

HORMONES

Word Formation

Read the text below. Use the word given in CAPITALS at the end of each gap to form a word that fits in the gap.

MELATONIN: NATURE'S SLEEP AID

Melatonin is a crucial hormone manufactured primarily by the pineal gland, a tiny structure situated deep inside the brain. It is (1) _____ (**WIDE**) recognized as the “sleep hormone” due to its vital function in managing our daily sleep-wake cycle.

The creation of melatonin is closely connected to the body’s circadian rhythm, which acts as an internal clock regulating various (2) _____ (**BIOLOGY**) processes over a 24-hour period. As daylight fades, the pineal gland initiates the release of melatonin, sending a message to the body that it is time for rest. On the other hand, (3) _____ (**EXPOSE**) to bright light blocks its production, keeping us awake and alert.

The hormone was initially discovered in 1958 by Aaron Lerner, an American physician. He noticed that it had the (4) _____ (**ABLE**) to lighten the skin of frogs. This unique trait explains the hormone's name, which is derived from the Greek words for “dark” and “contraction”.

Modern science has proven that an imbalance in normal melatonin levels can be highly (5) _____ (**DISRUPT**) to our overall health. People who work night shifts or travel across multiple time zones frequently suffer from (6) _____ (**SLEEP**) and extreme exhaustion. Fortunately, synthetic supplements are now available to provide (7) _____ (**RELIEVE**) from jet lag and reset the body's clock.

Beyond its role in rest, melatonin has shown impressive antioxidant qualities. Recent investigations indicate that it might be (8) _____ (**BENEFIT**) in boosting the immune system and potentially delaying the onset of specific age-related illnesses. Nevertheless, the long-term safety of taking (9) _____ (**ADDITION**) melatonin supplements remains a topic of (10) _____ (**EXTEND**) scientific study.