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Vocabulary Builder Reference from...

Russell Foster: Why do we sleep? | TED Talk

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Advanced Words Only

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Session 1: Word List

neuroscience

n. the scientific study of the function, structure, and disorder of the brain and the nervous system

(1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

ghastly

adj. causing great horror or fear; shockingly unpleasant or bad

synonym: horrifying, dreadful, terrifying

(1) **ghastly** sight, (2) **ghastly** mistake

The child's **ghastly** scream echoed through the haunted house.

dew

n. the tiny drops of water that have condensed on a cool surface overnight

synonym: condensation, vapor, fog

(1) a drop of **dew**, (2) morning **dew**

Moisture in the atmosphere condenses at night and forms **dew**.

slumber

n. a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap

synonym: sleep, doze, snooze

(1) fall into a **slumber**, (2) **slumber** in class

She couldn't resist the temptation to **slumber** on the couch after lunch.

fright

n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

synonym: terror, panic, fear

(1) **fright** response, (2) shiver in **fright**

The dog's barking gave the mailperson a terrible **fright**.

scot

n. a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant

synonym: tax, charge, toll

(1) pay annual **scot**, (2) traditional **Scot** attire

The **scot-free** suspect was later apprehended for a different crime.

prophetic

adj. containing or given to making predictions; presaging the future; of or relating to a prophet (= an authoritative person who divines the future)

synonym: foretelling, predictive, presaging

(1) **prophetic** powers, (2) **prophetic** book

The stock market analysts had a **prophetic** sense of the coming recession.

Elizabethan

n. pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period

(1) **Elizabethan** religious settlement, (2) **Elizabethan** theatre

The **Elizabethan** era is known for its rich literature and theatrical productions.

dramatist

n. (also "dramaturge") a writer of plays, dramas, or theatrical pieces

synonym : playwright, author, scriptwriter

(1) the **dramatist's** latest production, (2) modern **dramatist**
The famous **dramatist** wrote many successful plays during his career.

thatch

n. a material, such as straw or reeds, used to cover the roofs of houses or other buildings

synonym : straw, grass, reed

(1) cover with **thatch**, (2) **thatch** of hair

The **thatch** roof was made from local grasses and was a traditional design.

invade

v. to enter aggressively into another's territory by military force for conquest and occupation

synonym : intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy

I have no intention to **invade** your privacy.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

raft

n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer

synonym : flatboat, boat, barge

(1) a **raft** for carrying horses, (2) a life **raft**

The rubber **raft** was swept out to sea.

ventral

adj. relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal

synonym : abdominal, ventricose, stomachal

(1) **ventral** fin, (2) **ventral** hernia

The **ventral** side of the fish was beautifully colored.

wrinkle

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

synonym: crinkle, fold, crumple

(1) a fine **wrinkle** on a fabric, (2) a facial **wrinkle**

This suit is made of **wrinkle-proof** material.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

meager

adj. small in quantity, quality, or size; insufficient or inadequate

synonym: scanty, sparse, insufficient

(1) **meager** salary, (2) **meager** resources

The refugee family had to survive on a **meager** amount of food and water daily.

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.

smashing

adj. very successful or impressive; causing something to be broken or destroyed

synonym: great, wonderful, breaking

(1) a **smashing** blow, (2) give **smashing** results

The band's new album was a **smashing** success, reaching the top of the charts.

attenuate

v. to weaken or reduce the intensity of something, such as a sound, feeling, or substance; to make something thinner or less dense

synonym: weaken, reduce, diminish

(1) **attenuate** the signal, (2) **attenuate** the power
The scientist was able to **attenuate** the virus by altering its genetic code.

threefold

adj. three times as great or as many

synonym: three, triple, three times

(1) rise nearly **threefold**, (2) **threefold** increase

The price of the item was reduced **threefold** after the sale.

synapse

n. the fact or state of failing to finish an activity and of stopping using, making, or doing it

