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Vocabulary Builder Reference from...

Jeff Iliff: One more reason to get a good night's sleep
| TED Talk

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

Advanced Words Only

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Session 1: Word List

animate

v. to make something full of interest and energy

synonym: invigorate, energize, enliven

(1) **animate** the body, (2) **animate** his soul

The positive attitude of the supervisor **animated** the discussion.

hydrate

v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization

synonym: moisturize, water, rehydrate

(1) **hydrate** my skin, (2) acid **hydrate**

She drank water to **hydrate** her body.

murky

adj. dark and gloomy or difficult to see through

synonym: dim, fuzzy, foggy

(1) **murky** waters, (2) a **murky** dungeon

Prospects for the suspect's conviction are **murky** due to a lack of helpful evidence.

circulatory

adj. relating to the system that moves blood through the body, which includes the heart, arteries, and veins

synonym: circulative, rotating

(1) a **circulatory** disease, (2) cause **circulatory** failure

shock

The **circulatory** system of the animal is also responsible for heat transportation.

byproduct

n. a secondary or incidental product produced in the manufacture or synthesis of something else

synonym: side effect, spinoff, outgrowth

(1) toxic **byproducts**, (2) **byproduct** of technology

The **byproduct** of the energy production process is a large amount of carbon dioxide emissions.

lymph

n. a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading

(1) **lymph** vessel, (2) **lymph** flow

There was a massive swelling of the **lymph** nodes.

mundane

adj. very ordinary and therefore lacking interest or excitement

synonym: ordinary, everyday, prosaic

(1) **mundane** affairs, (2) **mundane** objects

After returning from the war, he had a pretty **mundane** life.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

ingenious

adj. showing inventiveness and ability or skill

synonym: creative, innovative, inventive

(1) **ingenious** device, (2) **ingenious** idea

I always look forward to reading his stories since they're so **ingenious**.

cerebrospinal

adj. relating to the brain and spinal cord

(1) **cerebrospinal** fluid, (2) **cerebrospinal** pathway

The **cerebrospinal** nerves carry messages between the brain and the rest of the body.

percolate

v. to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker

synonym: filter, strain, drip

(1) **percolate** around the web, (2) **percolate** through the whole industry

The coffee slowly **percolated** through the filter and into the cup.

enclose

v. to surround, as with a fence, wall, or barrier; to put within boundaries; to include

synonym: surround, encase, contain

(1) **enclose** a check with a letter, (2) **enclose** area

The walls were **enclosed** to create a private outdoor space.

repurpose

v. to use something again for a different purpose than it was originally intended

synonym: reutilize, recycle, reuse

(1) **repurpose** an old building, (2) **repurpose** a used car

The old barn was **repurposed** into a modern event space.

amyloid

n. a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease

synonym: protein deposit, plaque buildup

(1) **amyloid** beta, (2) **amyloid** accumulation

Alzheimer's disease is characterized by the buildup of **amyloid** plaques in the brain.

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.

buildup

n. the accumulation or increase of something over time

synonym: accumulation, increase, growth

(1) lactic acid **buildup**, (2) huge military **buildup**

The **buildup** of stress over time can lead to health problems.

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.

unimaginable

adj. beyond what can be imagined or conceived; impossible to comprehend or envision

synonym: unthinkable, inconceivable, incredulous

(1) **unimaginable** horror, (2) **unimaginable** depths

The complexity of scientific theories was **unimaginable** for most people.

housework

n. the tasks involved in cleaning and maintaining a house

synonym: chores, cleaning, domestic duties

(1) **housework** robot, (2) light **housework**

She didn't mind doing the **housework** as long as it kept her busy and productive.

thankless

adj. referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions

synonym: ungrateful, ungratifying, unappreciative

(1) **thankless** job, (2) **thankless** duty

Being a stay-at-home parent can be a **thankless** job, but it's also extremely rewarding.

livable

adj. capable of being lived in comfortably and sustainably; suitable for human habitation

synonym: habitable, comfortable, pleasant

(1) **livable** city, (2) **livable** housing

Finding a safe and **livable** neighborhood is important when looking for a new place to live.

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.

housekeeping

n. the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks

synonym: cleaning, housework, tidying up

(1) **housekeeping** duties, (2) daily **housekeeping**

The hotel's **housekeeping** staff does a great job keeping the rooms clean and tidy.

Session 2: Spelling

1. uni_____ble depths
adj. beyond what can be imagined or conceived; impossible to comprehend or envision
2. cer_____nal pathway
adj. relating to the brain and spinal cord
3. hy_____e my skin
v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
4. em_____ss my project
v. to cause someone to feel awkward, worried, or ashamed
5. wo____n a relation
v. to become or make something worse
6. toxic by_____cts
n. a secondary or incidental product produced in the manufacture or synthesis of something else
7. pe_____te through the whole industry
v. to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
8. en_____e area
v. to surround, as with a fence, wall, or barrier; to put within boundaries; to include
9. by_____ct of technology
n. a secondary or incidental product produced in the manufacture or synthesis of something else
10. hou_____ing duties
n. the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks

ANSWERS: 1. unimaginable, 2. cerebrospinal, 3. hydrate, 4. embarrass, 5. worsen, 6. byproduct, 7. percolate, 8. enclose, 9. byproduct, 10. housekeeping

