

# Englist.me



## Vocabulary Builder Reference from...

Ami Angelowicz: *The terrors of sleep paralysis* | TED Talk

[https://www.ted.com/talks/ami\\_angelowicz\\_the\\_terrors\\_of\\_sleep\\_paralysis](https://www.ted.com/talks/ami_angelowicz_the_terrors_of_sleep_paralysis)

### All Words

#### IMPORTANT

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## Session 1: Word List

### asleep

*adj.* in a state of sleep

*synonym*: sleeping, fallen, at rest

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

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

### alarm

*n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

*synonym*: notice, warning, panic

(1) give the **alarm**, (2) an **alarm** clock

The **alarm** announcing an enemy attack went off this morning.

### demon

*n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful

*synonym*: fiend, devil, evil spirit

(1) **demon** hunter, (2) cast **demon** eyes

The actor's portrayal of the **demon** in the horror movie was terrifying.

### scream

*v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

*synonym* : cry, shout, yell

(1) **scream** a profanity, (2) **scream** at him to be quiet  
She kept **screaming** for an ambulance.

## 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.

## nightmare

n. a very frightening or unpleasant dream

*synonym* : agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation  
Life as a waiter was a big **nightmare** for him.

## medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym* : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment  
The **medical** team worked quickly to save the patient's life.

## 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.

## phenomenon

*n.* something that exists and can be perceptible, especially one that is not fully understood

*synonym*: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

## panic

*n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

*synonym*: confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

## induce

*v.* to persuade someone to do something; to cause to act in a specific manner

*synonym*: cause, encourage, persuade

(1) **induce** a crisis, (2) **induce** him to see a doctor

The lack of sleep **induces** both physical and psychological diseases.

## episode

*n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

*synonym*: event, chapter, seizure

(1) end of the first **episode**, (2) **episode** of vertigo

I want to put that **episode** of my life behind me.

## creature

*n.* a living being, especially an animal

*synonym*: being, animal, organism

(1) **creature** of habit, (2) artificial **creature**

The deep sea **creature** was unlike anything the scientists had ever seen before.

## involve

v. to include or affect someone or something as a necessary part of something else

*synonym*: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## visual

*adj.* relating to seeing or sight

*synonym*: optical, graphical, visible

(1) **visual** navigation, (2) field of **visual** arts

The building makes a remarkable **visual** impact.

## 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**.

## evil

*adj.* profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people

*synonym*: malign, corruption, immorality

(1) **evil** ways, (2) a charm against **evil**

Corruption is an **evil** act for any reason.

## spirit

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

*synonym*: soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**  
Despite their tragic loss, the family is showing great **spirit**.

### out-of-body

*n.* an experience in which a person's consciousness seems to detach from their physical body and float above it  
*synonym*: astral, ethereal, disembodied

(1) **out-of-body** travel, (2) **out-of-body** sensation

Some people claim to have had an **out-of-body** experience during near-death situations.

### encounter

*v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

*synonym*: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

### alien

*n.* a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere

*synonym*: foreigner, unfamiliar, unknown

(1) **alien** fungi, (2) resident **aliens**

**Alien** species have drastically altered the ecosystem in this area.

### 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.

## conscious

*adj.* being aware of and able to respond to what is happening around you

*synonym*: aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded

He became **conscious** that he was being followed.

## environment

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym*: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## 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.

## engage

*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

*synonym*: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

## struggle

*v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

*synonym*: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

## movement

*n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

*synonym*: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

## 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.

## acute

*adj.* extremely sharp or severe

*synonym*: sharp, perceptive, keen

(1) **acute** pain, (2) **acute** triangle

The patient died from **acute** alcohol intoxication.

## distress

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

*synonym*: discomfort, despair, misery

(1) a signal of **distress**, (2) emotional **distress**

She has been in great **distress** since she was heartbroken.

- stir**
- v. to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
- synonym* : mix, swirl, provoke
- (1) **stir** a sauce, (2) **stir** up controversy
- Topics related to that war may **stir** up a political hornets' nest.
- instantly**
- adv.* immediately
- synonym* : immediately, right away, directly
- (1) **instantly** cope with, (2) be killed **instantly**
- I remembered that person **instantly** and never forgot.
- observe**
- v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
- synonym* : watch, monitor, scrutinize
- (1) **observe** a tradition, (2) **observe** wildlife
- It is important to **observe** safety procedures in the workplace to prevent accidents.
- patient**
- n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
- synonym* : client, recipient, subject
- (1) **patient** in the hospital, (2) **patient** with weight loss
- The doctor carefully examined the **patient's** medical history.
- 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.

