

# 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.  
\_\_\_\_\_