(1) **synapse** circuit, (2) end at a **synapse**

Animals transmit nerve impulses through **synapses**.

indulgence

n. the state or act of allowing oneself or another person to enjoy the pleasure of something that is considered to be a pleasure or luxury

synonym: luxury, treat, pampering

(1) plenary **indulgence**, (2) selfish **indulgence**

He allowed himself a few small **indulgences** during his diet.

liken

v. to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way

synonym: compare, equate, analogize

(1) **liken** to a flower, (2) **liken** to a bird

Some people **liken** meditation to a mental shower, refreshing and rejuvenating the mind.

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.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym : interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep
I'm so sorry to **disrupt** you when you're pretty busy.

gracious

adj. behaving in a kind, polite and generous way

synonym : cordial, affable, courteous

(1) in a **gracious** manner, (2) **gracious** hospitality
The staff is always helpful and **gracious**.

craving

n. a strong desire of wanting something

synonym : desire, appetite, longing

(1) **craving** for revenge, (2) curb our **cravings**
I have a **craving** for nicotine.

indulge

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

synonym : pamper, gratify, entertain

(1) **indulge** in debauchery, (2) **indulge** children
She **indulged** in a warm bath after a long day at work.

involuntary

adj. acting or done without or against one's will

synonym : coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles
The drug's side effects can include **involuntary** loss of urine.

embarrass

v. to cause someone to feel awkward, worried, or ashamed

synonym : disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project
He looked for an opportunity to **embarrass** that actor in public.

freeway

n. a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or

access roads to other highways

synonym : highway, expressway, motorway

(1) **freeway** exit, (2) expanded **freeway**

We got stuck in a traffic jam on the **freeway** for over an hour.

vigilance

n. the state of being watchful, alert, and attentive to potential dangers or threats; careful attention to detail and an active effort to prevent harm or damage

synonym : watchfulness, attentiveness, alertness

(1) exercise **vigilance**, (2) heightened **vigilance**

Constant **vigilance** is crucial for preventing home burglaries.

challenger

n. a person or thing that challenges or competes with someone or something else; a contestant in a competition or challenge

synonym : contender, rival, contestant

(1) **challenger** brand, (2) political **challenger**

The **challenger** in the boxing match put up a good fight.

impulsive

adj. acting suddenly without any planning and without considering the effects they may have

synonym : abrupt, hasty, capricious

(1) an **impulsive** force, (2) do **impulsive** buying

He regrets the **impulsive** behavior he took in his drunken state.

stimulant

n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

synonym : upper, energizer, booster

(1) memory **stimulant**, (2) prescription **stimulant**

Many athletes use **stimulants** like caffeine to boost their energy before a competition.

nicotine

n. a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system

synonym : tobacco, smoke

(1) **nicotine** patch, (2) **nicotine** replacement therapy
Smoking cigarettes exposes the body to high levels of **nicotine**, which can be addictive.

sedate

adj. calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity

synonym : calm, composed, tranquil

(1) **sedate** atmosphere, (2) **sedate** patient

The **sedate** environment of the library was perfect for studying.

mimic

v. to imitate someone's speech, movement, or behavior, especially to make others laugh

synonym : mirror, imitate, ape

(1) **mimic** a human voice, (2) **mimic** numerous instruments
He is very popular at school because he can **mimic** all the teachers' accents.

addict

n. a person who cannot stop using or doing something as a habit, especially something harmful

synonym : devotee, buff, freak

(1) a drug **addict**, (2) Internet **addict**

We have become TV **addicts** due to video streaming services.

obese

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

synonym : overweight, corpulent, plump

(1) **obese** individuals, (2) **obese** children

The doctor warned him that his **obese** condition put him at risk for numerous health problems.

ghrelin

n. a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone

synonym: hunger hormone, appetite stimulant, orexigenic peptide

(1) **ghrelin** hormone, (2) blood **ghrelin**

Some medications are known to affect the production of **ghrelin** in the body.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym: sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism

