USED TO

You use used to when you want to say that something happened in the past over a period of time, but it no longer happens now. It is found only in the past tense. You use used to with the basic form of the main verb, for example used to smoke, used to live, used to be.

I used to play football a lot when I was at school. She used to smoke 40 cigarettes a day. The club used to be very fashionable. They used to live in Los Angeles.

In negatives, you say didn't use to, or used not to. I didn't use to like spicy food. OR I used not to like spicy food. In questions, you say did (you/she/john etc) use to ...? Did you use to smoke? What did she use to call him?