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, [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.

LIVEWORKSHEETS