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Vocabulary Builder Reference from...

Jessa Gamble: Our natural sleep cycle is nothing like what we do now | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

hoe *n.* a garden tool with a flat blade attached at right angles to a long handle

(1) garden **hoe**, (2) weeding **hoe**

She purchased a **hoe** and a sickle for a backyard vegetable garden.

scramble *v.* to move or climb quickly and awkwardly, often using your hands to help you

synonym : jumble, disarrange

(1) **scramble** my mind, (2) **scramble** for support

Local business owners **scrambled** to find skilled workers.

skit *n.* a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance

synonym : sketch, parody, routine

(1) comedy **skit**, (2) political **skit**

The comedy group performed a hilarious **skit** about life in quarantine.

recede *v.* to pull back or move away or backward

synonym : move back, retreat, downsize

(1) **recede** from view, (2) **recede** in the darkness
The king's political power **receded** even further.

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.

humming

adj. producing a continuous, low, vibrating sound like that of the bee

synonym: buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird
The **humming** of the bees filled the air as she walked through the garden.

bunker

n. a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel

synonym: shelter, fortification, defense

(1) coal **bunker**, (2) **bunker** facility
The soldiers took cover in the dug-out **bunker** during the bombing.

rave

v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically

synonym: babble, freak out, be enthusiastic

(1) **rave** against the politician, (2) **rave** myself hoarse
You can rant and **rave** at the arrest, but you'll still have to accept it.

atypical

adj. not conforming to the typical or expected pattern; unusual or abnormal or characteristic

synonym : unusual, abnormal, irregular

(1) **atypical** pneumonia, (2) **atypical** weather conditions
Her **atypical** behavior raised concerns among her friends.

underrate

v. to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something

synonym : underestimate, undervalue, belittle

(1) **underrate** talent, (2) **underrate** the strength of the opposition

Don't **underrate** the importance of a healthy diet and exercise.

equator

n. an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)

(1) south of the **equator**, (2) above the **equator**
Ecuador is on the **equator**.

arctic

adj. of or relating to the region around the North Pole or the Arctic Ocean; very cold

synonym : cold, frozen, polar

(1) **arctic** ice, (2) high **arctic**

Cold temperatures and long, dark winters characterize the **arctic** climate.

perpetual

adj. continuing for an extended period in the same way without stopping or being interrupted

synonym : enduring, unchanging, incessant

(1) **perpetual** motion machine, (2) **perpetual** struggle
The company employs a **perpetual** inventory system.

aboriginal

adj. relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous

synonym: native, indigenous, autochthonous

(1) **aboriginal** art, (2) **aboriginal** land

Many **aboriginal** cultures have deep spiritual connections to the land and its natural resources.

mania

n. a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something

synonym: obsession, craze, frenzy

(1) start-up **mania**, (2) dance **mania**

The **mania** for collecting rare books led him to spend his savings on a first edition.

sunrise

n. the time in the morning when the sun first appears in the sky

synonym: daybreak, morning, dawn

(1) beautiful **sunrise**, (2) high-technology **sunrise** industries

I got up early to watch the **sunrise** at the summit.

prolactin

n. a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth

(1) **prolactin** inhibitor, (2) **prolactin** receptor

High levels of **prolactin** in men can cause infertility and decreased libido.

Session 2: Spelling

1. south of the eq____r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
2. start-up ma__a *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
3. above the eq____r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
4. pe_____al motion machine *adj.* continuing for an extended period in the same way without stopping or being interrupted
5. pe_____al struggle *adj.* continuing for an extended period in the same way without stopping or being interrupted
6. high ar___c *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
7. political s__t *n.* a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance

ANSWERS: 1. equator, 2. mania, 3. equator, 4. perpetual, 5. perpetual, 6. arctic, 7. skit

