

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

**Post by “Martin” of December 5, 2023 at 3:29 AM**

Quote

That sounds like it may have been sleep apnea.

It was not sleep apnea because I did not have lack of oxygen. Usually, I woke up because of the alarm clock or other noise. Deep sleep occurs early in a sleep cycle, not towards the end, such that we do not become aware of how much our subconsciousness may go wild during deep sleep if sleep is not interrupted early in its cycle.