

IMPAIRER

Meaning: Impairer (noun): A substance or factor that adversely affects or diminishes the function or health of an individual.

1. The regular consumption of alcohol can act as an impairer of cognitive function.
2. Exposure to environmental toxins is a significant impairer of human health over time.
3. Inadequate sleep is often regarded as an impairer of mental performance and focus.
4. Stress can be a powerful impairer, diminishing one's ability to make sound decisions.
5. Neglecting physical exercise is an impairer that can lead to a decline in overall well-being.

Source: sentences.whatistheurl.com

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