8. un_____te the strength of the opposition *v.* to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something
9. high-technology su_____e industries *n.* the time in the morning when the sun first appears in the sky
10. re___e from view *v.* to pull back or move away or backward
11. pr_____in inhibitor *n.* a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth
12. comedy s__t *n.* a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance
13. pr_____in receptor *n.* a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth
14. re___e in the darkness *v.* to pull back or move away or backward
15. sc_____le for support *v.* to move or climb quickly and awkwardly, often using your hands to help you
16. r__e myself hoarse *v.* to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
17. abo_____al land *adj.* relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous

ANSWERS: 8. underrate, 9. sunrise, 10. recede, 11. prolactin, 12. skit, 13. prolactin, 14. recede, 15. scramble, 16. rave, 17. aboriginal

18. ar___c ice *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
19. sc_____le my mind *v.* to move or climb quickly and awkwardly, often using your hands to help you
20. 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
21. bu___r facility *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
22. at_____al weather conditions *adj.* not conforming to the typical or expected pattern; unusual or abnormal or characteristic
23. coal bu___r *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
24. hu_____g sound *adj.* producing a continuous, low, vibrating sound like that of the bee
25. garden h_e *n.* a garden tool with a flat blade attached at right angles to a long handle

ANSWERS: 18. arctic, 19. scramble, 20. paranormal, 21. bunker, 22. atypical, 23. bunker, 24. humming, 25. hoe

26. r__e against the politician *v.* to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
27. dance ma__a *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
28. weeding h_e *n.* a garden tool with a flat blade attached at right angles to a long handle
29. hu____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
30. abo____al art *adj.* relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous
31. beautiful su____e *n.* the time in the morning when the sun first appears in the sky
32. un____te talent *v.* to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something
33. 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

ANSWERS: 26. rave, 27. mania, 28. hoe, 29. humming, 30. aboriginal, 31. sunrise, 32. underrate, 33. paranormal

34. at____al pneumonia

adj. not conforming to the typical or expected pattern; unusual or abnormal or characteristic

ANSWERS: 34. atypical

Session 3: Fill in the Blanks

1. She purchased a ____ and a sickle for a backyard vegetable garden.
n. a garden tool with a flat blade attached at right angles to a long handle
2. The soldiers took cover in the dug-out _____ during the bombing.
n. a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
3. 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
4. I got up early to watch the _____ at the summit.
n. the time in the morning when the sun first appears in the sky
5. The comedy group performed a hilarious ____ about life in quarantine.
n. a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance
6. The _____ of the bees filled the air as she walked through the garden.
adj. producing a continuous, low, vibrating sound like that of the bee
7. The king's political power _____ even further.
v. to pull back or move away or backward

ANSWERS: 1. hoe, 2. bunker, 3. paranormal, 4. sunrise, 5. skit, 6. humming, 7. receded

8. Her _____ behavior raised concerns among her friends.

adj. not conforming to the typical or expected pattern; unusual or abnormal or characteristic

9. Cold temperatures and long, dark winters characterize the _____ climate.

adj. of or relating to the region around the North Pole or the Arctic Ocean; very cold

10. The _____ for collecting rare books led him to spend his savings on a first edition.

n. a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something

11. Many _____ cultures have deep spiritual connections to the land and its natural resources.

adj. relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous

12. High levels of _____ in men can cause infertility and decreased libido.

n. a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth

13. Don't _____ the importance of a healthy diet and exercise.

v. to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something

14. You can rant and _____ at the arrest, but you'll still have to accept it.

v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically

ANSWERS: 8. atypical, 9. arctic, 10. mania, 11. aboriginal, 12. prolactin, 13. underrate, 14. rave

15. Ecuador is on the _____.

n. an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)

16. Local business owners _____ to find skilled workers.

v. to move or climb quickly and awkwardly, often using your hands to help you

17. The company employs a _____ inventory system.

adj. continuing for an extended period in the same way without stopping or being interrupted

ANSWERS: 15. equator, 16. scrambled, 17. perpetual