

Neurological Vocabulary

When people experience neurological symptoms, they often find it hard to describe what's happening. The sensations can be sudden, unfamiliar and difficult to explain. This vocabulary list will help you describe common symptoms linked to the brain and nervous system – whether you're talking to a doctor, reading an article, or simply explaining how you feel.

Word/Phrase	Meaning	Example Sentence
Blackout	A short loss of consciousness or vision.	<i>She had a sudden blackout and couldn't remember what happened.</i>
Blurry vision	When your sight becomes unclear or unfocused.	<i>I had blurry vision and couldn't read my phone properly.</i>
Brain fog	Feeling confused, slow or mentally tired.	<i>He couldn't focus at all – it felt like brain fog.</i>
Delayed reaction	Taking longer than usual to respond to something.	<i>She gave delayed reactions during the test – almost like she was dazed.</i>
Faint / Fainting	To suddenly lose strength and briefly lose consciousness.	<i>He felt dizzy and fainted in the middle of the meeting.</i>
Loss of balance	Difficulty standing or walking without feeling wobbly or unsteady.	<i>He stood up and lost his balance, nearly falling over.</i>
Overstimulated	Feeling overwhelmed by noise, light or information.	<i>After the concert, I felt overstimulated and needed quiet.</i>
Pins and needles	A tingling or prickling feeling in the skin, usually from pressure on a nerve.	<i>I had pins and needles in my foot after sitting too long.</i>

Slurred speech	Speech that sounds slow, unclear or mumbled.	<i>He tried to speak, but his words were slurred and hard to follow.</i>
Stiff neck	When your neck feels tight and painful to move.	<i>I woke up with a stiff neck and couldn't turn my head.</i>
Twitch / Muscle twitch	A small, sudden movement in a muscle that you can't control.	<i>She noticed a twitch under her eye that wouldn't stop.</i>
Vertigo	A feeling that you or the room is spinning, often with nausea or balance problems.	<i>The vertigo was so strong, she had to lie down.</i>