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Vocabulary Builder Reference from...

Dan Kwartler: What causes insomnia? | TED Talk

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

All Words

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.

excitement

n. a feeling of great enthusiasm and eagerness

synonym: thrill, exhilaration, incitement

(1) the **excitement** in the business world, (2) aesthetic

excitement

The **excitement** of the upcoming concert was palpable among the crowd.

upcoming

adj. approaching or soon to happen; in the near future; pending or anticipated

synonym: forthcoming, approaching, imminent

(1) **upcoming** events, (2) **upcoming** election

I'm excited about the **upcoming** concert with my favorite band.

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.

temporary

adj. not lasting or be used for a very long

synonym : provisional, short-term, interim

(1) a **temporary** permit, (2) **temporary** housing

He managed to get **temporary** jobs during the recession.

resolve

v. to find a suitable answer to the problems or difficulty

synonym : decide, determine, fix

(1) **resolve** a dispute, (2) **resolve** the computer error

This company **resolves** its battery problem completely.

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.

loop

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

synonym : circle, curl, spiral

(1) exit from a **loop**, (2) positive feedback **loop**

Many people in this city use the **loop** railway for transportation.

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.

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**.

occasional

adj. happening or appearing at irregular intervals; not constant or regular

synonym : infrequent, sporadic, irregular

(1) **occasional** visitor, (2) **occasional** assistance

She only visited her grandparents on **occasional** weekends.

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.

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.

distress

n. a feeling of great worry, sadness, pain, or discomfort

synonym : discomfort, despair, misery

(1) a signal of **distress**, (2) emotional **distress**
She has been in great **distress** since she was heartbroken.

extreme

adj. very great in amount or degree
synonym: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events
Solar gravity creates **extreme** pressures and temperatures.

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.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**
In junior high school, we had to dissect a frog in **biology** class.

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.

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym: agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

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**.

respiratory

adj. relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air

synonym: breathing, pulmonary, lung

(1) **respiratory** failure, (2) alleviate **respiratory** ailments

Chronic **respiratory** disorders, such as asthma, can significantly impact a person's quality of life.

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.

fatigue

n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

synonym: exhaustion, weariness, tiredness

(1) **fatigue** breaking, (2) **fatigue** caused by overwork

The metal showed signs of **fatigue** after being subjected to repeated stress.

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.

pile

n. a collection of objects positioned one on top of another; a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile**

After the party, they had to clean up **piles** of dirty dishes.

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.

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.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge
She waited for her daughter with **anxiety**.

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.

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**.

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.

flood

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

synonym : deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

flee

v. to leave by running away, especially out of fear or danger

synonym : exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

chemical

adj. relating to or connected with chemistry;

synonym : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

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.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

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.

hunt

v. to go after and try to catch wild animals to kill them for food, sport, or profit

synonym : chase, pursuit, quest

(1) **hunt** a job, (2) **hunt** after knowledge

Hounds **hunt** their prey by using their keen scent.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym : menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

ignore

v. to intentionally not listen or pay attention to
synonym : neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

slight

adj. very small in degree or amount

synonym : feeble, nuanced, subtle

(1) feel a **slight** concern, (2) **slight** increase

We made **slight** modifications to reflect the views of both sides.

discomfort

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

synonym : affliction, despair, ache

(1) endure **discomfort** and pain, (2) **discomfort** in the abdomen

He felt no **discomfort** as the dentist drilled his deadened tooth.

asleep

adj. in a state of sleep

synonym : sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

compromise

v. to settle a problem or disagreement by mutual concession

synonym : agree, settle, negotiate

(1) **compromise** the matter, (2) cannot **compromise** anymore

They never **compromised** on development despite the lack of funds.

primary

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

synonym : chief, main, fundamental

(1) **primary** school, (2) **primary** education

The **primary** cause of the accident was due to the icy road conditions.

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.

glucose

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

synonym: sugar, blood sugar

(1) blood **glucose** test, (2) **glucose** level

The doctor injected **glucose** into his patient's veins.

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**.