Foods high in **carbohydrates** include bread, pasta, and rice.

predisposition

n. a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

synonym: tendency, inclination, disposition

(1) **predisposition** to anxiety, (2) genetic **predisposition**

Smoking can increase a person's **predisposition** to lung cancer.

lapse

n. a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended

synonym: break, failure, blunder

(1) **lapse** back into recession, (2) **lapse** in payment

I missed the deadline due to a **lapse** in my memory.

intolerant

adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

synonym: failure, impotence, shortcoming

(1) an **intolerant** person, (2) **intolerant** of criticism

His **intolerant** attitude towards other cultures made it difficult for him to get along with others.

impair

v. to damage something or make it weaker or worse

synonym: degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

grumpy

adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

synonym: crabby, grouchy, irritable

(1) **grumpy** cat, (2) **grumpy** mood

The **grumpy** older man snapped at the children for playing too loudly.

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym: cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

socioeconomic

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

synonym: social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

smug

adj. excessively pleased with oneself; self-righteously complacent

synonym : self-satisfied, complacent, self-assured

(1) in a **smug** manner, (2) **smug** attitude

She felt **smug** about her performance in the competition.

schizophrenia

n. a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior

synonym : psychosis, disorder, mental illness

(1) **schizophrenia** spectrum disorder, (2) **schizophrenia** treatment

The **schizophrenia** patient was experiencing severe auditory hallucinations.

psychotic

adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

synonym : deranged, unstable, certifiable

(1) **psychotic** medication, (2) **psychotic** episode

Her husband's death caused her to experience a **psychotic** break.

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym : cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

bipolar

adj. of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

(1) **bipolar** depression, (2) a **bipolar** semiconductor

The physician prescribed medication to treat **bipolar** disorder.

predispose

v. to make someone susceptible

synonym : dispose, incline

(1) **predispose** to the development of cancer,
(2) **predispose** me to become a novelist
Her outstanding achievement **predisposes** people to like her.

precede

v. to happen or go before something or someone in time or space

synonym: lead, forego, antecede

(1) men often **precede** women when walking, (2) **precede** any discussion

Agricultural development generally **precedes** economic growth.

exacerbate

v. to make a situation, problem, or feeling worse

synonym: worsen, aggravate, escalate

(1) **exacerbate** the situation, (2) **exacerbate** symptoms

The heat wave **exacerbated** the drought conditions.

freeman

n. a person who is not a serf or enslaved person and has the right to hold property and vote

synonym: citizen, individual, person

(1) **freeman** rights, (2) **freeman** status

In the colonial period, only **freeman** was allowed to vote.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym: brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

paranoia

n. a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability

synonym: suspicion, mistrust, delusions

(1) encourage **paranoia**, (2) suffering from **paranoia**

His **paranoia** about being followed made him constantly look over his shoulder.

appalling

adj. causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant

synonym : shocking, horrifying, alarming

(1) **appalling** crimes, (2) **appalling** behavior

The condition of that old house was **appalling**.

duvet

n. (also "comforter") a soft, flat bag filled with feathers, down, or synthetic fibers, used as a covering for a bed, usually enclosed in a removable cover and provides warmth and comfort while sleeping

synonym : comforter, quilt, blanket

(1) soft **duvet**, (2) **duvet** cover

I love snuggling up under my cozy **duvet** on a cold winter night.

pragmatic

adj. practical rather than idealistic

synonym : practical, realistic, down-to-earth

(1) **pragmatic** approach, (2) **pragmatic** politics

He was a **pragmatic** leader who made decisions based on what was practical rather than ideal.

debilitating

adj. weakening or damaging; causing a loss of strength, energy, or success

synonym : weakening, exhausting

(1) **debilitating** virus, (2) **debilitating** effect

His **debilitating** illness made it difficult for him to leave the house.

butcher

n. a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others

synonym : butcherer, meat cutter, slaughterer

(1) **butcher** knife, (2) local **butcher**

He's a vegetarian and was shocked to see so much meat in the **butcher** shop.