## medieval

*adj.* relating to or belonging to the Middle Age that is for the period of A.D.600 to A.D. 1450

*synonym* : gothic, knightly, antique

(1) **medieval** times, (2) **medieval** history

Only the **medieval** tower remained standing.

## 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**.

## damn

*v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger

*synonym* : curse, condemn, denounce

(1) **damn** the consequences, (2) **damn** with faint praise

The company's poor financial performance is likely to **damn** the CEO's chances of being re-elected to the board.

## responsible

*adj.* answerable or accountable for something within one's power, control, or management

*synonym* : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

## 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**.

## cage

*n.* a structure made of metal bars or wire in which birds or animals can be kept

*synonym*: enclosure, jail, corral

(1) an insect **cage**, (2) a bird in a **cage**

The trapped bear is running amok in its **cage**.

## turkey

*n.* (of an animal) a large bird with a fan-shaped tail native to North America, widely grown for food; (of a country) a Eurasian republic in Asia Minor and the Balkans

(1) swell like a **turkey**, (2) **turkey** breast meat

They prepared a stuffed **turkey** for Thanksgiving.

## 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.

## statistics

*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

## blame

*v.* to think or say that someone or something did something wrong or is responsible for something bad

*synonym*: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

## 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.

## reside

*v.* to live in a particular place, typically for a prolonged period of time

*synonym*: live, dwell, inhabit

(1) **reside** on the skin, (2) **reside** permanently

They **reside** in a beautiful old house in the countryside.

## 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**.

## brain

*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

*synonym* : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

## modern

*adj.* of or belonging to the present time or recent times

*synonym* : contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

## abnormal

*adj.* not typical, usual, or regular, especially in a way that is bad

*synonym* : aberrant, bizzare, unusual

(1) **abnormal** heart rhythms, (2) **abnormal** cells

An **abnormal** climate in the region caused a sharp decline in grain harvest.

## overlap

*v.* to partially cover something by going beyond its edge

*synonym* : overlay, cover, bespread

(1) **overlap** one another, (2) **overlap** in many areas

There was no **overlap** between their proposals.

## REM

*n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

(1) **REM** sleep cycle, (2) **REM** sleep behavior disorder

**REM** sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.

## norm

*n.* something that is regarded as usual, typical, or standard  
*synonym*: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

## stimulus

*n.* something that causes growth or arouses action  
*synonym*: incitement, inspiration, motivation

(1) a response to a **stimulus**, (2) economic **stimulus**

This book provides children with ideas and a **stimulus** for outside recreation.

## unconscious

*adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness

*synonym*: comatose, paralyzed, senseless

(1) **unconscious** bias, (2) a person who is **unconscious**

I know his **unconscious** habit that he touches his face when he lies.

## 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.

## release

*v.* to set free or allow to escape from confinement  
*synonym*: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

The animal rights group worked to **release** the dolphins back into the wild.

## 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.

## chase

*v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

*synonym*: pursue, hunt, track

(1) **chase** a dream, (2) wild goose **chase**

The police officer **chased** the suspect through the crowded streets until they finally caught him.

## component

*n.* one of several parts that combines with others to form something bigger

*synonym*: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

## 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.

## presence

*n.* the fact or state that someone or something exists, occurs, or is present

*synonym* : existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

## 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.

## function

*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

*synonym* : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

## voluntary

*adj.* done of one's own free will; without being forced or coerced

*synonym* : voluntary, self-willed, spontaneous

(1) **voluntary** action, (2) **voluntary** participation

The program is **voluntary**, so participants can choose whether or not to take part.

## breath

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

*synonym* : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

## shallow

*adj.* not having much distance from the top to the bottom  
*synonym* : superficial, external, surface

(1) **shallow** people, (2) **shallow** water

**Shallow** brooks are noisier than deep rivers.

## carbon

*n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

(1) **carbon** dioxide, (2) **carbon** emission

Trees absorb **carbon** dioxide and give off oxygen.

## oxide

*n.* a chemical compound that contains at least one oxygen atom and one other element

(1) silver **oxide**, (2) combined **oxide**

The blood's red coloring comes from iron **oxide**.

## 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**.

## combination

*n.* a collection of things that have been combined; an assemblage of separate parts or qualities

*synonym* : blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

## perceive

*v.* to become aware or conscious of something through the senses

*synonym* : sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of corruption.



## trigger

*v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function  
*synonym*: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation  
The incident **triggered** a political controversy.