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.

pet

n. an animal that you have at home as a companion and treated kindly

(1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

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.

overtime

n. time worked beyond the regular or agreed-upon hours of work, often resulting in additional pay or compensation for the employee

synonym : overtime pay, time and a half, extra pay

(1) **overtime** hours, (2) **overtime** work

The company's policy on **overtime** states that employees will be compensated for any additional hours worked.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym : sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

confusion

n. the state of being mixed up or unclear, or the state of disorder or uncertainty

synonym : disorder, disarray, chaos

(1) administrative **confusion**, (2) in great **confusion**

The sudden policy change has caused **confusion** among employees.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**
The **process** for applying for a visa can be lengthy and complicated.

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**.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

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.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

suffer

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

synonym : endure, undergo, tolerate

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

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

fortunate

adj. having good luck or lucky

synonym : fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

rebuild

v. to build again or anew

synonym : reconstruct, renovate, restore

(1) **rebuild** a company, (2) **rebuild** communities

They are planning to **rebuild** the house after the fire.

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.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym : ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

minimize

v. to make something, especially something bad, small or less serious

synonym: diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

tire

v. to become weary or fatigued, often due to physical or mental exertion; to cause someone to feel weary or fatigued; (noun) a rubber covering that is placed around the rim of a wheel, which provides traction and absorbs shock while driving

synonym: exhaust, weary, fatigue

(1) **tire** my patience, (2) **tire** pressure

I need to **tire** out my dog with a long walk so that he will sleep through the night.

relax

v. to become or cause someone to become less active or tense and calmer

synonym: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

journal

n. a newspaper or magazine specialized in a specific topic or profession

synonym: periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym: coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

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.

rhythm

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

synonym: beat, cadence, tempo

(1) in samba **rhythm**, (2) irregular heart **rhythm**

He beat out a jazz **rhythm** on the cajones.

sensitive

adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

synonym : exposed, susceptible, keen

(1) **sensitive** documents, (2) baby with **sensitive** skin

The teacher is very **sensitive** to children's feelings.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym : accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

prescribe

v. (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something

synonym : define, specify, stipulate

(1) **prescribe** a drug, (2) **prescribe** in the preceding paragraph

Federal bankruptcy laws **prescribed** the reorganization process.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym : cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

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.

reliable

adj. worthy of being relied on; trustworthy

synonym : dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery
Trains are **reliable**, inexpensive, and ideal for long-distance travel.

over-the-counter

adj. (often abbreviated as "OTC") relating to products or medications that are available for purchase without a prescription from a licensed healthcare professional;
(noun, of finance) a method of trading that doesn't take place on a formal exchange

synonym : OTC, off-the-shelf

(1) **over-the-counter** drugs, (2) **over-the-counter** trading
I prefer to buy **over-the-counter** medication instead of getting a prescription.

addictive

adj. causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming

synonym : habit-forming, captivating, compelling

(1) highly **addictive**, (2) **addictive** substance
The new video game was so **addictive** that he stayed up all night playing it.

withdrawal

n. the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back

synonym : retreat, pullback, escape

(1) deposits and **withdrawals**, (2) **withdrawal** from membership
NATO's allied forces made a strategic **withdrawal**.

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.

approximately

adv. close to a specific number or time but not exactly that number or time

synonym : about, around, roughly

(1) **approximately** 3 feet long, (2) **approximately** same

This trail takes **approximately** 2.5 hours.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym : client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym : hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym : block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project

We **delayed** the payment because of an incorrect invoice.

phase

n. any stage in a series of events, change, or development

synonym : degree, stage, step

(1) enter on the last **phase**, (2) two- **phase** structure

The era of the industrial revolution was a crucial **phase** of history.

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**.

tradition

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

difficulty

n. a condition or state that causes problems

synonym: hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

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.

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.

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.

vital

adj. necessary for the success or continued existence of something

synonym : critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym : preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

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.

sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

synonym : maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

stable

adj. firm and steady; not easily moved, disturbed, or changed

synonym : sturdy, unmoving, durable

(1) in **stable** condition, (2) have a **stable** job

Relations between the two countries have been relatively **stable** due to the summit meeting.

routine

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

synonym : habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**
She studies gardening on a **routine** basis.

