Thank Kristi. Now, it’s a heavy rain. I hope everyone that would have a nice day.

In my experience, If I thought things in the bedtime, I would be easy insomnia. Though it's too hard, not to think about things before you sleep.

…………………………………………………….

1-1. insomnia (n.)

She’s been bothered with insomnia for decades and it has somehow been cured after he started some exercising.

1-2. insomniac (n.)

…..

2-1. symptom (n.) 症狀 (subjective indication of illness)客觀對於疾病的描述，例如：流鼻水

2-3. sign (n.) 徵兆(主觀)，例如：你感覺到你很累

2-2. syndrome (n.) 綜合症狀(collection of signs and symptoms)把主觀的感覺跟客觀的症狀加起來變為某種疾病的特徵

…..

3-1. pinpoint (v.)

Pinpointing the cause of your own insecurity can be difficult, but after that will be easier for you to tackle then.

…..

4-1. physiological (adj.)

4-2. physical (adj.) <-> mental

4-3. psychology (n.)

…..

5-1. specifically (adv.)

Even though her daughter specifically asked for an iPhone for Christmas, she thinks it is too early for her to have a smartphone.

5-2. specific (adj.)

A: Is anything specific that you’re looking for?

B: Oh, it’s OK. I’m just looking.

5-3. specify (v.)

5-4. specification (n.) 規格的詳細說明(簡稱 spec.)

……………………………………………………….

While insomnia can be a symptom of a lot of things, we’ve never really pinpointed what the physiological change is in the body that makes it happen specifically.