

# Englist.me



## Vocabulary Builder Reference from...

*Dan Kwartler: What causes insomnia? | TED Talk*

[https://www.ted.com/talks/dan\\_kwartler\\_what\\_causes\\_insomnia](https://www.ted.com/talks/dan_kwartler_what_causes_insomnia)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### ponder

*v.* to think deeply or carefully about something

*synonym*: think about, consider, reflect on

(1) **ponder** divine matters, (2) **ponder** life's meaning

She sat quietly, **pondering** the difficult decision.

### dread

*v.* to be very afraid of or worried about something that is going to happen or that might happen

*synonym*: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

### solvable

*adj.* capable of being solved or resolved; able to be fixed or resolved with effort, skill, or knowledge

*synonym*: attainable, resolvable, achievable

(1) **solvable** problem, (2) mathematically **solvable** equation

The engineers found the technical glitch in the system was quite **solvable** with a software update.

### 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.

## restless

*adj.* unwilling or unable to stay still or relax because you are worried and uneasy

*synonym* : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

## 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.

## deprivation

*n.* a state of not having something, such as food or money, that you need for a pleasant life

*synonym* : poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty

Losing him is great **deprivation** to our team.

## jetlag

*n.* a feeling of fatigue, disorientation, and other symptoms experienced by a person after traveling across different time zones, typically by air travel

(1) **jetlag** symptoms, (2) experience **jetlag**

After traveling across multiple time zones, I experienced severe **jetlag** and couldn't sleep at night.

## wreak

*v.* to cause or bring about something, often as a result of harmful or destructive actions or events

*synonym* : cause, inflict, bring about

(1) **wreak** a lot of changes, (2) **wreak** further damage

The virus has **wreaked** havoc on the healthcare system, overwhelming hospitals and causing shortages of supplies.

## havoc

*n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events

*synonym*: destruction, devastation, ruin

(1) cause **havoc**, (2) play **havoc** in the mind

The storm wreaked **havoc** on the town, causing widespread damage and power outages.

## exhaustion

*n.* the state of being extremely tired and lacking energy or strength

*synonym*: fatigue, weariness, tiredness

(1) **exhaustion** of energy, (2) emotional **exhaustion**

The long work hours were taking a toll on her mental **exhaustion**.

## gastrointestinal

*adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders

*synonym*: digestive, intestinal, stomach

(1) **gastrointestinal** disorders, (2) **gastrointestinal** symptoms

Certain foods can cause **gastrointestinal** problems if eaten in excess.

## overpower

*v.* to conquer or establish complete control over someone by using superior strength

*synonym*: overwhelm, conquer, surpass

(1) **overpower** the suspect, (2) **overpower** the opponent

The shooter was eventually **overpowered** and arrested by police.

## sleeplessness

*n.* the condition of being unable to sleep or having difficulty sleeping

*synonym*: insomnia, wakefulness, restlessness

(1) **sleeplessness** disorder, (2) beat **sleeplessness**

He tried various treatments for his **sleeplessness**, but nothing seemed to work.

## wrack

*n.* wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain

*synonym*: wreckage, ruins, debris

(1) go to **wrack**, (2) **wrack** my brain

The **wrack** left behind by the storm was immense and widespread.

## bedtime

*n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

*synonym*: sleep time, night-time

(1) **bedtime** meditation, (2) regular **bedtime**

Reading **bedtime** stories can help children relax and fall asleep faster.

## insomniac

*n.* a person who regularly has insomnia(= a condition characterized by difficulty falling asleep, staying asleep, or getting restful sleep)

*synonym*: sleepless, restless, wakeful

(1) **insomniac** sufferer, (2) chronic **insomniac**

The doctor prescribed a new medication to help the **insomniac** patient sleep.

## hijack

*v.* to seize control of an airplane or other vehicle during an operation, especially with violence

*synonym*: commandeer, seize, pirate

(1) **hijack** a helicopter, (2) **hijack** a phone number

He made a desperate effort to **hijack** an airliner.