## oxygen

*n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**  
The passenger grabbed for the **oxygen** mask.

## 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.

## regularly

*adv.* at regular intervals or times  
*synonym*: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog  
This site **regularly** shares high-quality academic materials.

## disorder

*n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions  
*synonym*: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**  
The doctor prescribed some medicine for the mental **disorder**.

## 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.

## lifetime

*n.* the duration of someone's life or something's existence;

*synonym* : lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

## entity

*n.* something that exists independently and has its own identity

*synonym* : body, object, existent

(1) legal **entity**, (2) government **entity**

A company is a distinct legal **entity**.

## 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.

## possess

*v.* to have or own something or to have as an attribute, knowledge, skill, etc.

*synonym* : keep, maintain, own

(1) **possess** a basic knowledge, (2) **possess** divine powers

He **possesses** a good sense of humor.

## horror

*n.* intense fear or disgust, especially at something shocking or terrifying

*synonym*: fear, terror, dread

(1) **horror** movie, (2) **horror-struck** look

The stories of war crimes filled her with **horror**.

## Session 2: Spelling

1. in\_\_\_\_e a lot of paperwork  
*v.* to include or affect someone or something as a necessary part of something else
2. 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
3. wild goose ch\_\_e  
*v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
4. as\_\_p at the wheel  
*adj.* in a state of sleep
5. ep\_\_\_\_e of vertigo  
*n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
6. imm\_\_\_\_\_ze the city  
*v.* to render someone or something unable to move or function normally; to restrain, inhibit, or stop
7. inf\_\_\_\_\_nt meetings  
*adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
8. potential me\_\_\_e  
*n.* a person or thing that is likely to cause harm or danger; a threat or perceived threat

ANSWERS: 1. involve, 2. rib, 3. chase, 4. asleep, 5. episode, 6. immobilize, 7. infrequent, 8. menace

9. key co\_\_\_\_\_nt *n.* one of several parts that combines with others to form something bigger
10. ch\_\_e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
11. re\_\_\_\_\_ly arranged *adv.* at regular intervals or times
12. e\_\_l ways *adj.* profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people
13. 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
14. co\_\_\_\_\_us of having succeeded *adj.* being aware of and able to respond to what is happening around you
15. 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)
16. ca\_\_\_\_n dioxide *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
17. su\_\_\_\_\_te fire *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: 9. component, 10. choke, 11. regularly, 12. evil, 13. phi, 14. conscious, 15. narcolepsy, 16. carbon, 17. suffocate

18. ob\_\_\_\_e wildlife *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
19. fu\_\_\_\_on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
20. de\_\_n hunter *n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful
21. field of vi\_\_\_l arts *adj.* relating to seeing or sight
22. historical phe\_\_\_\_\_on *n.* something that exists and can be perceptible, especially one that is not fully understood
23. re\_\_\_e on the skin *v.* to live in a particular place, typically for a prolonged period of time
24. 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
25. attempted ab\_\_\_\_\_on *n.* the act of taking someone away by force or deception; kidnapping

ANSWERS: 18. observe, 19. function, 20. demon, 21. visual, 22. phenomenon, 23. reside, 24. strangle, 25. abduction

26. hold your br\_\_\_h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
27. lack of ox\_\_\_n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
28. ni\_\_\_\_\_re situation *n.* a very frightening or unpleasant dream
29. en\_\_\_\_\_er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
30. bl\_\_\_e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad
31. pa\_\_\_c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
32. asp\_\_\_\_\_te him to death *v.* to make someone unable to breathe, usually resulting in unconscious or death
33. 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
34. ov\_\_\_\_\_p one another *v.* to partially cover something by going beyond its edge
35. 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

ANSWERS: 26. breath, 27. oxygen, 28. nightmare, 29. encounter, 30. blame, 31. panic, 32. asphyxiate, 33. weir, 34. overlap, 35. hallucinate

36. out\_\_\_\_\_dy travel *n.* an experience in which a person's consciousness seems to detach from their physical body and float above it
37. pa\_\_\_\_\_t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
38. sp\_\_\_\_t and the letter of the law *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
39. al\_\_n fungi *n.* a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere
40. spare co\_\_\_\_\_nts for cars *n.* one of several parts that combines with others to form something bigger
41. beetle up the st\_\_\_\_\_se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
42. 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)
43. cr\_\_\_\_\_re of habit *n.* a living being, especially an animal

ANSWERS: 36. out-of-body, 37. patient, 38. spirit, 39. alien, 40. component, 41. staircase, 42. mare, 43. creature



