

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

**Post by “Godfrey” of December 4, 2023 at 3:43 PM**

## [Quote from Martin](#)

Sometimes while in deep sleep, I experienced extreme fear which took a minute or more to disappear when suddenly waking up from deep sleep, without that I could even tell what caused the fear because deep sleep appears to be dreamless.

That sounds like it may have been sleep apnea.