

6A 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!