44. po\_\_\_\_s a basic knowledge      *v.* to have or own something or to have as an attribute, knowledge, skill, etc.
45. sh\_\_\_\_w water      *adj.* not having much distance from the top to the bottom
46. 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
47. vi\_\_\_\_l navigation      *adj.* relating to seeing or sight
48. in\_\_\_\_e a high degree of risk      *v.* to include or affect someone or something as a necessary part of something else
49. basic br\_\_\_\_n function      *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
50. re\_\_\_\_e a prisoner      *v.* to set free or allow to escape from confinement
51. 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
52. emotional di\_\_\_\_ss      *n.* a feeling of great worry, sadness, pain, or discomfort

ANSWERS: 44. possess, 45. shallow, 46. atonia, 47. visual, 48. involve, 49. brain, 50. release, 51. paranormal, 52. distress

53. co\_\_\_\_\_us effort *adj.* being aware of and able to respond to what is happening around you
54. ab\_\_\_\_\_al cells *adj.* not typical, usual, or regular, especially in a way that is bad
55. imm\_\_\_\_\_ze our opponent *v.* to render someone or something unable to move or function normally; to restrain, inhibit, or stop
56. 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
57. out\_\_\_\_\_dy sensation *n.* an experience in which a person's consciousness seems to detach from their physical body and float above it
58. temporary me\_\_\_\_\_l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
59. d\_\_n with faint praise *v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger
60. 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
61. 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

ANSWERS: 53. conscious, 54. abnormal, 55. immobilize, 56. phi, 57. out-of-body, 58. medical, 59. damn, 60. hallucinate, 61. gasp

62. a response to a st\_\_\_\_us      *n.* something that causes growth or arouses action
63. his majestic pr\_\_\_\_ce      *n.* the fact or state that someone or something exists, occurs, or is present
64. ho\_\_\_\_r movie      *n.* intense fear or disgust, especially at something shocking or terrifying
65. official sta\_\_\_\_cs      *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
66. a me\_\_\_\_l opinion      *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
67. tr\_\_\_\_r a biochemical response      *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
68. the hydrogen binds the ox\_\_\_\_n      *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
69. ca\_\_\_\_n emission      *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
70. com\_\_\_\_on number      *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
71. res\_\_\_\_le for a customer service      *adj.* answerable or accountable for something within one's power, control, or management

ANSWERS: 62. stimulus, 63. presence, 64. horror, 65. statistics, 66. medical, 67. trigger, 68. oxygen, 69. carbon, 70. combination, 71. responsible

72. 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
73. in\_\_\_\_\_ly cope with *adv.* immediately
74. dead as\_\_\_p *adj.* in a state of sleep
75. chaotic env\_\_\_\_\_nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
76. a pa\_\_c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
77. ov\_\_\_\_\_p in many areas *v.* to partially cover something by going beyond its edge
78. 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
79. 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
80. neu\_\_\_\_\_ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
81. livid br\_\_\_e *n.* a mark caused by a blow, typically one that is purple or black on the skin

ANSWERS: 72. lye, 73. instantly, 74. asleep, 75. environment, 76. panic, 77. overlap, 78. airway, 79. haunt, 80. neurotransmitter, 81. bruise

82. drunk and in\_\_\_\_\_le *adj.* unable to do, control, or achieve something
83. br\_\_\_\_h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
84. the m\_\_e's owner *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)
85. me\_\_\_\_\_al history *adj.* relating to or belonging to the Middle Age that is for the period of A.D.600 to A.D. 1450
86. sh\_\_\_\_\_w people *adj.* not having much distance from the top to the bottom
87. en\_\_\_\_e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
88. combined ox\_\_e *n.* a chemical compound that contains at least one oxygen atom and one other element
89. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
90. a circular mo\_\_\_\_\_nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 82. incapable, 83. breath, 84. mare, 85. medieval, 86. shallow, 87. engage, 88. oxide, 89. brain, 90. movement

91. mo\_\_\_\_\_nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
92. in\_\_\_e a crisis *v.* to persuade someone to do something; to cause to act in a specific manner
93. 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
94. cast de\_\_n eyes *n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful
95. neu\_\_\_\_\_ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
96. pre-mo\_\_\_n agricultural society *adj.* of or belonging to the present time or recent times
97. n\_\_m of action *n.* something that is regarded as usual, typical, or standard
98. legal en\_\_\_y *n.* something that exists independently and has its own identity
99. cultural n\_\_m *n.* something that is regarded as usual, typical, or standard
100. be killed in\_\_\_\_\_ly *adv.* immediately
101. ho\_\_\_r-struck look *n.* intense fear or disgust, especially at something shocking or terrifying

