brain

She **reset** the computer to fix the problem.

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**.

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.

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.

subdivision

n. a smaller part of something that is divided into such parts

synonym : part, section, branch

(1) an administrative **subdivision**, (2) **subdivision** of cells

The city is divided into several smaller **subdivisions**.

movement

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

synonym : motion, progression, action

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

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

REM

n. (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

(1) **REM** sleep cycle, (2) **REM** sleep behavior disorder

REM sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.

separate

v. to force, take, or pull apart; mark as different

synonym : disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

imaginative

adj. having or showing new and creative ideas

synonym : creative, innovative, inventive

(1) capable of **imaginative** creation, (2) **imaginative** as a child

She is a hard worker but not very **imaginative**.

depth

n. the distance between the top and bottom of something; between the top surface and a distance below it

synonym : deepness, profoundness, extent

(1) **depth** camera, (2) the **depth** of the water

The pond's **depth** was around five feet.

temperature

n. the degree of hotness or coldness of a thing or place

synonym : climate, warmth, degree

(1) extreme **temperatures**, (2) the atmospheric

temperature

Cities around the world set records for highest **temperatures** this summer.

electrical

adj. relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

erupt

v. (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently

synonym : eject, emit, burst

(1) **erupt** in anger, (2) **erupt** into tears

Battles between whites and blacks **erupted** immediately.

recharge

v. to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep

synonym : renew, refresh, replenish

(1) **recharge** brain and body, (2) **recharge** energy

He needed to **recharge** his phone before the meeting.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

overhaul

n. a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard

synonym: renovation, revamp, modernization

(1) **overhaul** process, (2) vehicle **overhaul**

The mechanic suggested an **overhaul** of the engine to improve performance.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

upstairs

adv. on or to an upper or highest floor of a building

synonym: above, upper

(1) live **upstairs**, (2) go **upstairs** to rest

I heard a noise **upstairs**.

consolidate

v. to make something more vital, more solid, or more certain

synonym: crystallize, concentrate, cement

(1) **consolidate** his debt, (2) **consolidate** a leadership

The two universities will **consolidate** in July next year.

neural

adj. of or relating to a nerve or the nervous system that includes the brain

synonym: sensory, neuronic, nervous

(1) **neural** stem cells, (2) **neural** networks in AI

There was a disturbance of **neural** function.

architecture

n. the art and science of designing and constructing buildings

synonym: design, structure, layout

(1) **architecture** design, (2) classic **architecture**
The city is known for its impressive **architecture** and beautiful old buildings.

principal

adj. most important, main, or chief

synonym: main, leading, chief

(1) **principal** actor, (2) **principal** responsible

The **principal** reason for the company's success is its innovative products.

vivid

adj. producing very clear, powerful, and detailed images in the mind

synonym: intense, powerful, dazzling

(1) **vivid** colors, (2) still **vivid** in my memory

She made a **vivid** impression.

hallucinogen

n. a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline

synonym: psychedelic drug, mind-bender

(1) **hallucinogen** effects, (2) take a **hallucinogen**

Psilocybin is a type of **hallucinogen** found in some mushrooms.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

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

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

aid

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

synonym: helper, resource, assistance

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

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

boost

v. to improve, raise, or increase something

synonym: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

creative

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

synonym: imaginative, innovative, inventive

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

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

stitch

n. one of the tiny thread lines visible on a piece of fabric after it has been sewn

(1) a **stitch** in a garment, (2) pattern **stitch**

The wound was so deep that it needed a surgical procedure and **stitches**.

domination

n. the act of having control or power over someone or something

synonym: control, power, rule

(1) fall under foreign **domination**, (2) **domination** power

The **domination** of the Roman Empire over the Mediterranean region lasted for centuries.

cerebral

adj. relating to the brain or intellect; intellectual or studious rather than emotional or physical

synonym: brain, mental, intellectual

(1) **cerebral** palsy, (2) **cerebral** cortex

The patient experienced a **cerebral** hemorrhage and required surgery.

replay

v. play something, such as a recording, a piece of music, or a game again

synonym: repeat, play again, go over again

(1) **replay** the game, (2) **replay** in my mind

He pushed the button and **replayed** the video again.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

ratio

n. the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal

synonym: proportion, rate, quota

(1) debt-to-income **ratio**, (2) **ratio** of boys to girls

The **ratio** of water to sugar in the recipe is 1:2.

