

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.