

1 GRAMMAR Imperative; should

a Complete the text with the words in the box.

should go don't use eat should read shouldn't drink
go don't sit should have shouldn't have **get**

Here are some ideas for those of you who have problems sleeping:

First of all, ¹ get plenty of exercise during the day. For example, ² _____ for a long walk at lunchtime or after work. ³ _____ at home watching TV all evening. Secondly, you ⁴ _____ your dinner late in the evening. ⁵ _____ dinner at least four hours before you go to bed. Also, you ⁶ _____ coffee in the evening – it will stop you from sleeping. Next, ⁷ _____ your laptop or your tablet when you're in bed. Instead, you ⁸ _____ a good book at bedtime – it's very relaxing. Also, some people find it hard to sleep if their room isn't dark enough, so you ⁹ _____ thick curtains in your bedroom so that the light doesn't wake you up too early in the morning. Finally, you ¹⁰ _____ to bed at the same time every night. Doing this tells your body that it's time for you to go to sleep. Sweet dreams, everyone!

b Rewrite the sentences. Use *should*, *shouldn't* or the imperative.

- 1 He shouldn't listening to music while he's studying.
He shouldn't listen to music while he's studying.
- 2 To eat lots of fruit and vegetables every day.

- 3 Not use your computer for very long in the evenings.

- 4 You should to try to relax for an hour before you go to bed.

- 5 I think she should getting more exercise during the day.

- 6 You don't should go swimming immediately after lunch.

- 7 When you've got a headache, to take an aspirin.

- 8 Don't stay you at work after 6 o'clock.