comprise

v. to include or consist of something; the act of making up or forming something

synonym: consist of, include, be composed of

(1) **comprise** a large percentage, (2) **comprise** the recent past

The team **comprises** players from different countries.

seesaw

n. a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground

synonym: teeter-totter, balance board

(1) **seesaw** motion, (2) **seesaw** effect

The children played on the **seesaw** in the park.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

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?

implication

n. something that is inferred or indirectly stated; the act or fact of being involved in something

synonym: suggestion, association, conclusion

(1) the **implication** in a crime, (2) the **implication** of a word

His poem has a very significant **implication**.

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.

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.

gym

n. a place equipped for exercise and other physical training

synonym: fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

detriment

n. something that causes harm, injury, or damage

synonym: harm, damage, injury

(1) **detriment** of society, (2) bring great **detriment**

The new approach resulted in a significant **detriment** to the local economy.

subsequent

adj. happening or occurring later or after something else

synonym: later, following, ensuing

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

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

episode

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

synonym: event, chapter, seizure

(1) end of the first **episode**, (2) **episode** of vertigo

I want to put that **episode** of my life behind me.

Session 2: Spelling

1. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
2. re___y in my mind *v.* play something, such as a recording, a piece of music, or a game again
3. 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
4. se___w motion *n.* a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground
5. fall under foreign dom_____on *n.* the act of having control or power over someone or something
6. im___e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
7. se_____te cream from milk *v.* to force, take, or pull apart; mark as different
8. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
9. dom_____on power *n.* the act of having control or power over someone or something

ANSWERS: 1. cardiovascular, 2. replay, 3. REM, 4. seesaw, 5. domination, 6. immune, 7. separate, 8. movement, 9. domination

10. re_____ge brain and body *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
11. pr_____al actor *adj.* most important, main, or chief
12. Doppler sh__t *n.* a slight transition in position, direction, or trend
13. reduce sub_____nt mortality *adj.* happening or occurring later or after something else
14. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
15. major paradigm sh__t *n.* a slight transition in position, direction, or trend
16. co_____se the recent past *v.* to include or consist of something; the act of making up or forming something
17. pr_____al responsible *adj.* most important, main, or chief
18. 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
19. sub_____on of cells *n.* a smaller part of something that is divided into such parts
20. a st___h in a garment *n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn
21. still vi__d in my memory *adj.* producing very clear, powerful, and detailed images in the mind
22. im_____e a process *v.* to make or become better

ANSWERS: 10. recharge, 11. principal, 12. shift, 13. subsequent, 14. consequence, 15. shift, 16. comprise, 17. principal, 18. structure, 19. subdivision, 20. stitch, 21. vivid, 22. improve

23. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support
24. em_____al health *adj.* relating to people's feelings
25. the imp_____on of a word *n.* something that is inferred or indirectly stated; the act or fact of being involved in something
26. con_____te his debt *v.* to make something more vital, more solid, or more certain
27. g_m membership *n.* a place equipped for exercise and other physical training
28. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
29. live up_____rs *adv.* on or to an upper or highest floor of a building
30. take a hal_____gen *n.* a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline
31. over sub_____nt months *adj.* happening or occurring later or after something else
32. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
33. ne____l stem cells *adj.* of or relating to a nerve or the nervous system that includes the brain
34. em_____al distress *adj.* relating to people's feelings
35. barren of cr_____ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something

ANSWERS: 23. aid, 24. emotional, 25. implication, 26. consolidate, 27. gym, 28. cardiovascular, 29. upstairs, 30. hallucinogen, 31. subsequent, 32. separate, 33. neural, 34. emotional, 35. creative

36. an ele_____al storm *adj.* relating to electricity
37. asset on the company's ba_____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
38. the cell of the im____e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
39. ne____l networks in AI *adj.* of or relating to a nerve or the nervous system that includes the brain
40. se____w effect *n.* a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground
41. hal_____gen effects *n.* a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline
42. ce_____al palsy *adj.* relating to the brain or intellect; intellectual or studious rather than emotional or physical
43. bring great de_____nt *n.* something that causes harm, injury, or damage
44. ima_____ve as a child *adj.* having or showing new and creative ideas
45. bo__t flexibility *v.* to improve, raise, or increase something
46. classic arc_____ure *n.* the art and science of designing and constructing buildings