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|------------------------------------|---|
| 11. huge military bu_____p | <i>n.</i> the accumulation or increase of something over time |
| 12. th_____ss duty | <i>adj.</i> referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions |
| 13. li_____e housing | <i>adj.</i> capable of being lived in comfortably and sustainably; suitable for human habitation |
| 14. mu_____e objects | <i>adj.</i> very ordinary and therefore lacking interest or excitement |
| 15. wo____n the food problem | <i>v.</i> to become or make something worse |
| 16. en_____e a check with a letter | <i>v.</i> to surround, as with a fence, wall, or barrier; to put within boundaries; to include |
| 17. cause cir_____ry failure shock | <i>adj.</i> relating to the system that moves blood through the body, which includes the heart, arteries, and veins |
| 18. cer_____nal fluid | <i>adj.</i> relating to the brain and spinal cord |
| 19. a mu__y dungeon | <i>adj.</i> dark and gloomy or difficult to see through |
| 20. li_____e city | <i>adj.</i> capable of being lived in comfortably and sustainably; suitable for human habitation |
| 21. re_____se an old building | <i>v.</i> to use something again for a different purpose than it was originally intended |
| 22. re_____se a used car | <i>v.</i> to use something again for a different purpose than it was originally intended |

ANSWERS: 11. buildup, 12. thankless, 13. livable, 14. mundane, 15. worsen, 16. enclose, 17. circulatory, 18. cerebrospinal, 19. murky, 20. livable, 21. repurpose, 22. repurpose

23. daily hou_____ing *n.* the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks
24. 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
25. ho_____rk robot *n.* the tasks involved in cleaning and maintaining a house
26. acid hy_____e *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
27. ly__h flow *n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading
28. uni_____ble horror *adj.* beyond what can be imagined or conceived; impossible to comprehend or envision
29. am_____d beta *n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease
30. ne___n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body

ANSWERS: 23. housekeeping, 24. Alzheimer, 25. housework, 26. hydrate, 27. lymph, 28. unimaginable, 29. amyloid, 30. neuron

31. an_____e the body *v.* to make something full of interest and energy
32. pe_____te around the web *v.* to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
33. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
34. am_____d accumulation *n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease
35. th_____ss job *adj.* referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions
36. lactic acid bu_____p *n.* the accumulation or increase of something over time
37. excite the ne_____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
38. in_____us idea *adj.* showing inventiveness and ability or skill
39. a cir_____ry disease *adj.* relating to the system that moves blood through the body, which includes the heart, arteries, and veins
40. light ho_____rk *n.* the tasks involved in cleaning and maintaining a house

ANSWERS: 31. animate, 32. percolate, 33. embarrass, 34. amyloid, 35. thankless, 36. buildup, 37. neuron, 38. ingenious, 39. circulatory, 40. housework

41. ly__h vessel *n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading
42. mu_____e affairs *adj.* very ordinary and therefore lacking interest or excitement
43. in_____us device *adj.* showing inventiveness and ability or skill
44. mu__y waters *adj.* dark and gloomy or difficult to see through
45. 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
46. an_____e his soul *v.* to make something full of interest and energy

ANSWERS: 41. lymph, 42. mundane, 43. ingenious, 44. murky, 45. Alzheimer, 46. animate

Session 3: Fill in the Blanks

1. There was a massive swelling of the _____ nodes.
 - n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading

2. The _____ of the energy production process is a large amount of carbon dioxide emissions.
 - n.* a secondary or incidental product produced in the manufacture or synthesis of something else

3. The hotel's _____ staff does a great job keeping the rooms clean and tidy.
 - n.* the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks

4. Alzheimer's disease is characterized by the buildup of _____ plaques in the brain.
 - n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease

5. 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

6. The old barn was _____ into a modern event space.
 - v.* to use something again for a different purpose than it was originally intended

7. She didn't mind doing the _____ as long as it kept her busy and productive.
 - n.* the tasks involved in cleaning and maintaining a house

ANSWERS: 1. lymph, 2. byproduct, 3. housekeeping, 4. amyloid, 5. Alzheimer's, 6. repurposed, 7. housework

8. She drank water to _____ her body.
- v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
9. The _____ system of the animal is also responsible for heat transportation.
- adj. relating to the system that moves blood through the body, which includes the heart, arteries, and veins
10. The _____ nerves carry messages between the brain and the rest of the body.
- adj. relating to the brain and spinal cord
11. The positive attitude of the supervisor _____ the discussion.
- v. to make something full of interest and energy
12. Being a stay-at-home parent can be a _____ job, but it's also extremely rewarding.
- adj. referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions
13. He looked for an opportunity to _____ that actor in public.
- v. to cause someone to feel awkward, worried, or ashamed
14. The coffee slowly _____ through the filter and into the cup.
- v. to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
15. Unilateral import bans have _____ that country's terms of trade.
- v. to become or make something worse

ANSWERS: 8. hydrate, 9. circulatory, 10. cerebrospinal, 11. animated, 12. thankless, 13. embarrass, 14. percolated, 15. worsened

16. Finding a safe and _____ neighborhood is important when looking for a new place to live.

adj. capable of being lived in comfortably and sustainably; suitable for human habitation

17. The _____ of stress over time can lead to health problems.

n. the accumulation or increase of something over time

18. Prospects for the suspect's conviction are _____ due to a lack of helpful evidence.

adj. dark and gloomy or difficult to see through

19. Our body transfers information along each _____ using an electrical impulse.

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

20. I always look forward to reading his stories since they're so _____.

adj. showing inventiveness and ability or skill

21. The walls were _____ to create a private outdoor space.

v. to surround, as with a fence, wall, or barrier; to put within boundaries; to include

22. The complexity of scientific theories was _____ for most people.

adj. beyond what can be imagined or conceived; impossible to comprehend or envision

23. After returning from the war, he had a pretty _____ life.

adj. very ordinary and therefore lacking interest or excitement

ANSWERS: 16. livable, 17. buildup, 18. murky, 19. neuron, 20. ingenious, 21. enclosed, 22. unimaginable, 23. mundane

ANSWERS: