

Vocabulary List for " Title "



RIPPLE ENGLISH

1	enhance	～を高める より良くする	英英	intensify, increase, or further improve the quality, value, or extent o
			例文	<i>Healthy sleep enhances learning and memory, and stabilizes our emotions.</i>
2	slumber	眠り まどろみ	英英	sleep
			例文	<i>What exactly happens during our slumber?</i>
3	compose	～を構成する ～から成る	英英	constitute or make up
			例文	<i>Sleep is composed of two types of sleep.</i>
4	stitch	縫い合わせる	英英	make, mend, or join (something) with stitches
			例文	<i>Sleep boosts our creativity by stitching information in our brain together.</i>
5	repair	修復する 回復する	英英	fix
			例文	<i>Non-REM sleep improves our physical health by repairing our immune function.</i>
6	cardiovascular	心臓血管の	英英	relating to the heart and blood vessels
			例文	<i>Non-REM sleep improves our physical health by repairing our cardiovascular system.</i>
7	fixate	固定する 固着する	英英	make something fixed or attached
			例文	<i>Sleep also helps us fixate memory.</i>
8	in turn	順番に 交代交代に	英英	in succession; one after the other
			例文	<i>REM and non-REM sleep occur in turn within a standard 90-minute cycle.</i>
9	ratio	比率、歩合	英英	the quantitative relation between two amounts
			例文	<i>The ratio within those cycles changes throughout the night.</i>
10	account for	ある割合を占める	英英	supply or make up a specified amount or proportion
			例文	<i>Initially, non-REM sleep accounts for the majority of sleep per 90-minute cycle.</i>
11	deprivation	欠乏 奪われること	英英	the lack or denial of something considered to be a necessity
			例文	<i>Just one hour of sleep deprivation significantly affects mortality rates</i>
12	mortality	死亡率	英英	the state of being subject to death / death, especially on a large scale
			例文	<i>Just one hour of sleep deprivation significantly affects mortality rates</i>
13	daylight savings time	サマータイム	英英	time as adjusted to achieve longer evening daylight in summer by setting the clocks an hour ahead of the standard time.
			例文	<i>The switch to daylight savings time in March makes people to lose an hour of sleep.</i>
14	heart attack	心臓発作	英英	a sudden and sometimes fatal occurrence of coronary thrombosis
			例文	<i>We see a sudden 24-percent increase in heart attacks specifically that following day.</i>
15	reduction	減少 削減	英英	the action or fact of making a specified thing smaller or less in amount, degree, or size
			例文	<i>We see a significant reduction in mortalities when daylight saving time ends.</i>
16	suicide	自殺	英英	the action of killing oneself intentionally
			例文	<i>A similar rise-and-fall relationship can be seen with even suicide rates.</i>
17	consolidate	固める 強固にする	英英	make (something) physically stronger or more solid
			例文	<i>Sleep helps us consolidate what we have learned as our long-term memory.</i>
18	motor skill	運動技能	英英	athletic ability
			例文	<i>The same is true for all motor skills.</i>
19	automate	自動化する	英英	convert (a process or facility) to largely automatic operation
			例文	<i>Sleep helps the brain automate the movement routines so that you can do it subconsciously.</i>
20	subconsciously	無意識に 潜在的に	英英	in a way that is influenced by the part of the mind of which one is not fully aware
			例文	<i>You can do it subconsciously and effortlessly.</i>

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21	combine	組み合わせる 結合させる	英英	unite, merge
			例文	<i>Our brain organizes and combines different information and knowledge in our memory.</i>
22	trough	くぼみ、谷 トラフ	英英	a long hollow in the earth's surface / a point of low activity, achievement, or satisfaction
			例文	<i>Their peak and trough points of sleepiness differ from one another.</i>
23	determine	決定する	英英	cause (something) to occur in a particular way; be the decisive factor in
			例文	<i>One's sleeping pattern, also known as chronotype, is mostly determined by genetics.</i>
24	genetics	遺伝的特徴 遺伝学	英英	the genetic properties or features of an organism, characteristic, etc
			例文	<i>One's sleeping pattern, also known as chronotype, is mostly determined by genetics.</i>
25	hunter-gatherer	狩猟採集民	英英	a member of a nomadic people who live by hunting and fishing, and harvesting wild food.
			例文	<i>The answer lies in the hunter-gatherer era.</i>
26	vulnerable	脆弱な ～に弱い	英英	susceptible to physical or emotional attack or harm
			例文	<i>The most vulnerable situation is when everyone in the community falls asleep.</i>
27	adolescent	青年期の 若々しい	英英	in the process of developing from a child into an adult
			例文	<i>Adolescent teenagers have a different circadian rhythm from their parents.</i>
28	circadian rhythm	概日リズム 体内時計	英英	internal biological clock recurring naturally on a twenty-four-hour cycle
			例文	<i>Adolescent teenagers have a different circadian rhythm from their parents.</i>
29	require	要求する	英英	need for a particular purpose
			例文	<i>Modern society requires every member of the community to live in the same rhythm.</i>
30	regularity	規則性 定期性	英英	the state or quality of being regular
			例文	<i>Regularity is the most important thing to improve both the quality and the quantity of sleep.</i>
31	meditation	瞑想	英英	the action of focusing one's mind for a period of time
			例文	<i>Studies show that meditation is also effective in speeding up the onset of sleep.</i>
32	onset	始まり 開始	英英	the beginning of something, especially something unpleasant
			例文	<i>Studies show that meditation is also effective in speeding up the onset of sleep.</i>
33	accumulate	蓄積する 貯まる	英英	gather together or acquire an increasing number or quantity of
			例文	<i>The longer you stay awake, the more adenosine will accumulate.</i>
34	compete	競合する 張り合う	英英	fight for something against others who are trying to do the same
			例文	<i>Caffein and adenosine compete for the same receptors.</i>
35	receptor	受容体 感覚器官	英英	a region of tissue which responds specifically to a particular neurotransmitter, hormone
			例文	<i>Caffein and adenosine compete for the same receptors.</i>
36	extract	取り除く	英英	remove or take out, especially by effort or force
			例文	<i>The problem with caffein is that it takes time to be extracted from your body.</i>