Session 2: Spelling

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|---------------------------------------|--|
| 1. adr_____ne receptor | <i>n.</i> (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 |
| 2. hi___k a phone number | <i>v.</i> to seize control of an airplane or other vehicle during an operation, especially with violence |
| 3. fl__d advisory | <i>n.</i> a large amount of water flowing beyond its normal limits; an overwhelming number or amount |
| 4. re_____d a company | <i>v.</i> to build again or anew |
| 5. permanent br__n damage | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 6. the root problem of her dep_____on | <i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market |
| 7. administrative co_____on | <i>n.</i> the state of being mixed up or unclear, or the state of disorder or uncertainty |
| 8. dep_____on of liberty | <i>n.</i> a state of not having something, such as food or money, that you need for a pleasant life |
| 9. dis_____rt in the abdomen | <i>n.</i> a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain |

ANSWERS: 1. adrenaline, 2. hijack, 3. flood, 4. rebuild, 5. brain, 6. depression, 7. confusion, 8. deprivation, 9. discomfort

10. medication for in_____ia *n.* the condition of being unable to sleep, usually a chronic one
11. means to co_____ve energy *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
12. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
13. a p_t bird *n.* an animal that you have at home as a companion and treated kindly
14. have a st___e job *adj.* firm and steady; not easily moved, disturbed, or changed
15. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
16. pr_____y school *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
17. j__t of excitement *v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock
18. occ_____al visitor *adj.* happening or appearing at irregular intervals; not constant or regular
19. a signal of di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort

ANSWERS: 10. insomnia, 11. conserve, 12. hormone, 13. pet, 14. stable, 15. cycle, 16. primary, 17. jolt, 18. occasional, 19. distress

20. evolutionary bi____y *n.* the scientific study of life and the natural processes of living things
21. a heavy sc____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
22. guarantee re____le delivery *adj.* worthy of being relied on; trustworthy
23. re____e a dispute *v.* to find a suitable answer to the problems or difficulty
24. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
25. ig____e her advice *v.* to intentionally not listen or pay attention to
26. jo____l articles *n.* a newspaper or magazine specialized in a specific topic or profession
27. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
28. di____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
29. chronic sleep dep____on *n.* a state of not having something, such as food or money, that you need for a pleasant life
30. a teacher's p_t *n.* an animal that you have at home as a companion and treated kindly

ANSWERS: 20. biology, 21. schedule, 22. reliable, 23. resolve, 24. hormone, 25. ignore, 26. journal, 27. suffer, 28. diagnose, 29. deprivation, 30. pet

31. a tr_____on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
32. in samba rh____m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
33. ce_____al palsy *adj.* relating to the brain or intellect; intellectual or studious rather than emotional or physical
34. em_____al distress *adj.* relating to people's feelings
35. 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
36. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
37. te_____ry housing *adj.* not lasting or be used for a very long
38. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
39. emotional exh_____on *n.* the state of being extremely tired and lacking energy or strength
40. arrange my sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

ANSWERS: 31. tradition, 32. rhythm, 33. cerebral, 34. emotional, 35. association, 36. symptom, 37. temporary, 38. relation, 39. exhaustion, 40. schedule

41. scientific jo____l *n.* a newspaper or magazine specialized in a specific topic or profession
42. po____r divine matters *v.* to think deeply or carefully about something
43. cell and molecular bi____y *n.* the scientific study of life and the natural processes of living things
44. wo____n a relation *v.* to become or make something worse
45. occ____al assistance *adj.* happening or appearing at irregular intervals; not constant or regular
46. ma____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
47. up____ng events *adj.* approaching or soon to happen; in the near future; pending or anticipated
48. an op____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
49. h__t a job *v.* to go after and try to catch wild animals to kill them for food, sport, or profit
50. in great co____on *n.* the state of being mixed up or unclear, or the state of disorder or uncertainty
51. eve____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
52. 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
53. a sense of wel____ng *n.* the state of being happy and healthy and prosperous

ANSWERS: 41. journal, 42. ponder, 43. biology, 44. worsen, 45. occasional, 46. maintain, 47. upcoming, 48. opportune, 49. hunt, 50. confusion, 51. eventually, 52. disorder, 53. well-being

54. beat sle_____ess *n.* the condition of being unable to sleep or having difficulty sleeping
55. feel a sl___t concern *adj.* very small in degree or amount
56. t__e my patience *v.* to become weary or fatigued, often due to physical or mental exertion; to cause someone to feel weary or fatigued; (noun) a rubber covering that is placed around the rim of a wheel, which provides traction and absorbs shock while driving
57. wr__k further damage *v.* to cause or bring about something, often as a result of harmful or destructive actions or events
58. a re_____ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
59. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
60. a sand p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
61. 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
62. 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