Session 2: Spelling

1. fall into a sl_____r
n. a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
2. car_____ate metabolism
n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
3. la__e in payment
n. a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended
4. inv_____ry muscles
adj. acting or done without or against one's will
5. suffering from pa_____ia
n. a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability
6. gh_____y mistake
adj. causing great horror or fear; shockingly unpleasant or bad
7. soc_____mic issues
adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

ANSWERS: 1. slumber, 2. carbohydrate, 3. lapse, 4. involuntary, 5. paranoia, 6. ghastly, 7. socioeconomic

8. in___e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
9. a bi____r semiconductor *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
10. pr____ic politics *adj.* practical rather than idealistic
11. blood gh____n *n.* a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone
12. selfish ind____ce *n.* the state or act of allowing oneself or another person to enjoy the pleasure of something that is considered to be a pleasure or luxury
13. prescription st____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
14. cha____er brand *n.* a person or thing that challenges or competes with someone or something else; a contestant in a competition or challenge
15. du__t cover *n.* (also "comforter") a soft, flat bag filled with feathers, down, or synthetic fibers, used as a covering for a bed, usually enclosed in a removable cover and provides warmth and comfort while sleeping

ANSWERS: 8. invade, 9. bipolar, 10. pragmatic, 11. ghrelin, 12. indulgence, 13. stimulant, 14. challenger, 15. duvet

16. a fine wr_____e on a fabric *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
17. men often pr_____e women when walking *v.* to happen or go before something or someone in time or space
18. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
19. exercise vi_____ce *n.* the state of being watchful, alert, and attentive to potential dangers or threats; careful attention to detail and an active effort to prevent harm or damage
20. in_____e in debauchery *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
21. th___h of hair *n.* a material, such as straw or reeds, used to cover the roofs of houses or other buildings
22. deb_____ing virus *adj.* weakening or damaging; causing a loss of strength, energy, or success
23. sch_____nia treatment *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
24. modern dr_____st *n.* (also "dramaturge") a writer of plays, dramas, or theatrical pieces
25. pr_____ic book *adj.* containing or given to making predictions; presaging the future; of or relating to a prophet (= an authoritative person who divines the future)

ANSWERS: 16. wrinkle, 17. precede, 18. neurotransmitter, 19. vigilance, 20. indulge, 21. thatch, 22. debilitating, 23. schizophrenia, 24. dramatist, 25. prophetic

26. ap_____ng crimes *adj.* causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant
27. chronic sleep dep_____on *n.* a state of not having something, such as food or money, that you need for a pleasant life
28. de_____e him of his status *v.* to take away something from someone
29. me____r resources *adj.* small in quantity, quality, or size; insufficient or inadequate
30. memory st_____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
31. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
32. mi__c numerous instruments *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
33. pay annual s__t *n.* a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant
34. de_____e others of profit *v.* to take away something from someone
35. ob__e children *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

ANSWERS: 26. appalling, 27. deprivation, 28. deprive, 29. meager, 30. stimulant, 31. disrupt, 32. mimic, 33. scot, 34. deprive, 35. obese

36. pre_____se to the development of cancer
v. to make someone susceptible
37. neu_____ter receptor
n. a chemical that carries nerve impulses between neurons or between neurons and muscles
38. di_____t sleep
v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
39. cover with th____h
n. a material, such as straw or reeds, used to cover the roofs of houses or other buildings
40. do im_____ve buying
adj. acting suddenly without any planning and without considering the effects they may have
41. se__r a rope
v. to break or separate something by cutting, especially suddenly and forcibly
42. curb our cr_____gs
n. a strong desire of wanting something
43. ve_____l fin
adj. relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal
44. shiver in fr____t
n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
45. gh_____n hormone
n. a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone

