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Ami Angelowicz: The terrors of sleep paralysis | TED Talk

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

Advanced Words Only

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Session 1: Word List

immobilize

v. to render someone or something unable to move or function normally; to restrain, inhibit, or stop

synonym: incapacitate, paralyze, disable

(1) **immobilize** the city, (2) **immobilize** our opponent

The paramedics had to **immobilize** the accident victim to prevent further injury during transport to the hospital.

suffocate

v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

synonym: choke, smother, stifle

(1) **suffocate** to death, (2) **suffocate** fire

People can **suffocate** from a lack of oxygen in confined spaces.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym: immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg

Massive demonstrations lead to total **paralysis** of transportation.

auditory

adj. of or relating to hearing or the ability to hear

synonym : hearing, audible, aural

(1) a good **auditory** memory, (2) **auditory** system

The **auditory** nerve carries sound signals from the ear to the brain.

hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug

Sleep-deprived people gradually lose their concentration and may **hallucinate**.

abduction

n. the act of taking someone away by force or deception; kidnapping

synonym : kidnapping, snatching, capture

(1) **abduction** case, (2) attempted **abduction**

The police launched an investigation into the **abduction** of the wealthy businessman.

weir

n. a barrier or dam built across a river or waterway to control the flow of water; a low dam or fence used to trap fish

synonym : dam, barrages, barricade

(1) **weir** on a river, (2) diversion **weir**

The local government installed a fish ladder next to the **weir** to help them migrate upstream.

incapable

adj. unable to do, control, or achieve something

synonym : unable, incompetent, unskilled

(1) drunk and **incapable**, (2) **incapable** of being resisted

He seems **incapable** of understanding what she says.

lye

n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance

synonym: caustic soda, sodium hydroxide, alkaline solution

(1) **lye** soap, (2) **lye** water

The drain cleaner contains caustic **lye**, and should be handled with care.

fraught

adj. causing, accompanied by, or full of anxiety, tension, or stress

synonym: tense, anxious, stressed

(1) become increasingly **fraught**, (2) **fraught** with danger

The negotiations were **fraught** with challenges and setbacks.

paranormal

adj. relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences

synonym: supernatural, mystical, otherworldly

(1) **paranormal** experience, (2) **paranormal** phenomena

The haunted house was said to be a hotspot for **paranormal** activity.

succubus

n. (of mythology and folklore) a female demon believed to visit men in their sleep and engage in sexual activity with them; a female demon or supernatural being associated with seduction and sexual desire

synonym: demoness, temptress, seductress

(1) malevolent **succubus**, (2) seductive **succubus**

The artist drew a mesmerizing portrait of a **succubus** queen reigning over her nocturnal domain.

mare

n. an adult female horse, specifically used to distinguish adult female horses from their male counterparts, which are called "stallions" or "geldings"; nightmare (= a distressing or frightening dream)

synonym: female horse

(1) well-trained **mare**, (2) the **mare's** owner

They decided to breed their prized stallion with a magnificent

Arabian **mare**.

rib

n. each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule

synonym : costa

(1) brake a **rib**, (2) **rib** cage

The accident caused a cracked **rib**.

strangle

v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea

synonym : choke, suffocate, throttle

(1) **strangle** a cry, (2) **strangle** economic growth

The killer used his hands to **strangle** his victim.

phi

n. the 21st letter of the Greek alphabet, used in mathematics and sciences to represent various concepts such as the golden ratio, magnetic flux, and phase angle

(1) golden **phi** ratio, (2) **phi** coefficient

The mathematician explained the significance of **phi** in the sequence of Fibonacci numbers.

bruise

n. a mark caused by a blow, typically one that is purple or black on the skin

synonym : contusion, injury, wound

(1) livid **bruise**, (2) earlier emotional **bruise**

She had a **bruise** on her arm from where she fell on the playground.

asphyxiate

v. to make someone unable to breathe, usually resulting in unconscious or death

synonym : suffocate, choke, stifle

(1) **asphyxiate** him to death, (2) **asphyxiate** rival companies

Three people were **asphyxiated** in the crowd crush of the

demo.

staircase

n. a set of stairs inside a building, usually with posts and bars that are fixed at the side

synonym: stairway, stairwell

(1) spiral **staircase**, (2) beetle up the **staircase**

She walked urgently down the emergency **staircase**.