## cortisol

*n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

*synonym*: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

**Cortisol** levels in the body are often elevated during times of stress.

## adrenal

*adj.* relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

## 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**.

## jolt

*v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock

*synonym*: shock, jar, bump

(1) **jolt** entire social systems, (2) **jolt** of excitement

The news of the unexpected announcement **jolted** the stock market.

## conserve

*v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

*synonym*: preserve, save, maintain

(1) means to **conserve** energy, (2) **conserve** coal resources

Children must be taught to **conserve** our natural environment.

## adrenaline

*n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

*synonym*: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

## orient

*v.* to position or adjust someone or something for a particular purpose; (noun) the countries of Asia

*synonym*: position, align, adjust

(1) **orient** my thinking, (2) the exotic flavor of the **Orient**  
She took a moment to **orient** herself in the unfamiliar city.

## circadian

*adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones

*synonym*: daily, diurnal, day-to-day

(1) **circadian** clock, (2) **circadian** disruption  
Having a consistent sleep schedule is important for maintaining a healthy **circadian** rhythm.

## worsen

*v.* to become or make something worse

*synonym*: languish, degenerate, degrade

(1) **worsen** a relation, (2) **worsen** the food problem  
Unilateral import bans have **worsened** that country's terms of trade.

## synchronize

*v.* to happen or cause to happen at the same time or rate

*synonym*: coordinate, accompany, harmonize

(1) **synchronize** movements, (2) **synchronize** our watches  
The ball speed will increase when the lower body movements are perfectly **synchronized**.

## opportune

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

*synonym*: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark  
The phone rang at the most **opportune** time.

## well-being

*n.* the state of being happy and healthy and prosperous

*synonym*: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

## Session 2: Spelling

- |                             |  |
|-----------------------------|--|
| 1. medication for in_____ia | <i>n.</i> the condition of being unable to sleep, usually a chronic one  |
| 2. so_____le problem        | <i>adj.</i> capable of being solved or resolved; able to be fixed or resolved with effort, skill, or knowledge   |
| 3. hi___k a helicopter      | <i>v.</i> to seize control of an airplane or other vehicle during an operation, especially with violence   |
| 4. play ha__c in the mind   | <i>n.</i> widespread destruction or devastation, often caused by natural disasters, war, or other violent events   |
| 5. j__t of excitement       | <i>v.</i> to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock   |
| 6. excessive co_____ol      | <i>n.</i> a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure  |
| 7. emotional exh_____on     | <i>n.</i> the state of being extremely tired and lacking energy or strength  |
| 8. wr__k a lot of changes   | <i>v.</i> to cause or bring about something, often as a result of harmful or destructive actions or events   |
| 9. be_____e meditation      | <i>n.</i> the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness |

ANSWERS: 1. insomnia, 2. solvable, 3. hijack, 4. havoc, 5. jolt, 6. cortisol, 7. exhaustion, 8. wreak, 9. bedtime



10. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
11. exh\_\_\_\_\_on of energy *n.* the state of being extremely tired and lacking energy or strength
12. re\_\_\_\_\_ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
13. po\_\_\_\_r life's meaning *v.* to think deeply or carefully about something
14. ad\_\_\_\_\_l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
15. means to co\_\_\_\_\_ve energy *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
16. wo\_\_\_\_n the food problem *v.* to become or make something worse
17. ad\_\_\_\_\_l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
18. dr\_\_d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
19. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
20. ov\_\_\_\_\_er the opponent *v.* to conquer or establish complete control over someone by using superior strength
21. experience je\_\_\_\_g *n.* a feeling of fatigue, disorientation, and other symptoms experienced by a person after traveling across different time zones, typically by air travel

ANSWERS: 10. opportune, 11. exhaustion, 12. restless, 13. ponder, 14. adrenal, 15. conserve, 16. worsen, 17. adrenal, 18. dread, 19. opportune, 20. overpower, 21. jetlag

