

Healthy habits

4 Choose the correct option.

- 1 cut down **on/out**
- 2 sleep **in/up**
- 3 stay **through/up**
- 4 stick **to/down**
- 5 switch **in/off**
- 6 take care **of/in**
- 7 talk **off/through**
- 8 wake **up/in**

5 Complete the sentences with phrasal verbs from exercise 4.

- 1 I love to sleep in late on Sundays.
It's the best day of the week!
- 2 When you feel stressed, you can
 your problems with a friend.
- 3 I try to a routine and do
exercise three times a week.
- 4 You should your mobile
phone at night because the light can
keep you awake.
- 5 It's important to yourself
when you are studying for exams.
- 6 I am going to late tonight
because it's my mum's birthday party.