**Put the verbs in brackets into the correct form using Conditionals**

1. If tweens and teens spend much time in front of their screens , they ………………………………( have) difficulty nodding off.
2. I would have found it very hard to switch off , if my parents ……………………………………… (not/set) rules at home as to where and when to use devices throughout the day.
3. If I felt depressed like you do, I ……………………………….. ( visit) a shrink.
4. Your anxiety ………………………………………. (exacerbate) if you hadn’t stopped using the social media all day long!
5. If the impact of social media use ……………………………………. (not/be) worrying enough, researchers would not have dealt at all with the whole issue.
6. If you go on logging in so late at night, your melatonin levels…………………………………….. (inhibit).
7. Your mental health ………………………………………(worsen) if you didn’t moderate the use of facebook!
8. If you …………………………………….. (be) an adolescent, you will be most adversely affected by sleep deprivation!
9. If you heat ice, it ………………………………………… (melt)
10. Plants die if they …………………………………….. (not/get) enough water
11. You ………………………………….(get/addict) if you ……………………………… (overuse) social media.