ANSWERS: 36. predispose, 37. neurotransmitter, 38. disrupt, 39. thatch, 40. impulsive, 41. sever, 42. craving, 43. ventral, 44. fright, 45. ghrelin

46. in a gr____us manner *adj.* behaving in a kind, polite and generous way
47. traditional S__t attire *n.* a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant
48. rise nearly th_____ld *adj.* three times as great or as many
49. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
50. sy_____e circuit *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
51. give sm_____ng results *adj.* very successful or impressive; causing something to be broken or destroyed
52. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
53. local bu_____r *n.* a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others
54. li__n to a flower *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
55. expanded fr_____y *n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways

ANSWERS: 46. gracious, 47. scot, 48. threefold, 49. excite, 50. synapse, 51. smashing, 52. sever, 53. butcher, 54. liken, 55. freeway

56. at_____te the signal
v. to weaken or reduce the intensity of something, such as a sound, feeling, or substance; to make something thinner or less dense
57. in___e other tissues
v. to enter aggressively into another's territory by military force for conquest and occupation
58. ap_____ng behavior
adj. causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant
59. ps_____ic episode
adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking
60. end at a sy_____e
n. the fact or state of failing to finish an activity and of stopping using, making, or doing it
61. pr_____ic powers
adj. containing or given to making predictions; presaging the future; of or relating to a prophet (= an authoritative person who divines the future)
62. ex___e rebellion
v. to make someone feel suddenly enthusiastic or eager
63. a life r__t
n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
64. cr_____g for revenge
n. a strong desire of wanting something
65. em_____ss my project
v. to cause someone to feel awkward, worried, or ashamed

ANSWERS: 56. attenuate, 57. invade, 58. appalling, 59. psychotic, 60. synapse, 61. prophetic, 62. excite, 63. raft, 64. craving, 65. embarrass

66. int_____nt of criticism *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
67. Internet ad____t *n.* a person who cannot stop using or doing something as a habit, especially something harmful
68. at_____te the power *v.* to weaken or reduce the intensity of something, such as a sound, feeling, or substance; to make something thinner or less dense
69. political cha_____er *n.* a person or thing that challenges or competes with someone or something else; a contestant in a competition or challenge
70. sl_____r in class *n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
71. bu_____r knife *n.* a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others
72. im____r insulin sensitivity *v.* to damage something or make it weaker or worse
73. bi_____r depression *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
74. pr_____ic approach *adj.* practical rather than idealistic
75. pr_____e any discussion *v.* to happen or go before something or someone in time or space

ANSWERS: 66. intolerant, 67. addict, 68. attenuate, 69. challenger, 70. slumber, 71. butcher, 72. impair, 73. bipolar, 74. pragmatic, 75. precede

76. anterior hyp_____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
77. ps_____ic medication *adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking
78. s__g attitude *adj.* excessively pleased with oneself; self-righteously complacent
79. fr_____y exit *n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways
80. pre_____se me to become a novelist *v.* to make someone susceptible
81. a drug ad____t *n.* a person who cannot stop using or doing something as a habit, especially something harmful
82. the branch of neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
83. mi__c a human voice *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
84. ni_____ne patch *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system

ANSWERS: 76. hypothalamus, 77. psychotic, 78. smug, 79. freeway, 80. predispose, 81. addict, 82. neuroscience, 83. mimic, 84. nicotine

85. fr___t response *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
86. Eli_____an theatre *n.* pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period
87. in a s___g manner *adj.* excessively pleased with oneself; self-righteously complacent
88. la___e back into recession *n.* a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended
89. st_____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
90. dep_____on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
91. pre_____ion to anxiety *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
92. complex car_____ate *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
93. fr_____n rights *n.* a person who is not a serf or enslaved person and has the right to hold property and vote