ANSWERS: 54. sleeplessness, 55. slight, 56. tire, 57. wreak, 58. restless, 59. restless, 60. pile, 61. circadian, 62. jolt

63. 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
64. mathematically so_____le equation *adj.* capable of being solved or resolved; able to be fixed or resolved with effort, skill, or knowledge
65. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
66. in_____ac sufferer *n.* a person who regularly has insomnia(= a condition characterized by difficulty falling asleep, staying asleep, or getting restful sleep)
67. ov_____me hours *n.* time worked beyond the regular or agreed-upon hours of work, often resulting in additional pay or compensation for the employee
68. pr_____be a drug *v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something
69. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
70. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
71. co_____t level *n.* a state of physical ease and freedom from pain or constraint

ANSWERS: 63. circadian, 64. solvable, 65. chronic, 66. insomniac, 67. overtime, 68. prescribe, 69. medication, 70. dread, 71. comfort

72. 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
73. 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
74. app_____ely same *adv.* close to a specific number or time but not exactly that number or time
75. up_____ng election *adj.* approaching or soon to happen; in the near future; pending or anticipated
76. 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
77. blo_____am in an artery *n.* the blood flowing through the body
78. ig_____e a ban *v.* to intentionally not listen or pay attention to
79. the height of a p____e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
80. ove_____ter trading *adj.* (often abbreviated as "OTC") relating to products or medications that are available for purchase without a prescription from a licensed healthcare professional; (noun, of finance) a method of trading that doesn't take place on a formal exchange

ANSWERS: 72. bedtime, 73. balance, 74. approximately, 75. upcoming, 76. jetlag, 77. bloodstream, 78. ignore, 79. pile, 80. over-the-counter

81. 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
82. ove_____ter drugs *adj.* (often abbreviated as "OTC") relating to products or medications that are available for purchase without a prescription from a licensed healthcare professional; (noun, of finance) a method of trading that doesn't take place on a formal exchange
83. f__e abroad *v.* to leave by running away, especially out of fear or danger
84. t__e pressure *v.* to become weary or fatigued, often due to physical or mental exertion; to cause someone to feel weary or fatigued; (noun) a rubber covering that is placed around the rim of a wheel, which provides traction and absorbs shock while driving
85. deposits and wit_____als *n.* the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back
86. fa_____e breaking *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

ANSWERS: 81. snore, 82. over-the-counter, 83. flee, 84. tire, 85. withdrawal, 86. fatigue

87. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
88. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
89. hi____k a helicopter *v.* to seize control of an airplane or other vehicle during an operation, especially with violence
90. play ha__c in the mind *n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
91. decision-making pr____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
92. the exc_____nt in the business world *n.* a feeling of great enthusiasm and eagerness
93. chronic in_____ac *n.* a person who regularly has insomnia(= a condition characterized by difficulty falling asleep, staying asleep, or getting restful sleep)
94. dif_____ty in breathing *n.* a condition or state that causes problems
95. pr_____be in the preceding paragraph *v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something

ANSWERS: 87. addition, 88. suffer, 89. hijack, 90. havoc, 91. process, 92. excitement, 93. insomniac, 94. difficulty, 95. prescribe

96. 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
97. f__e their homes *v.* to leave by running away, especially out of fear or danger
98. met_____sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
99. ro_____e business *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
100. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
101. ad_____ve substance *adj.* causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming
102. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
103. way to mi_____ze conflict *v.* to make something, especially something bad, small or less serious
104. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support

ANSWERS: 96. adrenaline, 97. flee, 98. metabolism, 99. routine, 100. cortisol, 101. addictive, 102. meditation, 103. minimize, 104. aid

105. gas_____nal symptoms *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
106. ce_____al cortex *adj.* relating to the brain or intellect; intellectual or studious rather than emotional or physical
107. a built-in diagnostic ro_____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
108. se_____ve documents *adj.* able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
109. ad_____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
110. su_____n a wellness lifestyle *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
111. exit from a l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
112. play a vi__l role *adj.* necessary for the success or continued existence of something
113. wr__k my brain *n.* wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
114. re_____te our conduct *v.* to control something, especially by means of rules or laws

ANSWERS: 105. gastrointestinal, 106. cerebral, 107. routine, 108. sensitive, 109. adrenal, 110. sustain, 111. loop, 112. vital, 113. wrack, 114. regulate