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.

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym: immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

atonia

n. the partial or complete loss of muscle tone or lack of muscle strength, often used in medical contexts to refer to the loss of muscle tone during sleep, which is necessary for normal motor inhibition and to prevent sleepwalking or acting out dreams

synonym: paralysis, weakness, inertness

(1) **atonia** muscle, (2) REM **atonia**

Some sleep disorders, like REM sleep behavior disorder, involve a lack of normal sleep **atonia**, resulting in people acting out their dreams.

menace

n. a person or thing that is likely to cause harm or danger; a threat or perceived threat

synonym: threat, danger, hazard

(1) invisible **menace**, (2) potential **menace**

The reckless driver was a **menace** to other drivers on the

road.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

airway

n. the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another

synonym: air passage, air duct, skyway

(1) **airway** blockage, (2) **airway** beacon

When performing lifesaving, the first step is to secure the **airway**.

gasp

v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise

synonym: breathe, pant, heave

(1) **gasp** for air, (2) **gasp** in shock

The audience **gasp**ed when the magician made the rabbit disappear from the hat.

narcolepsy

n. a chronic sleep disorder characterized by sudden and uncontrollable episodes of falling asleep during the day, often accompanied by cataplexy (loss of muscle control)

synonym: sleep attacks, rem sleep disorder

(1) **narcolepsy** treatment, (2) uncontrollable **narcolepsy** attacks

The **narcolepsy** symptoms include excessive daytime sleepiness and sleep paralysis.

infrequent

adj. occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers

synonym: rare, sporadic, uncommon

(1) **infrequent** showers, (2) **infrequent** meetings

Traveling to remote villages can be difficult due to **infrequent** transportation.

haunt

v. to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent

synonym: stalk, spook, obsess

(1) **haunt** memories, (2) **haunt** my conscience

The crowd's boos and jeers continued to **haunt** the performer long after the show ended.

Session 2: Spelling

1. asp_____te him to death
v. to make someone unable to breathe, usually resulting in unconscious or death
2. imm_____ze our opponent
v. to render someone or something unable to move or function normally; to restrain, inhibit, or stop
3. l_e soap
n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
4. pa_____is in the leg
n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
5. ai___y beacon
n. the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
6. inf_____nt meetings
adj. occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
7. st_____le a cry
v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea
8. well-trained m__e
n. an adult female horse, specifically used to distinguish adult female horses from their male counterparts, which are called "stallions" or "geldings"; nightmare (= a distressing or frightening dream)

ANSWERS: 1. asphyxiate, 2. immobilize, 3. lye, 4. paralysis, 5. airway, 6. infrequent, 7. strangle, 8. mare

9. asp_____te rival companies *v.* to make someone unable to breathe, usually resulting in unconscious or death
10. par_____al experience *adj.* relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences
11. diversion w__r *n.* a barrier or dam built across a river or waterway to control the flow of water; a low dam or fence used to trap fish
12. ha__t memories *v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
13. invisible me___e *n.* a person or thing that is likely to cause harm or danger; a threat or perceived threat
14. g__p for air *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
15. earlier emotional br___e *n.* a mark caused by a blow, typically one that is purple or black on the skin
16. seductive su_____us *n.* (of mythology and folklore) a female demon believed to visit men in their sleep and engage in sexual activity with them; a female demon or supernatural being associated with seduction and sexual desire

ANSWERS: 9. asphyxiate, 10. paranormal, 11. weir, 12. haunt, 13. menace, 14. gasp, 15. bruise, 16. succubus

17. ai___y blockage *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
18. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
19. par_____al phenomena *adj.* relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences
20. at___a muscle *n.* the partial or complete loss of muscle tone or lack of muscle strength, often used in medical contexts to refer to the loss of muscle tone during sleep, which is necessary for normal motor inhibition and to prevent sleepwalking or acting out dreams
21. ch___e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
22. ab_____on case *n.* the act of taking someone away by force or deception; kidnapping
23. nar_____sy treatment *n.* a chronic sleep disorder characterized by sudden and uncontrollable episodes of falling asleep during the day, often accompanied by cataplexy (loss of muscle control)

