

The Science of Sleep

#				EXAMPLE
1	roughly <i>adverb</i>	taxminan	примерно	The trip takes roughly three hours.
2	asleep <i>adjective</i>	uxlab yotgan	спящий	The baby is finally asleep .
3	essential <i>adjective</i>	zarur, juda muhim	необходимый	Sleep is essential for good health.
4	rest <i>noun</i>	dam olish, hordiq	отдых	You need some rest after the long trip.
5	brain <i>noun</i>	miya	мозг	The brain uses a lot of energy.
6	vital <i>adjective</i>	hayotiy muhim	жизненно важный	Water is vital for all living things.
7	repair <i>noun</i>	tiklanish, ta'mir	восстановление, ремонт	The road is closed for repairs .
8	maintenance <i>noun</i>	parvarish, texnik xizmat	обслуживание, уход	Old cars need a lot of maintenance .
9	stage <i>noun</i>	bosqich	этап, стадия	The project is in its final stage .
10	light <i>adjective</i>	yengil, sayoz (uyqu)	лёгкий, неглубокий (о сне)	I'm a light sleeper — any noise wakes me up.
11	deep <i>adjective</i>	chuqur (uyqu)	глубокий (о сне)	He was in a deep sleep and didn't hear the phone.
12	REM <i>noun</i>	REM (tez ko'z harakati uyqusi)	фаза быстрого сна (REM)	Most dreams happen during REM sleep.
13	dream <i>verb</i>	tush ko'rmoq	видеть сны	I dreamed about my old school last night.
14	recovery <i>noun</i>	tuzalish, tiklanish	выздоровление, восстановление	He made a quick recovery after the operation.
15	tissue <i>noun</i>	to'qima (tanada)	ткань (организма)	Exercise builds muscle tissue .
16	muscle <i>noun</i>	mushak	мышца	Protein helps build muscle .
17	strengthen <i>verb</i>	mustahkamlamoq	укреплять	Swimming strengthens your back muscles.
18	immune system <i>noun</i>	immunitet tizimi	иммунная система	A healthy diet supports your immune system .
19	process <i>verb</i>	qayta ishlamoq, hazm qilmoq (ma'lumot)	обрабатывать	The brain processes information during sleep.
20	consolidate <i>verb</i>	mustahkamlamoq	закреплять	Review new words to consolidate your learning.
21	memory <i>noun</i>	xotira, esdalik	воспоминание	I have happy memories of my childhood.
22	serious <i>adjective</i>	jiddiy	серьёзный	Lack of sleep can cause serious health problems.
23	sleep-deprived <i>adjective</i>	uyqusizlikdan qiynalgan	недосыпающий	Many new parents are sleep-deprived .
24	concentration <i>noun</i>	diqqat	концентрация	Noise affects concentration .
25	reaction time <i>noun</i>	reaksiya vaqti	время реакции	Tired drivers have a slower reaction time .
26	obesity <i>noun</i>	semizlik	ожирение	Obesity is increasing among children.
27	weakened <i>adjective</i>	zaiflashgan	ослабленный	People with a weakened immune system catch colds easily.

28	immunity <i>noun</i>	immunitet	иммунитет	Vaccines help build immunity to disease.
29	chronic <i>adjective</i>	surunkali	хронический	She suffers from chronic back pain.
30	waste product <i>noun</i>	chiqindi modda	продукт обмена, отход	The kidneys remove waste products from the blood.
31	vary <i>verb</i>	farq qilmoq, o'zgarib turmoq	варьироваться	The price varies from season to season.
32	individual <i>noun</i>	shaxs, alohida odam	отдельный человек	Needs differ between individuals .
33	develop <i>verb</i>	rivojlanmoq, o'smoq	развиваться	Children's brains are still developing .
34	survey <i>noun</i>	so'rovnoma	опрос	A survey found that most students sleep less than 7 hours.
35	proportion <i>noun</i>	ulush	доля	A large proportion of students live at home.
36	drastic <i>adjective</i>	keskin	резкий, радикальный	You don't need drastic changes — small steps are enough.
37	consistent <i>adjective</i>	doimiy, bir xil	постоянный, регулярный	A consistent bedtime helps you sleep better.
38	schedule <i>noun</i>	jadval, tartib	расписание, график	My schedule is very busy this week.
39	combine <i>verb</i>	birlashtirmoq, qo'shmoq	сочетать	Combine exercise with a healthy diet.
40	performance <i>noun</i>	samaradorlik, natija	производительность, результаты	Good sleep improves your performance at school.

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