115. cannot com_____se anymore *v.* to settle a problem or disagreement by mutual concession
116. less fo_____te person *adj.* having good luck or lucky
117. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
118. baby with se_____ve skin *adj.* able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
119. em_____al health *adj.* relating to people's feelings
120. syn_____ze our watches *v.* to happen or cause to happen at the same time or rate
121. a ch_____al compound *adj.* relating to or connected with chemistry;
122. two-ph__e structure *n.* any stage in a series of events, change, or development
123. economic th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
124. financial a_d *n.* things sent to help countries in need, notably food or money; support
125. blood gl_____e test *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
126. su_____n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid

ANSWERS: 115. compromise, 116. fortunate, 117. anxiety, 118. sensitive, 119. emotional, 120. synchronize, 121. chemical, 122. phase, 123. threat, 124. aid, 125. glucose, 126. sustain

127. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
128. ov_____er the opponent *v.* to conquer or establish complete control over someone by using superior strength
129. ex_____e sports *adj.* very great in amount or degree
130. de__y the new project *v.* to cause something to happen at a later time than originally intended or expected
131. dead as___p *adj.* in a state of sleep
132. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
133. so_____le problem *adj.* capable of being solved or resolved; able to be fixed or resolved with effort, skill, or knowledge
134. aesthetic exc_____nt *n.* a feeling of great enthusiasm and eagerness
135. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
136. gl_____e level *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
137. 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

ANSWERS: 127. meditation, 128. overpower, 129. extreme, 130. delay, 131. asleep, 132. well-being, 133. solvable, 134. excitement, 135. anxiety, 136. glucose, 137. jetlag

138. re____d communities *v.* to build again or anew
139. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
140. 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
141. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
142. cause ha__c *n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
143. h__t after knowledge *v.* to go after and try to catch wild animals to kill them for food, sport, or profit
144. ad____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
145. wit_____al from membership *n.* the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back
146. gas_____nal disorders *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
147. pr_____y education *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

ANSWERS: 138. rebuild, 139. dread, 140. disorder, 141. medication, 142. havoc, 143. hunt, 144. adrenal, 145. withdrawal, 146. gastrointestinal, 147. primary

148. the degree of dif_____ty *n.* a condition or state that causes problems
149. co_____ve coal resources *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
150. po____r life's meaning *v.* to think deeply or carefully about something
151. chemical ad_____on *n.* the act or process of adding something to something else; the process of adding numbers
152. pa_____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
153. in st____e condition *adj.* firm and steady; not easily moved, disturbed, or changed
154. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
155. ex_____e weather events *adj.* very great in amount or degree
156. highly ad_____ve *adj.* causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming
157. fa_____e caused by overwork *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

ANSWERS: 148. difficulty, 149. conserve, 150. ponder, 151. addition, 152. patient, 153. stable, 154. chronic, 155. extreme, 156. addictive, 157. fatigue

158. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
159. sl____t increase *adj.* very small in degree or amount
160. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
161. hemoglobin met_____sm *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
162. ov_____er the suspect *v.* to conquer or establish complete control over someone by using superior strength
163. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
164. 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
165. 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
166. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
167. 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

ANSWERS: 158. opportune, 159. slight, 160. eventually, 161. metabolism, 162. overpower, 163. cycle, 164. balance, 165. association, 166. patient, 167. mechanism

168. ov_____me work *n.* time worked beyond the regular or agreed-upon hours of work, often resulting in additional pay or compensation for the employee
169. alleviate res_____ry ailments *adj.* relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air
170. com_____se the matter *v.* to settle a problem or disagreement by mutual concession
171. re_____e the computer error *v.* to find a suitable answer to the problems or difficulty
172. 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
173. the exotic flavor of the Or____t *v.* to position or adjust someone or something for a particular purpose; (noun) the countries of Asia
174. environmental th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
175. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
176. 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

ANSWERS: 168. overtime, 169. respiratory, 170. compromise, 171. resolve, 172. mechanism, 173. orient, 174. threat, 175. relax, 176. cortisol

177. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
178. blo_____am to the brain *n.* the blood flowing through the body
179. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
180. syn_____ze movements *v.* to happen or cause to happen at the same time or rate
181. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
182. or_____t my thinking *v.* to position or adjust someone or something for a particular purpose; (noun) the countries of Asia
183. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
184. as_____p at the wheel *adj.* in a state of sleep
185. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
186. fo_____te situation *adj.* having good luck or lucky
187. against tr_____on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

