

Vocabulary List for “ When You Are Sleep-Deprived ”



RIPPLE ENGLISH

1	dawn	夜明け 明け方	英英	the first appearance of light in the sky before sunrise
			例文	<i>Working overnight in front of a computer or playing around until dawn was often considered cool.</i>
2	thank goodness	ありがたい よかった	英英	(くだけて、また皮肉っぽく) ありがたいことだ、ああ助かった
			例文	<i>Today, thank goodness, this is already a thing of the past.</i>
3	deprivation	欠乏 不足	英英	the lack or denial of something considered to be a necessity
			例文	<i>More recently, sleep deprivation is regarded as unprofessional and bragging about it rather unintelligent.</i>
4	brag	自慢げに言 う	英英	say something in a boastful manner
			例文	<i>More recently, sleep deprivation is regarded as unprofessional and bragging about it rather unintelligent.</i>
5	chronic	慢性的な	英英	(of an illness) persisting for a long time or constantly recurring
			例文	<i>Chronic sleep deprivation deteriorates your physical and mental health.</i>
6	deteriorate	悪化させる	英英	make something progressively worse
			例文	<i>Chronic sleep deprivation deteriorates your physical and mental health.</i>
7	intellectual	知的な 知能に関する	英英	relating to the intellect
			例文	<i>Chronic sleep deprivation deteriorates your intellectual performance.</i>
8	habitual	常習的な	英英	done or doing constantly or as a habit
			例文	<i>Some records suggest that they were actually habitual daytime nappers.</i>
9	sufficient	十分な、足 りる	英英	enough; adequate
			例文	<i>The body and brain of Homo sapiens are not designed to function well without sufficient sleep.</i>
10	advertise	広告する	英英	describe or draw attention to a product or service in a public medium in order to promote sales
			例文	<i>Those who willingly reduce their sleep and boast about it are merely advertising their stupidity.</i>
11	daylight savings time	夏時間 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 spring automatically makes people lose an hour of sleep.</i>
12	exclusively	～に限って 独占的に	英英	to the exclusion of others; only; solely
			例文	<i>We see a sudden 24-percent increase in heart attacks exclusively that following day.</i>
13	suicide	自殺	英英	the action of killing oneself intentionally
			例文	<i>We see the same pattern with the number of traffic accidents and suicide rates.</i>
14	heart rate	心拍数	英英	the frequency of the heart beat
			例文	<i>During sleep, our heart rate and blood pressure level goes down, reducing the burden on our cardiovascular system.</i>
15	blood pressure	血圧	英英	the pressure of the blood in the circulatory system, often measured for diagnosis
			例文	<i>During sleep, our heart rate and blood pressure level goes down, reducing the burden on our cardiovascular system.</i>
16	cardiovascular	心血管系の 循環器系の	英英	relating to the heart and blood vessels
			例文	<i>During sleep, our heart rate and blood pressure level goes down, reducing the burden on our cardiovascular system.</i>
17	immune	免疫の	英英	relating to immunity
			例文	<i>During the day, our immune system is very busy dealing with various potential threats.</i>
18	threat	危機 脅威	英英	a person or thing likely to cause damage or danger
			例文	<i>During the day, our immune system is very busy dealing with various potential threats.</i>
19	devote	捧げる 専念する	英英	give all or a large part of one's time or resources to (a person, activity, or cause)
			例文	<i>The immune system is devoted to resolving inflammation and recharging itself.</i>
20	inflammation	炎症	英英	a localized physical condition in which part of the body becomes reddened, swollen, hot
			例文	<i>The immune system is devoted to resolving inflammation and recharging itself.</i>