ANSWERS: 36. electrical, 37. balance, 38. immune, 39. neural, 40. seesaw, 41. hallucinogen, 42. cerebral, 43. detriment, 44. imaginative, 45. boost, 46. architecture

47. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
48. the atmospheric tem_____re *n.* the degree of hotness or coldness of a thing or place
49. ep_____e of vertigo *n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
50. er__t in anger *v.* (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently
51. re_____ge energy *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
52. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual
53. the de__h of the water *n.* the distance between the top and bottom of something; between the top surface and a distance below it
54. residual qu_____ty *n.* the amount or number of something; magnitude
55. re__t password *v.* to set again or differently; to return to a previous state or condition
56. the ba_____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

ANSWERS: 47. cycle, 48. temperature, 49. episode, 50. erupt, 51. recharge, 52. consequence, 53. depth, 54. quantity, 55. reset, 56. balance

57. ra__o of boys to girls *n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
58. cr____ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
59. bo__t the economy *v.* to improve, raise, or increase something
60. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
61. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
62. ty____l leader *adj.* having the usual characteristics or traits of a specific group of things
63. de__h camera *n.* the distance between the top and bottom of something; between the top surface and a distance below it
64. financial a_d *n.* things sent to help countries in need, notably food or money; support
65. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
66. capable of ima____ve creation *adj.* having or showing new and creative ideas
67. the imp____on in a crime *n.* something that is inferred or indirectly stated; the act or fact of being involved in something

ANSWERS: 57. ratio, 58. creative, 59. boost, 60. brain, 61. brain, 62. typical, 63. depth, 64. aid, 65. cycle, 66. imaginative, 67. implication

68. con_____te a leadership *v.* to make something more vital, more solid, or more certain
69. mo_____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
70. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
71. ov_____ul process *n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard
72. re__t my brain *v.* to set again or differently; to return to a previous state or condition
73. end of the first ep_____e *n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
74. vehicle ov_____ul *n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard

ANSWERS: 68. consolidate, 69. movement, 70. typical, 71. overhaul, 72. reset, 73. episode, 74. overhaul

75. im____e the test score *v.* to make or become better
76. R_M sleep cycle *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
77. co____se a large percentage *v.* to include or consist of something; the act of making up or forming something
78. de____nt of society *n.* something that causes harm, injury, or damage
79. er__t into tears *v.* (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently
80. arc____ure design *n.* the art and science of designing and constructing buildings
81. vi__d colors *adj.* producing very clear, powerful, and detailed images in the mind
82. a g_m suit *n.* a place equipped for exercise and other physical training
83. half qu____ty *n.* the amount or number of something; magnitude
84. pattern st____h *n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn
85. ce____al cortex *adj.* relating to the brain or intellect; intellectual or studious rather than emotional or physical
86. go up____rs to rest *adv.* on or to an upper or highest floor of a building
87. re____y the game *v.* play something, such as a recording, a piece of music, or a game again

ANSWERS: 75. improve, 76. REM, 77. comprise, 78. detriment, 79. erupt, 80. architecture, 81. vivid, 82. gym, 83. quantity, 84. stitch, 85. cerebral, 86. upstairs, 87. replay

88. debt-to-income ra__o *n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
89. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
90. an administrative sub_____on *n.* a smaller part of something that is divided into such parts
91. extreme tem_____res *n.* the degree of hotness or coldness of a thing or place
92. degree in ele_____al engineering *adj.* relating to electricity

ANSWERS: 88. ratio, 89. structure, 90. subdivision, 91. temperature, 92. electrical

Session 3: Fill in the Blanks

1. The city is known for its impressive _____ and beautiful old buildings.
n. the art and science of designing and constructing buildings
2. Actuators convert _____ pulses into motion.
adj. relating to electricity
3. She is a hard worker but not very _____.
adj. having or showing new and creative ideas
4. We want to _____ ties between our two countries.
v. to make or become better
5. His poem has a very significant _____.
n. something that is inferred or indirectly stated; the act or fact of being involved in something
6. Try to keep a _____ between work and off.
n. a condition in which everything has the same weight or force; something left after other parts have been taken away
7. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
8. The new service helped _____ net income by 10%.
v. to improve, raise, or increase something

