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Vocabulary Builder Reference from...

Dan Gartenberg: The brain benefits of deep sleep -- and how to get more of it | TED Talk

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

Advanced Words Only

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Session 1: Word List

captivate

v. to attract and hold the attention or interest of

synonym: enchant, charm, fascinate

(1) **captivate** public sentiment, (2) **captivate** the mind

The magician **captivated** the audience with his illusions.

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.

dictate

v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

synonym: read out, prescribe, order

(1) **dictate** a letter to secretary, (2) **dictate** to the associate

The allies **dictated** the terms of surrender to the country.

jeopardy

n. the state of being in danger or at risk of harm or loss

synonym: danger, risk, peril

(1) put his life in **jeopardy**, (2) tax in **jeopardy**

The project is in **jeopardy** of being canceled due to a lack of funding.

Alzheimer

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

synonym: dementia, memory loss, cognitive decline

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

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

untreated

adj. not given medical care or treatment; not subjected to chemical or physical treatment

synonym: raw, unprocessed, coarse

(1) an **untreated** disease, (2) dispose of **untreated** formalin solution

Heat stroke is the result of **untreated** heat exhaustion.

apnea

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

synonym: breathing interruption, suspension of breath

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

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

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

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.

deprive

v. to take away something from someone

synonym: deny, take away, divest

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

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.

scalp

n. the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

synonym: hair cover, pelt, epidermis

(1) **scalp** massage, (2) **scalp** condition

I have an itchy **scalp** and need to switch to a different shampoo.

gadget

n. a small tool or device that is useful for a particular job

synonym: appliance, gimmick, device

(1) a handy **gadget**, (2) time-saving **gadget**

I found the kitchen **gadget** that will serve as a bottle opener in the store.

gizmo

n. a small gadget or mechanical device, particularly one that is difficult to name or describe

synonym: gadget, device, contraption

(1) handy **gizmo**, (2) high-tech **gizmo**

You can find all kinds of interesting **gizmos** in this store.

stimming

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements

or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

synonym : self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

Session 2: Spelling

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|-------------------------------|---|
| 1. de_____e others of profit | <i>v.</i> to take away something from someone |
| 2. tax in je_____dy | <i>n.</i> the state of being in danger or at risk of harm or loss |
| 3. 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 |
| 4. st_____ng therapy | <i>n.</i> a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation |
| 5. ca_____te public sentiment | <i>v.</i> to attract and hold the attention or interest of |
| 6. sc__p condition | <i>n.</i> the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack |
| 7. ci_____an clock | <i>adj.</i> 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 |
| 8. put his life in je_____dy | <i>n.</i> the state of being in danger or at risk of harm or loss |

ANSWERS: 1. deprive, 2. jeopardy, 3. deprivation, 4. stimming, 5. captivate, 6. scalp, 7. circadian, 8. jeopardy

9. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
10. autistic st_____ng *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
11. 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
12. de_____e him of his status *v.* to take away something from someone
13. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
14. di_____e to the associate *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
15. time-saving ga____t *n.* a small tool or device that is useful for a particular job
16. di_____e a letter to secretary *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
17. ca_____te the mind *v.* to attract and hold the attention or interest of

ANSWERS: 9. Alzheimer, 10. stimming, 11. circadian, 12. deprive, 13. well-being, 14. dictate, 15. gadget, 16. dictate, 17. captivate

18. em____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
19. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
20. an un_____ed disease *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
21. full of em____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
22. a handy ga____t *n.* a small tool or device that is useful for a particular job
23. sc__p massage *n.* the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack
24. dispose of un_____ed formalin solution *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
25. handy gi__o *n.* a small gadget or mechanical device, particularly one that is difficult to name or describe
26. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
27. epileptic ap__a *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions

ANSWERS: 18. empathy, 19. well-being, 20. untreated, 21. empathy, 22. gadget, 23. scalp, 24. untreated, 25. gizmo, 26. Alzheimer, 27. apnea

28. ap__a treatment *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
29. high-tech gi__o *n.* a small gadget or mechanical device, particularly one that is difficult to name or describe
30. chronic sleep dep_____on *n.* a state of not having something, such as food or money, that you need for a pleasant life

ANSWERS: 28. apnea, 29. gizmo, 30. deprivation

Session 3: Fill in the Blanks

1. I found the kitchen _____ that will serve as a bottle opener in the store.
n. a small tool or device that is useful for a particular job

2. Autistic children may engage in _____ behaviors, such as rocking or hand flapping, to self-regulate.
n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

3. I have an itchy _____ and need to switch to a different shampoo.
n. the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

4. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous

5. The project is in _____ of being canceled due to a lack of funding.
n. the state of being in danger or at risk of harm or loss

6. My grandmother has _____ disease requires special care and attention from her caregivers.
n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

7. 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: 1. gadget, 2. stimming, 3. scalp, 4. well-being, 5. jeopardy, 6. Alzheimer's, 7. deprivation

8. Sleep _____ is a severe condition that causes a person to stop breathing while asleep.
- n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
9. 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
10. Heat stroke is the result of _____ heat exhaustion.
- adj.* not given medical care or treatment; not subjected to chemical or physical treatment
11. _____ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
12. You can find all kinds of interesting _____ in this store.
- n.* a small gadget or mechanical device, particularly one that is difficult to name or describe
13. The magician _____ the audience with his illusions.
- v.* to attract and hold the attention or interest of
14. He was _____ of his freedom when sentenced to life in prison.
- v.* to take away something from someone
15. The allies _____ the terms of surrender to the country.
- v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

ANSWERS: 8. apnea, 9. circadian, 10. untreated, 11. Empathy, 12. gizmos, 13. captivated, 14. deprived, 15. dictated

ANSWERS: