

somn –
SLEEP



01



somnolent

adjective

somn-
sleep

Definition:

inclined to or marked by drowsiness.

somnolence (noun)

*"Despite drinking a strong cup of coffee, the **somnolent** effects of the medication made it difficult for Jen to stay awake during the doctor's appointment."*

02



insomnia

noun

in-
not

somn-
sleep

Definition:

an inability to sleep; chronic sleeplessness

insomniac (noun)

*"She tossed and turned in her bed, tormented by an unrelenting case of **insomnia**."*

03



somnambulate

verb

somn-
sleep

-amble
to walk

Definition:
walk in one's sleep

somnambulism (noun)
somnambulist (noun)

"Because of her tendency to somnambulate, she made sure to lock her bedroom door before going to bed to avoid any sleepwalking accidents."

04



somniferous
adjective

somn-
sleep

-ferre
to contain

Definition:
sleep inducing.

*During the zoom meeting, the monotonous voice of the presenter had a **somniferous** effect on the attendees, causing some of them to struggle to stay awake and focused on the presentation."*

05



soporific
noun

sopor-
sleep

Definition:
a drug that induces sleep

sopor (noun)

*"The doctor prescribed a **soporific** to the patient, hoping that the medication would help him overcome his insomnia and achieve a restful night's sleep."*

06



somniloquy
noun

loqui-
to speak

somn-
sleep

Definition:
uttering speech while asleep.
sleep talking.

somniloquist (noun)
somniloquism (noun)

*"How long are we going to wait out here?" complained Newman in his **somniloquy**."*



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