

Vocabulary List for “ The Science of Sleep ”



1	unconscious	無意識の意識がない	英英	not conscious
			例文	<i>Though life is already short enough, we are unconscious for a third of it.</i>
2	despite	にも関わらず	英英	without being affected by; in spite of
			例文	<i>Despite its importance, sleep remains a mystery to many.</i>
3	notion	概念 考え	英英	a conception of or belief about something
			例文	<i>For example, there is a widely accepted notion of the 90-minute sleep cycle.</i>
4	multiple	倍数	英英	a number that can be divided by another number without a remainder
			例文	<i>Should we sleep for multiples of 90 minute?</i>
5	fluctuate	変動する 揺れ動く	英英	rise and fall irregularly in number or amount
			例文	<i>The sleep cycle actually fluctuates within a range of 60 to 110 minutes.</i>
6	physiological	生理学的な	英英	relating to the branch of biology that deals with the normal functions of living organisms
			例文	<i>REM sleep and non-REM sleep are completely different states in terms of the physiological conditions.</i>
7	slumber	まどろみ	英英	sleep
			例文	<i>What happens to the body and brain during a slumber?</i>
8	optimize	最適化する	英英	make the best or most effective use of
			例文	<i>How will scientific knowledge on sleep help us optimize its quality and quantity?</i>
9	occurrence	発生	英英	the fact or frequency of something happening
			例文	<i>The quality of sleep is a lot about the regular occurrence of the sleep cycles.</i>
10	exclusively	～に限って 独占的に	英英	to the exclusion of others; only; solely
			例文	<i>Non-REM sleep and REM sleep occur exclusively in this order within a 90-minute cycle.</i>
11	proportion	比率、割合	英英	the relationship of one thing to another in terms of quantity, size, or number; ratio
			例文	<i>The overall proportion of non-REM and REM is about 3 to 1.</i>
12	ratio	比率	英英	the quantitative relation between two amounts
			例文	<i>But the ratio within a cycle varies across the night.</i>
13	vary	変化する 違う	英英	change from one condition, form, or state to another
			例文	<i>But the ratio within a cycle varies across the night.</i>
14	account for	占める	英英	supply or make up a specified amount or proportion
			例文	<i>Non-REM sleep accounts for the majority of the sleep cycle in the first half of the night.</i>
15	dawn	夜明け	英英	the first appearance of light in the sky before sunrise
			例文	<i>The ratio of REM sleep increases as it gets closer to dawn.</i>
16	subdivide	さらに分ける 細分化する	英英	divide (something that has already been divided or that is a separate unit)
			例文	<i>Non-REM sleep is further subdivided into 3 stages.</i>
17	transition	移り変わり	英英	the process or a period of changing from one state or condition to another
			例文	<i>Stage 1 is sort of a transition period from wakefulness to deeper sleep.</i>
18	refine	洗練させる 精錬する	英英	improve (something) by making small changes
			例文	<i>Stage 2 plays an important role in refining our memory related to motor skills.</i>
19	motor skill	運動技能	英英	abilities related to muscular movement or the nerves activating it
			例文	<i>Stage 2 plays an important role in refining our memory related to motor skills.</i>
20	immune	免疫に関する	英英	relating to the ability of an organism to resist a particular infection or toxin
			例文	<i>During REM sleep, the body recovers its immune function and cardiovascular system.</i>