ANSWERS: 85. fright, 86. Elizabethan, 87. smug, 88. lapse, 89. stabilize, 90. deprivation, 91. predisposition, 92. carbohydrate, 93. freeman

94. exa_____te symptoms *v.* to make a situation, problem, or feeling worse
95. ni_____ne replacement therapy *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
96. heightened vi_____ce *n.* the state of being watchful, alert, and attentive to potential dangers or threats; careful attention to detail and an active effort to prevent harm or damage
97. se___e atmosphere *adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
98. me___r salary *adj.* small in quantity, quality, or size; insufficient or inadequate
99. a sm_____ng blow *adj.* very successful or impressive; causing something to be broken or destroyed
100. an im_____ve force *adj.* acting suddenly without any planning and without considering the effects they may have
101. se___e patient *adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
102. a r__t for carrying horses *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer

ANSWERS: 94. exacerbate, 95. nicotine, 96. vigilance, 97. sedate, 98. meager, 99. smashing, 100. impulsive, 101. sedate, 102. raft

103. gr___y mood *adj.* easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way
104. hyp_____mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
105. gh___y sight *adj.* causing great horror or fear; shockingly unpleasant or bad
106. ob__e individuals *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
107. morning d_w *n.* the tiny drops of water that have condensed on a cool surface overnight
108. sch_____nia spectrum disorder *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
109. gr_____us hospitality *adj.* behaving in a kind, polite and generous way
110. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
111. im___r my health *v.* to damage something or make it weaker or worse
112. fr_____n status *n.* a person who is not a serf or enslaved person and has the right to hold property and vote

ANSWERS: 103. grumpy, 104. hypothalamus, 105. ghastly, 106. obese, 107. dew, 108. schizophrenia, 109. gracious, 110. irritable, 111. impair, 112. freeman

113. a theoretical concept in
neu_____nce
114. st_____ze prices
115. the dr_____st's latest production
116. encourage pa_____ia
117. plenary ind_____ce
118. genetic pre_____ion
119. ve_____l hernia
120. exa_____te the situation
121. soc_____mic status
- n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
- v.* to become or cause to become steady or unlikely to give way
- n.* (also "dramaturge") a writer of plays, dramas, or theatrical pieces
- n.* a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability
- n.* the state or act of allowing oneself or another person to enjoy the pleasure of something that is considered to be a pleasure or luxury
- n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
- adj.* relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal
- v.* to make a situation, problem, or feeling worse
- adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

ANSWERS: 113. neuroscience, 114. stabilize, 115. dramatist, 116. paranoia, 117. indulgence, 118. predisposition, 119. ventral, 120. exacerbate, 121. socioeconomic

122. an int_____nt person *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
123. inv_____ry manslaughter *adj.* acting or done without or against one's will
124. a drop of d_w *n.* the tiny drops of water that have condensed on a cool surface overnight
125. soft du__t *n.* (also "comforter") a soft, flat bag filled with feathers, down, or synthetic fibers, used as a covering for a bed, usually enclosed in a removable cover and provides warmth and comfort while sleeping
126. a facial wr_____e *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
127. gr___y cat *adj.* easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way
128. li__n to a bird *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
129. in_____e children *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
130. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

ANSWERS: 122. intolerant, 123. involuntary, 124. dew, 125. duvet, 126. wrinkle, 127. grumpy, 128. liken, 129. indulge, 130. irritable

131. Eli_____an religious settlement *n.* pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period
132. th_____ld increase *adj.* three times as great or as many
133. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
134. deb_____ing effect *adj.* weakening or damaging; causing a loss of strength, energy, or success

ANSWERS: 131. Elizabethan, 132. threefold, 133. embarrass, 134. debilitating

Session 3: Fill in the Blanks

1. The dog's barking gave the mailperson a terrible _____.
n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

2. The heat wave _____ the drought conditions.
v. to make a situation, problem, or feeling worse

3. Animals transmit nerve impulses through _____.
n. the fact or state of failing to finish an activity and of stopping using, making, or doing it

