This video teaches me the correct concept. The sleeping pills don’t make us sleep. It just simulated the sleep. We need to change our habits like seldom use 3C products before sleeping.

They come in a variety of types, but most common are “sedative hypnotics” which means it’s a pill which mimics being knocked out a surgical procedure.

1-1. variety (n.)

1. a wide variety of 非常多種類的、種類繁多了

a. We have a wide of variety of donuts/bagels. (Krispy Kreme)

1-2. vary (v.)

1. vary from people to people 因人而異

a. Habits vary from people to people.

1-3. variation (n.)

This water fountain has some variations according to the music.

2-1. sedative (n.) 安靜; 鎮定

2-2. sedate (adj.) 安靜的; 鎮定的

2-3. seductive (adj.)

She is wearing a seductive dress to the prom.

3-1. hypnotic (adj.)

3-2. hypnosis (n.)

He is in hypnosis after that magician hypnotizes him.

3-3. hypnotize (v.)

Now and Sleep = hypnotizing people (Now you see me)

4-1. mimic (v.) 戲弄(模仿嘲笑)

They are mimicking him for falling over the track during the relay race.

5-1. procedure (n.)

1. Standard Operating procedure(SOP)

5-2. proceed (v.)

I’m sorry I interrupted the meeting. Please proceed.