22. ci\_\_\_\_\_an disruption *adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
23. or\_\_\_t my thinking *v.* to position or adjust someone or something for a particular purpose; (noun) the countries of Asia
24. adr\_\_\_\_\_ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
25. blo\_\_\_\_\_am in an artery *n.* the blood flowing through the body
26. adr\_\_\_\_\_ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
27. j\_\_t entire social systems *v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock
28. mathematically so\_\_\_\_\_le equation *adj.* capable of being solved or resolved; able to be fixed or resolved with effort, skill, or knowledge
29. in\_\_\_\_\_ac sufferer *n.* a person who regularly has insomnia(= a condition characterized by difficulty falling asleep, staying asleep, or getting restful sleep)

ANSWERS: 22. circadian, 23. orient, 24. adrenaline, 25. bloodstream, 26. adrenaline, 27. jolt, 28. solvable, 29. insomniac

30. beat sle\_\_\_\_\_ess *n.* the condition of being unable to sleep or having difficulty sleeping
31. gas\_\_\_\_\_nal disorders *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
32. co\_\_\_\_\_ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
33. po\_\_\_\_r divine matters *v.* to think deeply or carefully about something
34. a re\_\_\_\_\_ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
35. alcohol-dependent in\_\_\_\_\_ia *n.* the condition of being unable to sleep, usually a chronic one
36. go to wr\_\_k *n.* wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
37. ov\_\_\_\_\_er the suspect *v.* to conquer or establish complete control over someone by using superior strength
38. syn\_\_\_\_\_ze our watches *v.* to happen or cause to happen at the same time or rate
39. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
40. dep\_\_\_\_\_on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
41. hi\_\_\_\_k a phone number *v.* to seize control of an airplane or other vehicle during an operation, especially with violence

ANSWERS: 30. sleeplessness, 31. gastrointestinal, 32. cortisol, 33. ponder, 34. restless, 35. insomnia, 36. wrack, 37. overpower, 38. synchronize, 39. well-being, 40. deprivation, 41. hijack

42. the wel\_\_\_\_\_ng of a nation      *n.* the state of being happy and healthy and prosperous
43. syn\_\_\_\_\_ze movements      *v.* to happen or cause to happen at the same time or rate
44. gas\_\_\_\_\_nal symptoms      *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
45. wr\_\_k my brain      *n.* wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
46. the exotic flavor of the Or\_\_\_\_t      *v.* to position or adjust someone or something for a particular purpose; (noun) the countries of Asia
47. wo\_\_\_\_n a relation      *v.* to become or make something worse
48. 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
49. wr\_\_k further damage      *v.* to cause or bring about something, often as a result of harmful or destructive actions or events
50. regular be\_\_\_\_\_e      *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
51. co\_\_\_\_\_ve coal resources      *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

ANSWERS: 42. well-being, 43. synchronize, 44. gastrointestinal, 45. wrack, 46. orient, 47. worsen, 48. snore, 49. wreak, 50. bedtime, 51. conserve

52. chronic sleep dep\_\_\_\_\_on      *n.* a state of not having something, such as food or money, that you need for a pleasant life
53. blo\_\_\_\_\_am to the brain      *n.* the blood flowing through the body
54. ci\_\_\_\_\_an clock      *adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
55. cause ha\_\_c      *n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
56. je\_\_\_g symptoms      *n.* a feeling of fatigue, disorientation, and other symptoms experienced by a person after traveling across different time zones, typically by air travel
57. dr\_\_d failure      *v.* to be very afraid of or worried about something that is going to happen or that might happen
58. chronic in\_\_\_\_\_ac      *n.* a person who regularly has insomnia(= a condition characterized by difficulty falling asleep, staying asleep, or getting restful sleep)
59. 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

ANSWERS: 52. deprivation, 53. bloodstream, 54. circadian, 55. havoc, 56. jetlag, 57. dread, 58. insomniac, 59. snore

60. sle\_\_\_\_\_ess disorder

*n.* the condition of being unable to sleep or having difficulty sleeping

ANSWERS: 60. sleeplessness

## Session 3: Fill in the Blanks

1. Children must be taught to \_\_\_\_\_ our natural environment.  
*v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
  
2. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
  
3. The \_\_\_\_\_ left behind by the storm was immense and widespread.  
*n.* wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
  
4. The news of the unexpected announcement \_\_\_\_\_ the stock market.  
*v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock
  