4. His _____ attitude towards other cultures made it difficult for him to get along with others.
adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

5. We have become TV _____ due to video streaming services.
n. a person who cannot stop using or doing something as a habit, especially something harmful

6. The famous _____ wrote many successful plays during his career.
n. (also "dramaturge") a writer of plays, dramas, or theatrical pieces

7. Moisture in the atmosphere condenses at night and forms _____.
n. the tiny drops of water that have condensed on a cool surface overnight

8. This suit is made of _____ material.
n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

ANSWERS: 1. fright, 2. exacerbated, 3. synapses, 4. intolerant, 5. addicts, 6. dramatist, 7. dew, 8. wrinkle-proof

9. Oxytocin is also produced in the nucleus of the _____.
- n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
10. The child's _____ scream echoed through the haunted house.
- adj.* causing great horror or fear; shockingly unpleasant or bad
11. His _____ about being followed made him constantly look over his shoulder.
- n.* a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability
12. The band's new album was a _____ success, reaching the top of the charts.
- adj.* very successful or impressive; causing something to be broken or destroyed
13. In the colonial period, only _____ was allowed to vote.
- n.* a person who is not a serf or enslaved person and has the right to hold property and vote
14. The drug's side effects can include _____ loss of urine.
- adj.* acting or done without or against one's will
15. He looked for an opportunity to _____ that actor in public.
- v.* to cause someone to feel awkward, worried, or ashamed
16. I missed the deadline due to a _____ in my memory.
- n.* a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended

ANSWERS: 9. hypothalamus, 10. ghastly, 11. paranoia, 12. smashing, 13. freeman, 14. involuntary, 15. embarrass, 16. lapse

17. The _____ patient was experiencing severe auditory hallucinations.
n. a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
18. The doctor warned him that his _____ condition put him at risk for numerous health problems.
adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
19. Her outstanding achievement _____ people to like her.
v. to make someone susceptible
20. He allowed himself a few small _____ during his diet.
n. the state or act of allowing oneself or another person to enjoy the pleasure of something that is considered to be a pleasure or luxury
21. He regrets the _____ behavior he took in his drunken state.
adj. acting suddenly without any planning and without considering the effects they may have
22. The _____ conditions of a country can significantly affect its political stability.
adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
23. The _____ older man snapped at the children for playing too loudly.
adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

ANSWERS: 17. schizophrenia, 18. obese, 19. predisposes, 20. indulgences, 21. impulsive, 22. socioeconomic, 23. grumpy

24. His _____ illness made it difficult for him to leave the house.
adj. weakening or damaging; causing a loss of strength, energy, or success
25. The physician prescribed medication to treat _____ disorder.
adj. of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
26. The _____ era is known for its rich literature and theatrical productions.
n. pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period
27. Agricultural development generally _____ economic growth.
v. to happen or go before something or someone in time or space
28. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
29. The staff is always helpful and _____.
adj. behaving in a kind, polite and generous way
30. The _____ roof was made from local grasses and was a traditional design.
n. a material, such as straw or reeds, used to cover the roofs of houses or other buildings
31. He is very popular at school because he can _____ all the teachers' accents.
v. to imitate someone's speech, movement, or behavior, especially to make others laugh
32. The accident made his vision _____.
v. to damage something or make it weaker or worse

ANSWERS: 24. debilitating, 25. bipolar, 26. Elizabethan, 27. precedes, 28. excited, 29. gracious, 30. thatch, 31. mimic, 32. impaired

33. He's a vegetarian and was shocked to see so much meat in the _____ shop.

- n.* a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others

34. She felt _____ about her performance in the competition.

- adj.* excessively pleased with oneself; self-righteously complacent

35. We got stuck in a traffic jam on the _____ for over an hour.

- n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways

36. 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

37. The _____ suspect was later apprehended for a different crime.

- n.* a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant

38. The scientist was able to _____ the virus by altering its genetic code.

- v.* to weaken or reduce the intensity of something, such as a sound, feeling, or substance; to make something thinner or less dense