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21	multitude	多数の	英英	a large number
			例文	<i>There are a multitude of things your body can only do during sleep.</i>
22	decline	低下する	英英	diminish in strength or quality; deteriorate
			例文	<i>Our attention, concentration, and other cognitive capacities decline under sleep deprivation.</i>
23	managerial	経営の 管理職の	英英	relating to management or managers, especially of a company or similar organization
			例文	<i>If you are in a managerial position, your sleep conditions will matter even more.</i>
24	display	表出	英英	a notable or conspicuous demonstration of a particular type of behavior, emotion, or skill
			例文	<i>Sleep deprivation reduces the display of positive emotional expressions.</i>
25	diminish	減らす 小さくする	英英	make or become less
			例文	<i>Sleep deprivation diminishes potential influence as a leader.</i>
26	undermine	損なう むしばむ	英英	lessen the effectiveness, power, or ability of, especially gradually or insidiously
			例文	<i>Lack of sufficient REM sleep undermines our abilities to read emotional signals.</i>
27	subordinate	部下	英英	a person under the authority or control of another within an organization
			例文	<i>Moreover, subordinates model themselves after their boss in their attitudes and behaviors.</i>
28	model	模倣する	英英	take (someone admired or respected) as an example to copy
			例文	<i>Moreover, subordinates model themselves after their boss in their attitudes and behaviors.</i>
29	overtly	はっきりと 公然と	英英	without concealment or secrecy; openly
			例文	<i>They are being told overtly or covertly that sleep should not be prioritized.</i>
30	covertly	ひそかに 暗に	英英	without being openly acknowledged or displayed; secretly
			例文	<i>They are being told overtly or covertly that sleep should not be prioritized.</i>
31	supervise	監督する 指揮する	英英	observe and direct the execution of (a task, project, or activity)
			例文	<i>Workers tend to cut their sleep when they are supervised by a boss who disregards the importance of sleep.</i>
32	disregard	無視する 軽視する	英英	pay no attention to; ignore
			例文	<i>Workers tend to cut their sleep when they are supervised by a boss who disregards the importance of sleep.</i>
33	department	部門 課	英英	a division of a large organization such as a government, university, business
			例文	<i>Put simply, the entire department has to pay the price for the sleep deprivation of its manager.</i>
34	secure	確保する	英英	succeed in obtaining (something), especially with difficulty
			例文	<i>Securing sufficient sleep is an indispensable, professional duty.</i>
35	indispensable	不可欠な	英英	absolutely necessary
			例文	<i>Securing sufficient sleep is an indispensable, professional duty.</i>
36	consolidate	強固にする	英英	make (something) physically stronger or more solid
			例文	<i>As widely known, sufficient sleep is indispensable for consolidating memories.</i>
37	cram	詰め込み勉強 強をする	英英	study intensively over a short period of time just before an examination
			例文	<i>However, overnight cramming is not even effective for tomorrow.</i>
38	neurological	神経の 神経に関する	英英	relating to the anatomy, functions, and organic disorders of nerves and the nervous system
			例文	<i>Neurologically speaking, a memory involves a synaptic connection between neurons</i>
39	neuron	ニューロン 神経細胞	英英	a specialized cell transmitting nerve impulses; a nerve cell
			例文	<i>Neurologically speaking, a memory involves a synaptic connection between neurons</i>
40	finite	有限の	英英	having limits or bounds
			例文	<i>The brain has a finite capacity for synapses.</i>

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41	synapse	シナプス (神経細胞の 接続部)	英英	a junction between two nerve cells
			例文	<i>The brain has a finite capacity for synapses.</i>
42	warehouse	倉庫	英英	a large building where raw materials or manufactured goods may be stored
			例文	<i>Think of the brain as a warehouse.</i>
43	relevant	関連がある 意味がある	英英	closely connected or appropriate to what is being done or considered
			例文	<i>Non-REM sleep identifies which items are similar, relevant, and redundant.</i>
44	redundant	余分な	英英	not or no longer needed or useful; superfluous
			例文	<i>Non-REM sleep identifies which items are similar, relevant, and redundant.</i>
45	cerebral	脳の 知能の	英英	of the cerebrum of the brain
			例文	<i>Also, you will end up having no cerebral space for other information the following day.</i>
46	optimization	最適化	英英	the action of making the best or most effective use of a situation or resource
			例文	<i>It has to come along with remodeling and optimization of our neural circuits by sleep.</i>
47	one-size-fits-all	さまざまな場面 に対応する	英英	原義は衣料品の「フリーサイズ」の意。
			例文	<i>There is no one-size-fits-all answer.</i>
48	indicate	示す	英英	point out; show
			例文	<i>It is indicated that our mortality rates increase either when we sleep more or less than this range.</i>
49	mortality	死亡 (率)	英英	death, especially on a large scale
			例文	<i>It is indicated that our mortality rates increase either when we sleep more or less than this range.</i>
50	reliable	信頼できる 当てになる	英英	consistently good in quality or performance; able to be trusted
			例文	<i>This is quite reliable information supported by the Center of Disease Control.</i>
51	compensate	埋め合わせ る	英英	give (someone) something, typically money, in recognition of loss, suffering
			例文	<i>They have to sleep longer to compensate for the poor quality of sleep.</i>
52	correlation	相関関係	英英	have a mutual relationship or connection, in which one thing affects or depends on another
			例文	<i>There is a correlation between sleep duration and mortality rates.</i>
53	causal	因果関係の ある	英英	relating to or acting as a cause
			例文	<i>But we cannot assert that they are in a causal relationship.</i>
54	definite	明確な	英英	clearly stated or decided; not vague or doubtful
			例文	<i>It is quite difficult to draw a definite conclusion, and so is to provide sufficient evidence to prove a theory.</i>
55	endeavor	試み、努力	英英	an enterprise or undertaking
			例文	<i>Realizing our ignorance is one of the most important insights in scientific endeavors.</i>
56	refer	参照する	英英	read or otherwise use (a source of information) in order to ascertain something
			例文	<i>The current conclusion seems that we should trust our own senses while referring to science.</i>