ANSWERS: 1. architecture, 2. electrical, 3. imaginative, 4. improve, 5. implication, 6. balance, 7. emotional, 8. boost

9. ___ 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
10. The patient experienced a _____ hemorrhage and required surgery.
- adj.* relating to the brain or intellect; intellectual or studious rather than emotional or physical
11. Cities around the world set records for highest _____ this summer.
- n.* the degree of hotness or coldness of a thing or place
12. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
- v.* to force, take, or pull apart; mark as different
13. All the supervisor has to do is assign tasks that make his subordinates more _____.
- adj.* relating to or involving the use of skill and original and unusual ideas to create something
14. The _____ of the dancers on stage was graceful and elegant.
- n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
15. The wound was so deep that it needed a surgical procedure and _____.
- n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn
16. 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

ANSWERS: 9. REM, 10. cerebral, 11. temperatures, 12. separate, 13. creative, 14. movement, 15. stitches, 16. brain

17. The food chain causes a material _____.
- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
18. He needed to _____ his phone before the meeting.
- v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
19. The new approach resulted in a significant _____ to the local economy.
- n.* something that causes harm, injury, or damage
20. Smoking places you at severe risk of _____ and respiratory disease.
- adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
21. Could you help me _____ some furniture?
- n.* a slight transition in position, direction, or trend
22. 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
23. This artwork is _____ of her work.
- adj.* having the usual characteristics or traits of a specific group of things
24. In the _____ meeting, the team discussed ways to improve productivity.
- adj.* happening or occurring later or after something else
25. There was a disturbance of _____ function.
- adj.* of or relating to a nerve or the nervous system that includes the brain

ANSWERS: 17. cycle, 18. recharge, 19. detriment, 20. cardiovascular, 21. shift, 22. structure, 23. typical, 24. subsequent, 25. neural

26. I heard a noise _____.

adv. on or to an upper or highest floor of a building

27. The two universities will _____ in July next year.

v. to make something more vital, more solid, or more certain

28. Battles between whites and blacks _____ immediately.

v. (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently

29. The _____ reason for the company's success is its innovative products.

adj. most important, main, or chief

30. The city is divided into several smaller _____.

n. a smaller part of something that is divided into such parts

31. The _____ of the Roman Empire over the Mediterranean region lasted for centuries.

n. the act of having control or power over someone or something

32. The vaccination does not necessarily make you completely _____.

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

33. Psilocybin is a type of _____ found in some mushrooms.

n. a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline

34. The children played on the _____ in the park.

n. a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground

ANSWERS: 26. upstairs, 27. consolidate, 28. erupted, 29. principal, 30. subdivisions, 31. domination, 32. immune, 33. hallucinogen, 34. seesaw

35. These economic activities had disastrous environmental _____.
- n.* the outcome of a particular action or event, especially relative to an individual
36. She went to the fully equipped ____ to work out every day.
- n.* a place equipped for exercise and other physical training
37. I want to put that _____ of my life behind me.
- n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
38. Pakistan's ____ budget was still being reviewed.
- n.* things sent to help countries in need, notably food or money; support
39. He pushed the button and _____ the video again.
- v.* play something, such as a recording, a piece of music, or a game again
40. She _____ the computer to fix the problem.
- v.* to set again or differently; to return to a previous state or condition
41. In southward, the average annual water _____ increases.
- n.* the amount or number of something; magnitude
42. She made a _____ impression.
- adj.* producing very clear, powerful, and detailed images in the mind
43. The _____ of water to sugar in the recipe is 1:2.
- n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal

ANSWERS: 35. consequences, 36. gym, 37. episode, 38. aid, 39. replayed, 40. reset, 41. quantity, 42. vivid, 43. ratio

44. The mechanic suggested an _____ of the engine to improve performance.
- n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard
45. The team _____ players from different countries.
- v.* to include or consist of something; the act of making up or forming something
46. The pond's _____ was around five feet.
- n.* the distance between the top and bottom of something; between the top surface and a distance below it

ANSWERS: 44. overhaul, 45. comprises, 46. depth