39. Our university is famous for its professors, who are well-versed in behavioral _____.

- n.* the scientific study of the function, structure, and disorder of the brain and the nervous system

40. I'm so sorry to _____ you when you're pretty busy.

- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 33. butcher, 34. smug, 35. freeway, 36. deprivation, 37. scot-free, 38. attenuate, 39. neuroscience, 40. disrupt

41. I have no intention to _____ your privacy.

- v.* to enter aggressively into another's territory by military force for conquest and occupation

42. Constant _____ is crucial for preventing home burglaries.

- n.* the state of being watchful, alert, and attentive to potential dangers or threats; careful attention to detail and an active effort to prevent harm or damage

43. The _____ in the boxing match put up a good fight.

- n.* a person or thing that challenges or competes with someone or something else; a contestant in a competition or challenge

44. He was a _____ leader who made decisions based on what was practical rather than ideal.

- adj.* practical rather than idealistic

45. He was _____ of his freedom when sentenced to life in prison.

- v.* to take away something from someone

46. She couldn't resist the temptation to _____ on the couch after lunch.

- n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap

47. Lack of sleep can make me _____ and easily annoyed.

- adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

48. The _____ environment of the library was perfect for studying.

- adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity

ANSWERS: 41. invade, 42. vigilance, 43. challenger, 44. pragmatic, 45. deprived, 46. slumber, 47. irritable, 48. sedate

49. Endorphins are a type of _____ that gives a sense of well-being.
n. a chemical that carries nerve impulses between neurons or between neurons and muscles
50. The price of the item was reduced _____ after the sale.
adj. three times as great or as many
51. I love snuggling up under my cozy _____ on a cold winter night.
n. (also "comforter") a soft, flat bag filled with feathers, down, or synthetic fibers, used as a covering for a bed, usually enclosed in a removable cover and provides warmth and comfort while sleeping
52. Foods high in _____ include bread, pasta, and rice.
n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
53. Smoking cigarettes exposes the body to high levels of _____ which can be addictive.
n. a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
54. Many athletes use _____ like caffeine to boost their energy before a competition.
n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
55. The rubber _____ was swept out to sea.
n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer

ANSWERS: 49. neurotransmitter, 50. threefold, 51. duvet, 52. carbohydrates, 53. nicotine, 54. stimulants, 55. raft

56. He _____ a branch from a tree quickly.

v. to break or separate something by cutting, especially suddenly and forcibly

57. She _____ in a warm bath after a long day at work.

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

58. The condition of that old house was _____.

adj. causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant

59. The raising of interest rates _____ the inflation rate.

v. to become or cause to become steady or unlikely to give way

60. I have a _____ for nicotine.

n. a strong desire of wanting something

61. The refugee family had to survive on a _____ amount of food and water daily.

adj. small in quantity, quality, or size; insufficient or inadequate

62. Her husband's death caused her to experience a _____ break.

adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

63. Some medications are known to affect the production of _____ in the body.

n. a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone

ANSWERS: 56. severed, 57. indulged, 58. appalling, 59. stabilizes, 60. craving, 61. meager, 62. psychotic, 63. ghrelin

64. Smoking can increase a person's _____ to lung cancer.

n. a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

65. The _____ side of the fish was beautifully colored.

adj. relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal

66. The stock market analysts had a _____ sense of the coming recession.

adj. containing or given to making predictions; presaging the future; of or relating to a prophet (= an authoritative person who divines the future)

67. Some people _____ meditation to a mental shower, refreshing and rejuvenating the mind.

v. to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way

ANSWERS: 64. predisposition, 65. ventral, 66. prophetic, 67. liken