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21	cardiovascular	心血管系の 循環器系の	英英	relating to the heart and blood vessels
			例文	<i>During REM sleep, the body recovers its immune function and cardiovascular system.</i>
22	undergo	経験する	英英	experience or be subjected to
			例文	<i>Despite its importance, sleep remains a mystery to many.</i>
23	commuter	通勤者	英英	a person who travels some distance to work on a regular basis
			例文	<i>He sleeps 5 hours in bed and 2 hours on the commuter train.</i>
24	fall short	達しない 及ばない	英英	fail to meet an expectation or standard
			例文	<i>Both of them have 7 hours of sleep in total, but the latter case falls far short in terms of the quality.</i>
25	assume	仮定する 決めてかかる	英英	suppose to be the case, without proof
			例文	<i>Sigmund Freud assumed that dreams reflect our deepest wishes.</i>
26	distinguish	識別する	英英	recognize or treat (someone or something) as different
			例文	<i>It is often impossible to distinguish REM sleep from wakefulness.</i>
27	intense	強烈な	英英	of extreme force, degree, or strength
			例文	<i>We find them painful memory less emotionally intense the next morning.</i>
28	combine	組み合わせ る	英英	unite; merge
			例文	<i>During REM sleep, our brain organizes and combines distantly related information.</i>
29	rational	合理的な 理性的な	英英	based on or in accordance with reason or logic
			例文	<i>we never think of such ideas during rational and obstinate wakefulness.</i>
30	obstinate	頑固な	英英	stubbornly refusing to change one's opinion or chosen course of action
			例文	<i>we never think of such ideas during rational and obstinate wakefulness.</i>
31	bizarre	奇妙な	英英	very strange or unusual, especially so as to cause interest or amusement
			例文	<i>Dreams are often emotional and bizarre.</i>
32	mold-breaking	型破りな	英英	characterized by bold originality; pioneering
			例文	<i>REM sleep is the session for psychological recovery and mold-breaking brainstorming.</i>
33	by-product	副産物	英英	a secondary result, unintended but inevitably produced in doing or producing something else
			例文	<i>Heat from a lightbulb is a by-product of the light.</i>
34	label	レッテルを 貼る	英英	assign to a category, especially inaccurately or restrictively
			例文	<i>Evening types are often labeled as lazy.</i>
35	executive	経営幹部	英英	a person with senior managerial responsibility in a business organization
			例文	<i>You must have seen an article introducing a successful executive who gets up early everyday.</i>
36	seemingly	一見すると	英英	so as to give the impression of having a certain quality; apparently
			例文	<i>Seemingly, studying or working before sunrise appears diligent and admirable.</i>
37	diligent	勤勉な 熱心な	英英	having or showing care and conscientiousness in one's work or duties
			例文	<i>Seemingly, studying or working before sunrise appears diligent and admirable.</i>
38	early bird	早起きの人 (くだけて)	英英	a person who rises, arrives, or acts before the usual or expected time
			例文	<i>Is an early bird actually praiseworthy?</i>
39	praiseworthy	称賛に値す る	英英	<i>deserving approval and admiration</i>
			例文	<i>Is an early bird actually praiseworthy?</i>
40	determine	左右する 規定する	英英	<i>cause (something) to occur in a particular way; be the decisive factor in</i>
			例文	<i>One's sleeping pattern, also known as chronotype, is mostly determined by genetics.</i>

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41	genetics	遺伝学 遺伝の特徴	英英	the genetic properties or features of an organism
			例文	<i>One's sleeping pattern, also known as chronotype, is mostly determined by genetics.</i>
42	drowsy	眠たい うとうとする	英英	sleepy and lethargic; half asleep
			例文	<i>What time we feel drowsy or energized is fixed primarily by birth.</i>
43	vulnerable	もろい 脆弱な	英英	susceptible to physical or emotional attack or harm
			例文	<i>A community with different chronotypes is unlikely to face the most vulnerable situation.</i>
44	discipline	自己管理	英英	the controlled behavior resulting from discipline
			例文	<i>Genetics divides people into different chronotypes, so it is not only a matter of diligence or discipline.</i>
45	oversimplify	過度に単純 化する	英英	simplify (something) so much that a distorted impression of it is given
			例文	<i>First of all, praise for early birds is oversimplifying the logic.</i>
46	foremost	まず第一に	英英	before anything else in rank, importance, or position; in the first place
			例文	<i>First and foremost, we need to establish a regular sleeping habit.</i>
47	distract	散らす 紛らわす	英英	divert (attention) from something
			例文	<i>Irregular sleeping habits significantly distract this biorhythm.</i>
48	virtually	実質的に ほぼ	英英	nearly; almost
			例文	<i>It is virtually equal to having 3 hours of jet lag every week.</i>
49	jet lag	時差ボケ	英英	extreme tiredness and other physical effects felt by a person after a long flight across several time zones
			例文	<i>It is virtually equal to having 3 hours of jet lag every week.</i>
50	disrupt	混乱させる	英英	interrupt (an event, activity, or process) by causing a disturbance or problem
			例文	<i>Not only blue light but also the stimulation and excitement from social media can disrupt your sleep.</i>
51	sound (adj)	ぐっすり とした	英英	(of sleep) deep and undisturbed
			例文	<i>You might be under the impression that alcohol helps you have a sound sleep.</i>
52	facilitate	円滑にする	英英	make (an action or process) easy or easier
			例文	<i>In fact, alcohol facilitates the onset of sleep, but it negatively affects the quality of sleep.</i>
53	fragment	粉々にする	英英	break or cause to break into fragments
			例文	<i>Your sleep becomes fragmented with brief awakenings, which we don't usually remember.</i>
54	suppress	抑える	英英	prevent or inhibit (a process or reaction)
			例文	<i>Alcohol also suppresses REM sleep, especially during the latter half of the night.</i>
55	preferably	できれば なるべく	英英	ideally; if possible
			例文	<i>The last cup of coffee should be taken preferably before 3 p.m.</i>
56	meditation	瞑想	英英	the action or practice of meditating
			例文	<i>There are also things proven to enhance the quality of sleep, such as mindfulness meditation.</i>
57	moderate	適度な 中くらいの	英英	average in amount, intensity, quality, or degree
			例文	<i>There are also things proven to enhance the quality of sleep, such as moderate exercise during the day.</i>