"Used to" is a common English expression that has several important uses:

Past Habit or State:
- "Used to" is used to describe past habits or states that were regular or habitual but no longer occur in the present.
  - Example: "I used to play soccer every weekend when I was younger."
  - Example: "She used to live in Paris, but now she lives in London."

Past Facts or Situations:
- "Used to" can also be used to talk about past facts or situations that were true in the past but are no longer true.
  - Example: "This building used to be a school, but now it's a library."
  - Example: "He used to work as a teacher, but now he's a writer."

Past Ability:
- In some contexts, "used to" can express past ability, especially when contrasting past and present abilities.
  - Example: "I used to be able to run 10 miles without stopping, but now I struggle to run one mile."

Expressions of Nostalgia or Comparison:
- "Used to" is often used in expressions of nostalgia or to compare past and present situations.
  - Example: "I used to love going to the beach as a child."
  - Example: "Things aren't the same as they used to be."

Questions and Negatives:
- In questions and negatives, "did" is used with "used to" to indicate past habits or states.
  - Example (question): "Did you used to play the guitar when you were younger?"
  - Example (negative): "She didn't used to like spicy food, but now she loves it."

"Used to" is a versatile expression that helps convey aspects of the past that are no longer true or relevant in the present. It's important for expressing past habits, states, facts, and abilities in English.