ANSWERS: 17. airway, 18. neurotransmitter, 19. paranormal, 20. atonia, 21. choke, 22. abduction, 23. narcolepsy

24. brake a r_b *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
25. in_____le of being resisted *adj.* unable to do, control, or achieve something
26. golden p_i ratio *n.* the 21st letter of the Greek alphabet, used in mathematics and sciences to represent various concepts such as the golden ratio, magnetic flux, and phase angle
27. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
28. ha__t my conscience *v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
29. start to hal_____te *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
30. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
31. l_e water *n.* a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance

ANSWERS: 24. rib, 25. incapable, 26. phi, 27. choke, 28. haunt, 29. hallucinate, 30. neurotransmitter, 31. lye

32. g__p in shock
33. moral pa_____is
34. su_____te to death
35. become increasingly fr____t
36. spiral st_____se
37. au_____ry system
38. su_____te fire
39. the m__e's owner
- v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
- n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
- v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
- adj.* causing, accompanied by, or full of anxiety, tension, or stress
- n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
- adj.* of or relating to hearing or the ability to hear
- v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
- n.* an adult female horse, specifically used to distinguish adult female horses from their male counterparts, which are called "stallions" or "geldings"; nightmare (= a distressing or frightening dream)

ANSWERS: 32. gasp, 33. paralysis, 34. suffocate, 35. fraught, 36. staircase, 37. auditory, 38. suffocate, 39. mare

40. imm_____ze the city *v.* to render someone or something unable to move or function normally; to restrain, inhibit, or stop
41. r_b cage *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
42. pa_____ze a city *v.* to cause a person or part of the body to become unable to move or feel
43. potential me____e *n.* a person or thing that is likely to cause harm or danger; a threat or perceived threat
44. beetle up the st_____se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
45. livid br____e *n.* a mark caused by a blow, typically one that is purple or black on the skin
46. p_i coefficient *n.* the 21st letter of the Greek alphabet, used in mathematics and sciences to represent various concepts such as the golden ratio, magnetic flux, and phase angle
47. pa_____ze a person *v.* to cause a person or part of the body to become unable to move or feel
48. REM at____a *n.* the partial or complete loss of muscle tone or lack of muscle strength, often used in medical contexts to refer to the loss of muscle tone during sleep, which is necessary for normal motor inhibition and to prevent sleepwalking or acting out dreams

ANSWERS: 40. immobilize, 41. rib, 42. paralyze, 43. menace, 44. staircase, 45. bruise, 46. phi, 47. paralyze, 48. atonia

49. st____le economic growth *v.* to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea
50. malevolent su____us *n.* (of mythology and folklore) a female demon believed to visit men in their sleep and engage in sexual activity with them; a female demon or supernatural being associated with seduction and sexual desire
51. attempted ab____on *n.* the act of taking someone away by force or deception; kidnapping
52. fr____t with danger *adj.* causing, accompanied by, or full of anxiety, tension, or stress
53. w__r on a river *n.* a barrier or dam built across a river or waterway to control the flow of water; a low dam or fence used to trap fish
54. inf____nt showers *adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
55. uncontrollable nar____sy attacks *n.* a chronic sleep disorder characterized by sudden and uncontrollable episodes of falling asleep during the day, often accompanied by cataplexy (loss of muscle control)
56. hal____te with drug *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
57. a good au____ry memory *adj.* of or relating to hearing or the ability to hear

ANSWERS: 49. strangle, 50. succubus, 51. abduction, 52. fraught, 53. weir, 54. infrequent, 55. narcolepsy, 56. hallucinate, 57. auditory

58. drunk and in_____le

adj. unable to do, control, or achieve something

ANSWERS: 58. incapable

Session 3: Fill in the Blanks

1. Massive demonstrations lead to total _____ of transportation.
 - n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

2. The reckless driver was a _____ to other drivers on the road.
 - n.* a person or thing that is likely to cause harm or danger; a threat or perceived threat

