

## Empower B1 U6A

### 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, <sup>1</sup> get plenty of exercise during the day. For example, <sup>2</sup> \_\_\_\_\_ for a long walk at lunchtime or after work. <sup>3</sup> \_\_\_\_\_ at home watching TV all evening. Secondly, you <sup>4</sup> \_\_\_\_\_ your dinner late in the evening. <sup>5</sup> \_\_\_\_\_ dinner at least four hours before you go to bed. Also, you <sup>6</sup> \_\_\_\_\_ coffee in the evening – it will stop you from sleeping. Next, <sup>7</sup> \_\_\_\_\_ your laptop or your tablet when you're in bed. Instead, you <sup>8</sup> \_\_\_\_\_ 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 <sup>9</sup> \_\_\_\_\_ thick curtains in your bedroom so that the light doesn't wake you up too early in the morning. Finally, you <sup>10</sup> \_\_\_\_\_ 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.  
\_\_\_\_\_