ANSWERS: 91. movement, 92. induce, 93. airway, 94. demon, 95. neurotransmitter, 96. modern, 97. norm, 98. entity, 99. norm, 100. instantly, 101. horror

102. vo\_\_\_\_\_ry participation *adj.* done of one's own free will; without being forced or coerced
103. tu\_\_\_y breast meat *n.* (of an animal) a large bird with a fan-shaped tail native to North America, widely grown for food; (of a country) a Eurasian republic in Asia Minor and the Balkans
104. pe\_\_\_\_\_ve a threat *v.* to become aware or conscious of something through the senses
105. s\_\_r a sauce *v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
106. economic st\_\_\_\_\_us *n.* something that causes growth or arouses action
107. st\_\_\_\_\_le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
108. invisible me\_\_\_\_\_e *n.* a person or thing that is likely to cause harm or danger; a threat or perceived threat
109. ac\_\_\_e triangle *adj.* extremely sharp or severe
110. an indomitable sp\_\_\_\_\_t *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
111. resident al\_\_\_ns *n.* a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere

ANSWERS: 102. voluntary, 103. turkey, 104. perceive, 105. stir, 106. stimulus, 107. struggle, 108. menace, 109. acute, 110. spirit, 111. alien

112. ab\_\_\_\_\_on case *n.* the act of taking someone away by force or deception; kidnapping
113. 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
114. env\_\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
115. 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
116. the evidence of the pr\_\_\_\_\_ce *n.* the fact or state that someone or something exists, occurs, or is present
117. re\_\_\_e permanently *v.* to live in a particular place, typically for a prolonged period of time
118. give the al\_\_m *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
119. ob\_\_\_\_\_e a tradition *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
120. immune fu\_\_\_\_\_on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose



ANSWERS: 112. abduction, 113. haunt, 114. environment, 115. succubus, 116. presence, 117. reside, 118. alarm, 119. observe, 120. function

121. res\_\_\_\_\_le action *adj.* answerable or accountable for something within one's power, control, or management
122. 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)
123. ab\_\_\_\_\_al heart rhythms *adj.* not typical, usual, or regular, especially in a way that is bad
124. asp\_\_\_\_\_te rival companies *v.* to make someone unable to breathe, usually resulting in unconscious or death
125. ch\_\_e a dream *v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
126. genic com\_\_\_\_\_ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
127. 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
128. 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

ANSWERS: 121. responsible, 122. narcolepsy, 123. abnormal, 124. asphyxiate, 125. chase, 126. combination, 127. lye, 128. succubus

129. a signal of di\_\_\_\_\_ss *n.* a feeling of great worry, sadness, pain, or discomfort
130. tr\_\_\_\_\_r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
131. government en\_\_\_\_\_y *n.* something that exists independently and has its own identity
132. inf\_\_\_\_\_nt showers *adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
133. sta\_\_\_\_\_cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
134. d\_\_n the consequences *v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger
135. a bird in a c\_\_e *n.* a structure made of metal bars or wire in which birds or animals can be kept
136. sc\_\_\_m a profanity *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
137. unc\_\_\_\_\_us bias *adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
138. an al\_\_m clock *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

ANSWERS: 129. distress, 130. trigger, 131. entity, 132. infrequent, 133. statistics, 134. damn, 135. cage, 136. scream, 137. unconscious, 138. alarm

139. 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
140. in\_\_\_e him to see a doctor *v.* to persuade someone to do something; to cause to act in a specific manner
141. a charm against e\_\_l *adj.* profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people
142. ac\_\_e pain *adj.* extremely sharp or severe
143. s\_\_r up controversy *v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
144. sc\_\_\_m at him to be quiet *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
145. the files are in complete di\_\_\_\_\_er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
146. en\_\_\_e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
147. spiral st\_\_\_\_\_se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
148. silver ox\_\_e *n.* a chemical compound that contains at least one oxygen atom and one other element

ANSWERS: 139. paralysis, 140. induce, 141. evil, 142. acute, 143. stir, 144. scream, 145. disorder, 146. engage, 147. staircase, 148. oxide

