Ontologies Classes Object Properties Data Properties Annotation Properties Individuals Datatypes Clouds

Class: Sleep_LC

Annotations (1)

- rdfs:comment ""Getting enough sleep is a key component to keeping your emotional energy up. When you don't get enough sleep, it can be hard to manage your emotions. Try to get at least eight hours of sleep a night. If you find that taking naps during the day makes it hard to sleep at night, try shortening your naps or resting without falling asleep. Avoid electronics with screens two hours prior to going to bed as these tell your brain it's time to be awake.""(xsd:string)

Superclasses (1)

- Living_with_LC_LC

Disjoints (4)

Breathing_LC, Exercise_LC, Nutrition_LC, **Sleep_LC**

OWL HTML inside