

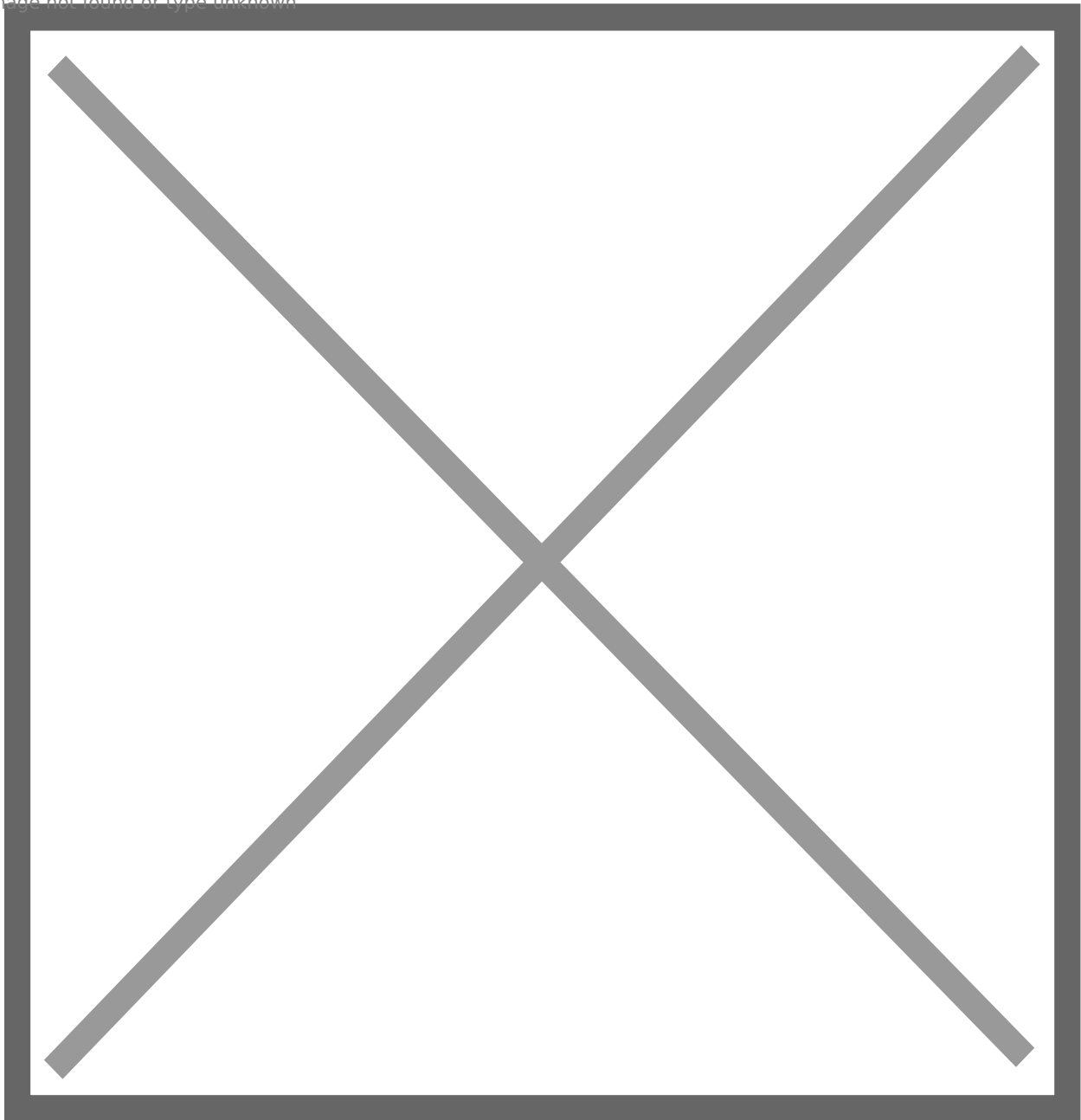
# **Discussion on Ataraxia: freedom from anxiety....What is it?...How can we attain it in a world mad with chaos and conflict?**

**Post by “kochiekoch” of December 5, 2023 at 8:04 PM**

Martin,

I wonder if you occasionally experience night terrors? I have in the past and my experience sounds similar to yours, even though, now that I think about it, I haven't for a long time.

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### [What is a Night Terror? - Sleep Doctor](#)

Confused about the difference between night terrors and nightmares? Learn how they differ, as well as more information about these parasomnias.

[sleepdoctor.com](http://sleepdoctor.com)