149. 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
150. an insect c\_\_e *n.* a structure made of metal bars or wire in which birds or animals can be kept
151. pa\_\_\_\_\_ze a city *v.* to cause a person or part of the body to become unable to move or feel
152. me\_\_\_\_\_al times *adj.* relating to or belonging to the Middle Age that is for the period of A.D.600 to A.D. 1450
153. ch\_\_e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
154. post re\_\_\_\_\_ly to a blog *adv.* at regular intervals or times
155. people with bipolar di\_\_\_\_\_er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
156. en\_\_\_\_\_er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
157. a good au\_\_\_\_\_ry memory *adj.* of or relating to hearing or the ability to hear
158. re\_\_\_\_\_e CO2 into the air *v.* to set free or allow to escape from confinement
159. R\_M sleep behavior disorder *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

ANSWERS: 149. rib, 150. cage, 151. paralyze, 152. medieval, 153. choke, 154. regularly, 155. disorder, 156. encounter, 157. auditory, 158. release, 159. REM

160. su\_\_\_\_\_te to death      *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
161. become increasingly fr\_\_\_\_\_t      *adj.* causing, accompanied by, or full of anxiety, tension, or stress
162. g\_\_p in shock      *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
163. st\_\_\_\_\_le to get the job      *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
164. 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
165. fr\_\_\_\_\_t with danger      *adj.* causing, accompanied by, or full of anxiety, tension, or stress
166. moral pa\_\_\_\_\_is      *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
167. pa\_\_\_\_\_ze a person      *v.* to cause a person or part of the body to become unable to move or feel
168. artificial cr\_\_\_\_\_re      *n.* a living being, especially an animal

ANSWERS: 160. suffocate, 161. fraught, 162. gasp, 163. struggle, 164. paranormal, 165. fraught, 166. paralysis, 167. paralyze, 168. creature

169. R\_M sleep cycle *n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
170. earlier emotional br\_\_\_e *n.* a mark caused by a blow, typically one that is purple or black on the skin
171. li\_\_\_\_\_me benefits *n.* the duration of someone's life or something's existence;
172. mo\_\_\_n poetry *adj.* of or belonging to the present time or recent times
173. 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
174. po\_\_\_\_\_s divine powers *v.* to have or own something or to have as an attribute, knowledge, skill, etc.
175. a person who is unc\_\_\_\_\_us *adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
176. have a ni\_\_\_\_\_re *n.* a very frightening or unpleasant dream
177. bl\_\_e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
178. swell like a tu\_\_\_y *n.* (of an animal) a large bird with a fan-shaped tail native to North America, widely grown for food; (of a country) a Eurasian republic in Asia Minor and the Balkans
179. natural phe\_\_\_\_\_on *n.* something that exists and can be perceptible, especially one that is not fully understood

ANSWERS: 169. REM, 170. bruise, 171. lifetime, 172. modern, 173. weir, 174. possess, 175. unconscious, 176. nightmare, 177. blame, 178. turkey, 179. phenomenon

180. pe\_\_\_\_ve light *v.* to become aware or conscious of something through the senses
181. vo\_\_\_\_\_ry action *adj.* done of one's own free will; without being forced or coerced
182. au\_\_\_\_\_ry system *adj.* of or relating to hearing or the ability to hear
183. in\_\_\_\_\_le of being resisted *adj.* unable to do, control, or achieve something
184. end of the first ep\_\_\_\_\_e *n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
185. pa\_\_\_\_\_t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
186. 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
187. li\_\_\_\_\_me ban from the sport *n.* the duration of someone's life or something's existence;
188. 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: 180. perceive, 181. voluntary, 182. auditory, 183. incapable, 184. episode, 185. patient, 186. strangle, 187. lifetime, 188. atonia



ANSWERS:

## 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 doctor carefully examined the \_\_\_\_\_ medical history.
  - n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
  
3. Every human is responsible for taking care of the Earth's \_\_\_\_\_.
  - n.* the natural world such as air, water, and land in which humans, animals, and plants live
  
4. The deep sea \_\_\_\_\_ was unlike anything the scientists had ever seen before.
  - n.* a living being, especially an animal
  
5. He could not \_\_\_\_\_ against temptation.
  - v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
  
6. She kept \_\_\_\_\_ for an ambulance.
  - v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
  
7. 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

ANSWERS: 1. paralysis, 2. patient's, 3. environment, 4. creature, 5. struggle, 6. screaming, 7. lye,

8. Corruption is an \_\_\_\_\_ act for any reason.

*adj.* profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people

9. 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

10. The building makes a remarkable \_\_\_\_\_ impact.

*adj.* relating to seeing or sight

11. He lay down and fell \_\_\_\_\_ immediately.

*adj.* in a state of sleep

12. The program is \_\_\_\_\_ so participants can choose whether or not to take part.

*adj.* done of one's own free will; without being forced or coerced

13. 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

14. \_\_\_\_\_ brooks are noisier than deep rivers.