5. Losing him is great \_\_\_\_\_ to our team.  
*n.* a state of not having something, such as food or money, that you need for a pleasant life
  
6. Having a consistent sleep schedule is important for maintaining a healthy \_\_\_\_\_ rhythm.  
*adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
  
7. He made a desperate effort to \_\_\_\_\_ an airliner.  
*v.* to seize control of an airplane or other vehicle during an operation, especially with violence

ANSWERS: 1. conserve, 2. opportune, 3. wrack, 4. jolted, 5. deprivation, 6. circadian, 7. hijack

8. We all \_\_\_\_\_ to think about what will happen if the company goes bankrupt.  
*v.* to be very afraid of or worried about something that is going to happen or that might happen
9. The shooter was eventually \_\_\_\_\_ and arrested by police.  
*v.* to conquer or establish complete control over someone by using superior strength
10. He felt \_\_\_\_\_ and constantly changed his postures.  
*adj.* unwilling or unable to stay still or relax because you are worried and uneasy
11. The band has released a lot of \_\_\_\_\_ rock music.  
*n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
12. The storm wreaked \_\_\_\_\_ on the town, causing widespread damage and power outages.  
*n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
13. Cancer cells are often carried throughout the body by the \_\_\_\_\_.  
*n.* the blood flowing through the body
14. The long work hours were taking a toll on her mental \_\_\_\_\_.  
*n.* the state of being extremely tired and lacking energy or strength
15. After traveling across multiple time zones, I experienced severe \_\_\_\_\_ and couldn't sleep at night.  
*n.* a feeling of fatigue, disorientation, and other symptoms experienced by a person after traveling across different time zones, typically by air travel

ANSWERS: 8. dread, 9. overpowered, 10. restless, 11. adrenaline-pumping, 12. havoc, 13. bloodstream, 14. exhaustion, 15. jetlag



16. The doctor prescribed a new medication to help the \_\_\_\_\_ patient sleep.  
*n.* a person who regularly has insomnia(= a condition characterized by difficulty falling asleep, staying asleep, or getting restful sleep)
17. \_\_\_\_\_ levels in the body are often elevated during times of stress.  
*n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
18. She sat quietly, \_\_\_\_\_ the difficult decision.  
*v.* to think deeply or carefully about something
19. He tried various treatments for his \_\_\_\_\_ but nothing seemed to work.  
*n.* the condition of being unable to sleep or having difficulty sleeping
20. Certain foods can cause \_\_\_\_\_ problems if eaten in excess.  
*adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
21. The doctor ordered tests to check the patient's \_\_\_\_\_ function.  
*adj.* relating to two glands situated above the kidneys, called the adrenal gland
22. 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
23. She took a moment to \_\_\_\_\_ herself in the unfamiliar city.  
*v.* to position or adjust someone or something for a particular purpose; (noun) the countries of Asia

ANSWERS: 16. insomniac, 17. Cortisol, 18. pondering, 19. sleeplessness, 20. gastrointestinal, 21. adrenal, 22. snored, 23. orient

24. The virus has \_\_\_\_\_ havoc on the healthcare system, overwhelming hospitals and causing shortages of supplies.
- v. to cause or bring about something, often as a result of harmful or destructive actions or events
25. The ball speed will increase when the lower body movements are perfectly \_\_\_\_\_.
- v. to happen or cause to happen at the same time or rate
26. We are responsible for the care and \_\_\_\_\_ of all our employees.
- n. the state of being happy and healthy and prosperous
27. He suffered \_\_\_\_\_ and loss of appetite after he began taking that medication.
- n. the condition of being unable to sleep, usually a chronic one
28. The engineers found the technical glitch in the system was quite \_\_\_\_\_ with a software update.
- adj. capable of being solved or resolved; able to be fixed or resolved with effort, skill, or knowledge
29. Unilateral import bans have \_\_\_\_\_ that country's terms of trade.
- v. to become or make something worse
30. Reading \_\_\_\_\_ stories can help children relax and fall asleep faster.
- n. the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

ANSWERS: 24. wreaked, 25. synchronized, 26. well-being, 27. insomnia, 28. solvable, 29. worsened, 30. bedtime