

The Science of Sleep

#				EXAMPLE
1	yet <i>conjunction</i>	lekin, biroq	но, однако	The test was hard, yet everyone passed.
2	enough <i>pronoun</i>	yetarli	достаточно	Do you have enough money for the taxi?
3	on average	o'rtacha hisobda	в среднем	On average , I spend two hours a day on my phone.
4	millions of people	millionlab odamlar	миллионы людей	Millions of people visit Samarkand every year.
5	switch off	o'chirilmoq, ishlamay qolmoq	отключаться	Please switch off the lights when you leave.
6	process n.	jarayonlar	процессы	Digestion is a slow process .
7	stage	bosqichlar	стадии	The project is still in its early stages .
8	REM sleep	REM uyqu bosqichi	фаза быстрого сна (REM)	Most vivid dreams happen during REM sleep .
9	dream v.	tush ko'rish	сновидение	Last night I dreamed that I could fly.
10	repair muscles	mushaklarni tiklaydi	восстанавливает мышцы	Protein helps your body repair muscles after exercise.
11	strengthen	kuchaytiradi	укрепляет	Swimming strengthens your back.
12	immune system	immun tizimi	иммунная система	Vitamin C may help your immune system .
13	hormone	gormonlar	гормоны	Stress hormones can keep you awake at night.
14	meanwhile <i>adverb</i>	shu vaqtda, ayni paytda	тем временем	I cooked dinner. Meanwhile , my brother cleaned the room.
15	quiet <i>adjective</i>	tinch, sokin	тихий	The library is a quiet place to study.
16	waste product	chiqindi moddalar	продукты жизнедеятельности	The kidneys remove waste products from the blood.
17	organize	tartibga solmoq	упорядочивать	Let's organize our notes before the exam.
18	surprising	hayratlanarli	удивительный	It's surprising how fast children grow.
19	short-term memory	qisqa muddatli xotira	кратковременная память	My short-term memory is terrible — I forget names immediately.
20	long-term storage	uzoq muddatli saqlash	долговременное хранение	Old photos are kept in long-term storage in the museum.
21	stay up <i>phrasal verb</i>	uxlamay o'tirmoq	не ложиться спать	We stayed up late to watch the match.
22	solve a problem	muammolarni hal qilmoq	решать проблемы	Talking to friends can help you solve problems .
23	creative adv.	ijodiy tarzda	творчески	She thinks creatively and always has new ideas.
24	concentrate	diqqatni jamlamoq	концентрироваться	I can't concentrate when I'm hungry.
25	control emotions	hissiyotlarni boshqarmoq	контролировать эмоции	Young children find it hard to control emotions .

26	lack of sleep	uyqu yetishmasligi	недостаток сна	Lack of sleep makes me irritable.
27	link <i>verb</i>	bog'lamoq	связывать	Smoking is linked to many diseases.
28	weight gain	vazn ortishi	увеличение веса	Eating late at night can lead to weight gain .
29	risk <i>noun</i>	xavf	риск	Driving fast increases the risk of an accident.
30	heart disease	yurak kasalligi	болезнь сердца	Smoking increases the risk of heart disease .
31	mood	kayfiyat	настроение	Sunny weather always puts me in a good mood .
32	reaction time	reaksiya vaqti	время реакции	Tired drivers have a slower reaction time .
33	fortunately <i>adverb</i>	baxtga, xayriyatki	к счастью	Fortunately , nobody was hurt.
34	habit	odatlari	привычки	Reading before bed is a good habit .
35	sleep quality	uyqu sifati	качество сна	A cool, dark room improves sleep quality .
36	avoid screens	ekranlardan uzoq turish	избегание экранов	Try avoiding screens for an hour before bed.
37	bedroom	yotoqxona	спальня	My bedroom is on the second floor.
38	prepare <i>verb</i>	tayyorlanmoq	готовить(ся)	I need to prepare for my interview.
39	wasted <i>adjective</i>	behuda	потраченный впустую	Waiting in traffic feels like wasted time.
40	valuable	qimmatli, foydali	ценный	Thank you for your valuable advice.

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