*adj.* not having much distance from the top to the bottom

15. The \_\_\_\_\_ nerve carries sound signals from the ear to the brain.

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

ANSWERS: 8. evil, 9. hallucinate, 10. visual, 11. asleep, 12. voluntary, 13. haunt, 14. Shallow, 15. auditory

16. This book provides children with ideas and a \_\_\_\_\_ for outside recreation.  
*n.* something that causes growth or arouses action
17. The doctor prescribed some medicine for the mental \_\_\_\_\_.  
*n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
18. She's a \_\_\_\_\_ pet owner who ensures her dog gets enough exercise and a healthy diet.  
*adj.* answerable or accountable for something within one's power, control, or management
19. The brain is an incredibly complex organ that controls the body's \_\_\_\_\_.  
*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
20. Australia is widely \_\_\_\_\_ as having low levels of corruption.  
*v.* to become aware or conscious of something through the senses
21. The passenger grabbed for the \_\_\_\_\_ mask.  
*n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
22. The lack of sleep \_\_\_\_\_ both physical and psychological diseases.  
*v.* to persuade someone to do something; to cause to act in a specific manner
23. The police launched an investigation into the \_\_\_\_\_ of the wealthy businessman.  
*n.* the act of taking someone away by force or deception; kidnapping

ANSWERS: 16. stimulus, 17. disorder, 18. responsible, 19. function, 20. perceived, 21. oxygen, 22. induces, 23. abduction

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 venom from the snake bite \_\_\_\_\_ his arm.  
*v.* to cause a person or part of the body to become unable to move or feel
26. The \_\_\_\_\_ announcing an enemy attack went off this morning.  
*n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
27. Trees absorb \_\_\_\_\_ dioxide and give off oxygen.  
*n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
28. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.  
*v.* to include or affect someone or something as a necessary part of something else
29. He became \_\_\_\_\_ that he was being followed.  
*adj.* being aware of and able to respond to what is happening around you
30. X-rays revealed a small tumor in his \_\_\_\_\_.  
*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
31. I'm prepared to \_\_\_\_\_ challenges throughout this adventure.  
*v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

ANSWERS: 24. neurotransmitter, 25. paralyzed, 26. alarm, 27. carbon, 28. involves, 29. conscious, 30. brain, 31. encounter

32. He \_\_\_\_\_ a good sense of humor.

*v.* to have or own something or to have as an attribute, knowledge, skill, etc.

33. The stories of war crimes filled her with \_\_\_\_\_.

*n.* intense fear or disgust, especially at something shocking or terrifying

34. The incident \_\_\_\_\_ a political controversy.

*v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

35. Only the \_\_\_\_\_ tower remained standing.

*adj.* relating to or belonging to the Middle Age that is for the period of A.D.600 to A.D. 1450

36. They prepared a stuffed \_\_\_\_\_ for Thanksgiving.

*n.* (of an animal) a large bird with a fan-shaped tail native to North America, widely grown for food; (of a country) a Eurasian republic in Asia Minor and the Balkans

37. Their headquarters are in a \_\_\_\_\_ skyscraper.

*adj.* of or belonging to the present time or recent times

38. 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

39. The negotiations were \_\_\_\_\_ with challenges and setbacks.

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

ANSWERS: 32. possesses, 33. horror, 34. triggered, 35. medieval, 36. turkey, 37. modern, 38. succubus, 39. fraught

40. This site \_\_\_\_\_ shares high-quality academic materials.

*adv.* at regular intervals or times

41. 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

42. The patient died from \_\_\_\_\_ alcohol intoxication.

*adj.* extremely sharp or severe

43. They \_\_\_\_\_ in a beautiful old house in the countryside.

*v.* to live in a particular place, typically for a prolonged period of time

44. The \_\_\_\_\_ demonstrate that poverty and unemployment are genuine problems.

*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

45. 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

46. Topics related to that war may \_\_\_\_\_ up a political hornets' nest.

*v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

47. There was no \_\_\_\_\_ between their proposals.

*v.* to partially cover something by going beyond its edge

ANSWERS: 40. regularly, 41. weir, 42. acute, 43. reside, 44. statistics, 45. staircase, 46. stir, 47. overlap