3. The mathematician explained the significance of ____ in the sequence of Fibonacci numbers.
 - n.* the 21st letter of the Greek alphabet, used in mathematics and sciences to represent various concepts such as the golden ratio, magnetic flux, and phase angle

4. The crowd's boos and jeers continued to _____ the performer long after the show ended.
 - v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent

5. When performing lifesaving, the first step is to secure the _____.
 - n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another

6. The local government installed a fish ladder next to the _____ to help them migrate upstream.
 - n.* a barrier or dam built across a river or waterway to control the flow of water; a low dam or fence used to trap fish

ANSWERS: 1. paralysis, 2. menace, 3. phi, 4. haunt, 5. airway, 6. weir

7. The artist drew a mesmerizing portrait of a _____ queen reigning over her nocturnal domain.
- n.* (of mythology and folklore) a female demon believed to visit men in their sleep and engage in sexual activity with them; a female demon or supernatural being associated with seduction and sexual desire
8. The haunted house was said to be a hotspot for _____ activity.
- adj.* relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences
9. The negotiations were _____ with challenges and setbacks.
- adj.* causing, accompanied by, or full of anxiety, tension, or stress
10. The baby started to _____ on a piece of apple.
- v.* to prevent or obstruct the normal breathing or swallowing of someone or something
11. He seems _____ of understanding what she says.
- adj.* unable to do, control, or achieve something
12. The venom from the snake bite _____ his arm.
- v.* to cause a person or part of the body to become unable to move or feel
13. People can _____ from a lack of oxygen in confined spaces.
- v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

ANSWERS: 7. succubus, 8. paranormal, 9. fraught, 10. choke, 11. incapable, 12. paralyzed, 13. suffocate

14. She had a _____ on her arm from where she fell on the playground.
n. a mark caused by a blow, typically one that is purple or black on the skin
15. The paramedics had to _____ the accident victim to prevent further injury during transport to the hospital.
v. to render someone or something unable to move or function normally; to restrain, inhibit, or stop
16. She walked urgently down the emergency _____.
n. a set of stairs inside a building, usually with posts and bars that are fixed at the side
17. The _____ nerve carries sound signals from the ear to the brain.
adj. of or relating to hearing or the ability to hear
18. The audience _____ when the magician made the rabbit disappear from the hat.
v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
19. The accident caused a cracked _____.
n. each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
20. Sleep-deprived people gradually lose their concentration and may _____.
v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
21. The killer used his hands to _____ his victim.
v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea

ANSWERS: 14. bruise, 15. immobilize, 16. staircase, 17. auditory, 18. gasped, 19. rib, 20. hallucinate, 21. strangle

22. The police launched an investigation into the _____ of the wealthy businessman.
- n.* the act of taking someone away by force or deception; kidnapping
23. The _____ symptoms include excessive daytime sleepiness and sleep paralysis.
- n.* a chronic sleep disorder characterized by sudden and uncontrollable episodes of falling asleep during the day, often accompanied by cataplexy (loss of muscle control)
24. 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
25. The drain cleaner contains caustic _____ and should be handled with care.
- n.* a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
26. They decided to breed their prized stallion with a magnificent Arabian _____.
- n.* an adult female horse, specifically used to distinguish adult female horses from their male counterparts, which are called "stallions" or "geldings"; nightmare (= a distressing or frightening dream)
27. Three people were _____ in the crowd crush of the demo.
- v.* to make someone unable to breathe, usually resulting in unconscious or death
28. Traveling to remote villages can be difficult due to _____ transportation.
- adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers

ANSWERS: 22. abduction, 23. narcolepsy, 24. neurotransmitter, 25. lye, 26. mare, 27. asphyxiated, 28. infrequent

29. Some sleep disorders, like REM sleep behavior disorder, involve a lack of normal sleep _____ resulting in people acting out their dreams.
- n.* the partial or complete loss of muscle tone or lack of muscle strength, often used in medical contexts to refer to the loss of muscle tone during sleep, which is necessary for normal motor inhibition and to prevent sleepwalking or acting out dreams

ANSWERS: 29. atonia,