ANSWERS: 177. typical, 178. bloodstream, 179. relation, 180. synchronize, 181. typical, 182. orient, 183. process, 184. asleep, 185. depression, 186. fortunate, 187. tradition

188. irregular heart rh___m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
189. a te_____ry permit *adj.* not lasting or be used for a very long
190. a fl__d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
191. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
192. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
193. de__y a flight three hours *v.* to cause something to happen at a later time than originally intended or expected
194. enter on the last ph__e *n.* any stage in a series of events, change, or development
195. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
196. a ge_____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
197. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
198. emotional di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort
199. re__x at home *v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 188. rhythm, 189. temporary, 190. flood, 191. comfort, 192. brain, 193. delay, 194. phase, 195. regulate, 196. genetic, 197. maintain, 198. distress, 199. relax

200. res_____ry failure	<i>adj.</i> relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air
201. 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
202. vi__l for a healthy society	<i>adj.</i> necessary for the success or continued existence of something
203. positive feedback l__p	<i>n.</i> a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
204. 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
205. app_____ely 3 feet long	<i>adv.</i> close to a specific number or time but not exactly that number or time
206. alcohol-dependent in_____ia	<i>n.</i> the condition of being unable to sleep, usually a chronic one
207. re_____le access	<i>adj.</i> worthy of being relied on; trustworthy
208. have ge_____c testing	<i>adj.</i> of or relating to genes (= parts of the DNA in cells) or the science of genes
209. sle_____ess disorder	<i>n.</i> the condition of being unable to sleep or having difficulty sleeping
210. do on a con_____nt basis	<i>adj.</i> always behaving or happening in the same way, or having the same thoughts, standards, etc.

ANSWERS: 200. respiratory, 201. bedtime, 202. vital, 203. loop, 204. wreak, 205. approximately, 206. insomnia, 207. reliable, 208. genetic, 209. sleeplessness, 210. consistent

211. toxic ch_____als	<i>adj.</i> relating to or connected with chemistry;
212. get con_____nt results	<i>adj.</i> always behaving or happening in the same way, or having the same thoughts, standards, etc.
213. mi_____ze a loss	<i>v.</i> to make something, especially something bad, small or less serious
214. sn__e in my sleep	<i>v.</i> 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
215. sy_____ms of low testosterone	<i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
216. exh_____on of energy	<i>n.</i> the state of being extremely tired and lacking energy or strength
217. endure dis_____rt and pain	<i>n.</i> a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
218. go to wr__k	<i>n.</i> wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
219. wo___n the food problem	<i>v.</i> to become or make something worse
220. di_____se with CT scans	<i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis

ANSWERS: 211. chemical, 212. consistent, 213. minimize, 214. snore, 215. symptom, 216. exhaustion, 217. discomfort, 218. wrack, 219. worsen, 220. diagnose

Session 3: Fill in the Blanks

1. 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

2. He felt no _____ as the dentist drilled his deadened tooth.
 - n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

3. It is a basic instinct to _____ from a dangerous situation.
 - v. to leave by running away, especially out of fear or danger

4. He lay down and fell _____ immediately.
 - adj. in a state of sleep

5. Certain foods can cause _____ problems if eaten in excess.
 - adj. relating to the stomach and intestines, particularly about the digestive system or related disorders

6. She studies gardening on a _____ basis.
 - n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

7. The era of the industrial revolution was a crucial _____ of history.
 - n. any stage in a series of events, change, or development

8. 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)

ANSWERS: 1. wreaked, 2. discomfort, 3. flee, 4. asleep, 5. gastrointestinal, 6. routine, 7. phase, 8. insomniac

9. Better sleep leads to increased _____.

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

10. The phone rang at the most _____ time.

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

11. I'm excited about the _____ concert with my favorite band.

adj. approaching or soon to happen; in the near future; pending or anticipated

12. He managed to get _____ jobs during the recession.

adj. not lasting or be used for a very long

13. We must manage to _____ our expenditure.

v. to control something, especially by means of rules or laws

14. Perseverance and optimism are _____ to success.

adj. necessary for the success or continued existence of something

15. 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

16. Understanding protein folding is a vital step in deciphering the _____ code.

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

17. 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

ANSWERS: 9. metabolism, 10. opportune, 11. upcoming, 12. temporary, 13. regulate, 14. vital, 15. orient, 16. genetic, 17. deprivation