48. 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
49. The systems we have developed has accepted as industry \_\_\_\_\_.
- n.* something that is regarded as usual, typical, or standard
50. 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
51. \_\_\_\_\_ species have drastically altered the ecosystem in this area.
- n.* a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere
52. The company's poor financial performance is likely to \_\_\_\_\_ the CEO's chances of being re-elected to the board.
- v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger
53. The blood's red coloring comes from iron \_\_\_\_\_.
- n.* a chemical compound that contains at least one oxygen atom and one other element
54. 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: 48. airway, 49. norms, 50. rib, 51. Alien, 52. damn, 53. oxide, 54. atonia,



55. I want to put that \_\_\_\_\_ of my life behind me.

- n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

56. The \_\_\_\_\_ team worked quickly to save the patient's life.

- adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

57. 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

58. The participation of oil-producing countries in the war caused \_\_\_\_\_ in the financial markets.

- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

59. A company is a distinct legal \_\_\_\_\_.

- n.* something that exists independently and has its own identity

60. 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

61. He seems \_\_\_\_\_ of understanding what she says.

- adj.* unable to do, control, or achieve something

62. The actor's portrayal of the \_\_\_\_\_ in the horror movie was terrifying.

- n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful

ANSWERS: 55. episode, 56. medical, 57. infrequent, 58. panic, 59. entity, 60. gasped, 61. incapable, 62. demon

63. We \_\_\_\_\_ our impeded progress on lack of money.

- v.* to think or say that someone or something did something wrong or is responsible for something bad

64. The path to a solid online \_\_\_\_\_ necessitates a high technical ability.

- n.* the fact or state that someone or something exists, occurs, or is present

65. 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

66. The \_\_\_\_\_ to the safe was a secret.

- n.* a collection of things that have been combined; an assemblage of separate parts or qualities

67. The police officer \_\_\_\_\_ the suspect through the crowded streets until they finally caught him.

- v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

68. 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)

69. 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

ANSWERS: 63. blamed, 64. presence, 65. bruise, 66. combination, 67. chased, 68. narcolepsy, 69. menace

70. Three people were \_\_\_\_\_ in the crowd crush of the demo.
- v.* to make someone unable to breathe, usually resulting in unconscious or death
71. 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
72. Despite their tragic loss, the family is showing great \_\_\_\_\_.
- n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
73. 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)
74. 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
75. It is important to \_\_\_\_\_ safety procedures in the workplace to prevent accidents.
- v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
76. I know his \_\_\_\_\_ habit that he touches his face when he lies.
- adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness

ANSWERS: 70. asphyxiated, 71. phi, 72. spirit, 73. mare, 74. strangle, 75. observe, 76. unconscious

77. The researchers try to discover a common \_\_\_\_\_ in all types of successful organizations.
- n.* one of several parts that combines with others to form something bigger
78. The trapped bear is running amok in its \_\_\_\_\_.
- n.* a structure made of metal bars or wire in which birds or animals can be kept
79. A rainbow is a natural \_\_\_\_\_.
- n.* something that exists and can be perceptible, especially one that is not fully understood
80. 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
81. 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
82. The baby started to \_\_\_\_\_ on a piece of apple.
- v.* to prevent or obstruct the normal breathing or swallowing of someone or something
83. \_\_\_\_ sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.
- n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

ANSWERS: 77. component, 78. cage, 79. phenomenon, 80. suffocate, 81. immobilize, 82. choke, 83. REM

84. Some people claim to have had an \_\_\_\_\_ experience during near-death situations.

*n.* an experience in which a person's consciousness seems to detach from their physical body and float above it

85. The \_\_\_\_\_ of the dancers on stage was graceful and elegant.

*n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

86. An \_\_\_\_\_ climate in the region caused a sharp decline in grain harvest.

*adj.* not typical, usual, or regular, especially in a way that is bad

87. 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

88. Many multinational companies are \_\_\_\_\_ in the reconstruction of that country.

*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

89. She has been in great \_\_\_\_\_ since she was heartbroken.

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

90. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.

*v.* to set free or allow to escape from confinement

91. I remembered that person \_\_\_\_\_ and never forgot.

*adv.* immediately

ANSWERS: 84. out-of-body, 85. movement, 86. abnormal, 87. paranormal, 88. engaged, 89. distress, 90. release, 91. instantly

92. Life as a waiter was a big \_\_\_\_\_ for him.

*n.* a very frightening or unpleasant dream

93. He bated his \_\_\_\_\_ when talking about this affair.

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

94. She had lived through two world wars in her \_\_\_\_\_.

*n.* the duration of someone's life or something's existence;

ANSWERS: 92. nightmare, 93. breath, 94. lifetime