18. _____ 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
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. The doctor carefully examined the _____ medical history.
- n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
21. The physician is reading the _____ related to medicine
- n.* a newspaper or magazine specialized in a specific topic or profession
22. These heavy rains caused flash _____ on several islands.
- n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
23. The long work hours were taking a toll on her mental _____.
- n.* the state of being extremely tired and lacking energy or strength
24. Chronic _____ disorders, such as asthma, can significantly impact a person's quality of life.
- adj.* relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air
25. 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: 18. Cortisol, 19. sleeplessness, 20. patient's, 21. journals, 22. floods, 23. exhaustion, 24. respiratory, 25. bedtime

26. 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
27. Hounds _____ their prey by using their keen scent.
- v.* to go after and try to catch wild animals to kill them for food, sport, or profit
28. The food chain causes a material _____.
- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
29. The shooter was eventually _____ and arrested by police.
- v.* to conquer or establish complete control over someone by using superior strength
30. 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
31. Trains are _____ inexpensive, and ideal for long-distance travel.
- adj.* worthy of being relied on; trustworthy
32. Since independence, the area has been completely _____.
- v.* to intentionally not listen or pay attention to
33. _____ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual

ANSWERS: 26. havoc, 27. hunt, 28. cycle, 29. overpowered, 30. disorder, 31. reliable, 32. ignored, 33. Chronic

34. She waited for her daughter with _____.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
35. I bought a gadget before my trip to help _____ stress during the flight.
- v.* to make something, especially something bad, small or less serious
36. The _____ cause of the accident was due to the icy road conditions.
- adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
37. We _____ the payment because of an incorrect invoice.
- v.* to cause something to happen at a later time than originally intended or expected
38. 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
39. Human _____ responses vary widely depending on the society to which they belong.
- adj.* relating to people's feelings
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. He has _____ exercising because of a back injury sustained in an accident.
- n.* a condition or state that causes problems

ANSWERS: 34. anxiety, 35. minimize, 36. primary, 37. delayed, 38. mechanisms, 39. emotional, 40. association, 41. difficulty

42. He suffered _____ and loss of appetite after he began taking that medication.
n. the condition of being unable to sleep, usually a chronic one
43. The doctor injected _____ into his patient's veins.
n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
44. He made a desperate effort to _____ an airliner.
v. to seize control of an airplane or other vehicle during an operation, especially with violence
45. The patient experienced a _____ hemorrhage and required surgery.
adj. relating to the brain or intellect; intellectual or studious rather than emotional or physical
46. After the party, they had to clean up _____ of dirty dishes.
n. a collection of objects positioned one on top of another; a large sum of something, such as money
47. 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
48. Pakistan's ___ budget was still being reviewed.
n. things sent to help countries in need, notably food or money; support
49. The _____ for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 42. insomnia, 43. glucose, 44. hijack, 45. cerebral, 46. piles, 47. jolted, 48. aid, 49. process

50. I prefer to buy _____ medication instead of getting a prescription.
adj. (often abbreviated as "OTC") relating to products or medications that are available for purchase without a prescription from a licensed healthcare professional; (noun, of finance) a method of trading that doesn't take place on a formal exchange
51. I have a parrot as a _____.
n. an animal that you have at home as a companion and treated kindly
52. NATO's allied forces made a strategic _____.
n. the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back
53. She only visited her grandparents on _____ weekends.
adj. happening or appearing at irregular intervals; not constant or regular
54. I need to _____ my car regularly to prevent any major mechanical issues.
v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
55. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
56. She struggled to _____ the children's reading habits.
v. to supply enough of what somebody or something needs to survive or exist; to accept as valid
57. Many people in this city use the _____ railway for transportation.
n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

ANSWERS: 50. over-the-counter, 51. pet, 52. withdrawal, 53. occasional, 54. maintain, 55. symptom, 56. sustain, 57. loop

58. The doctor diagnosed me with a _____ disorder.

- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

59. So far, the meeting is going according to _____.

- n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

60. 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

61. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.

- n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

62. She has been in great _____ since she was heartbroken.

- n.* a feeling of great worry, sadness, pain, or discomfort

63. We are responsible for the care and _____ of all our employees.

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

64. 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

65. This artwork is _____ of her work.

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

ANSWERS: 58. hormone, 59. schedule, 60. relations, 61. tradition, 62. distress, 63. well-being, 64. adrenaline-pumping, 65. typical

66. We made _____ modifications to reflect the views of both sides.

adj. very small in degree or amount

67. He beat out a jazz _____ on the cajones.

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

68. The pharmacist not only prescribes the _____ but also guides its proper use.

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

69. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

70. Cancer cells are often carried throughout the body by the _____.

n. the blood flowing through the body

71. 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

72. This device is used to _____ brain cancer and other tumors.

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

73. She sat quietly, _____ the difficult decision.

v. to think deeply or carefully about something

ANSWERS: 66. slight, 67. rhythm, 68. medication, 69. consistent, 70. bloodstream, 71. wrack, 72. diagnose, 73. pondering

74. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
75. The new video game was so _____ that he stayed up all night playing it.
- adj.* causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming
76. This trail takes _____ 2.5 hours.
- adv.* close to a specific number or time but not exactly that number or time
77. The doctor ordered tests to check the patient's _____ function.
- adj.* relating to two glands situated above the kidneys, called the adrenal gland
78. 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
79. Federal bankruptcy laws _____ the reorganization process.
- v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something
80. In junior high school, we had to dissect a frog in _____ class.
- n.* the scientific study of life and the natural processes of living things
81. The _____ of the upcoming concert was palpable among the crowd.
- n.* a feeling of great enthusiasm and eagerness

ANSWERS: 74. meditation, 75. addictive, 76. approximately, 77. adrenal, 78. snored, 79. prescribed, 80. biology, 81. excitement

82. Unilateral import bans have _____ that country's terms of trade.
v. to become or make something worse
83. The rules were _____ after the new executive arrived.
v. to become or cause someone to become less active or tense and calmer
84. In _____ private corporations provide healthcare services.
n. the act or process of adding something to something else; the process of adding numbers
85. The teacher is very _____ to children's feelings.
adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
86. Children must be taught to _____ our natural environment.
v. to protect something, especially the natural environment or culture, from change, damage, or destruction
87. 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
88. He found _____ in the warm embrace of his loved ones.
n. a state of physical ease and freedom from pain or constraint
89. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 82. worsened, 83. relaxed, 84. addition, 85. sensitive, 86. conserve, 87. circadian, 88. comfort, 89. eventually

90. The _____ of severe weather prompted the city to issue an evacuation warning.
- n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
91. 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
92. 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
93. He felt _____ and constantly changed his postures.
- adj.* unwilling or unable to stay still or relax because you are worried and uneasy
94. _____ symptoms might include a decrease in appetite and weight loss.
- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
95. 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
96. The company's policy on _____ states that employees will be compensated for any additional hours worked.
- n.* time worked beyond the regular or agreed-upon hours of work, often resulting in additional pay or compensation for the employee

ANSWERS: 90. threat, 91. solvable, 92. jetlag, 93. restless, 94. Depression, 95. dread, 96. overtime

97. Relations between the two countries have been relatively _____ due to the summit meeting.

adj. firm and steady; not easily moved, disturbed, or changed

98. The older man _____ from arthritis and finds it difficult to move around.

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

99. I need to _____ out my dog with a long walk so that he will sleep through the night.

v. to become weary or fatigued, often due to physical or mental exertion; to cause someone to feel weary or fatigued; (noun) a rubber covering that is placed around the rim of a wheel, which provides traction and absorbs shock while driving

100. 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

101. He was pretty _____ to pass the exam.

adj. having good luck or lucky

102. 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

103. They never _____ on development despite the lack of funds.

v. to settle a problem or disagreement by mutual concession

104. The sudden policy change has caused _____ among employees.

n. the state of being mixed up or unclear, or the state of disorder or uncertainty

ANSWERS: 97. stable, 98. suffers, 99. tire, 100. balance, 101. fortunate, 102. brain, 103. compromised, 104. confusion

105. 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

106. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

107. This company _____ its battery problem completely.

v. to find a suitable answer to the problems or difficulty

108. The firm has grown into a large _____ manufacturing.

adj. relating to or connected with chemistry;

109. They are planning to _____ the house after the fire.

v. to build again or anew

110. The metal showed signs of _____ after being subjected to repeated stress.

n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

ANSWERS: 105. synchronized, 106. extreme, 107. resolves, 108. chemical, 109. rebuild, 110. fatigue