

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 6, 2023 at 12:17 AM

Night terror fits what I experienced. At that time, I was about 31 years old and was living alone, so I might not even have remembered those cases when I woke up from a night terror itself as described by Dr. Breus.

Around that time, I had a sleep disorder which made me wake up after just a few hours of sleep, and I could fall asleep again only in the morning, such that the alarm clock or the rising external noise level in Tokyo woke me up during night terrors and made me remember them. Alternative events after the alarm were sleep paralysis and out-of-body experiences. Sleep disorder, night terrors, sleep paralysis and out-of-body experiences disappeared within a year. I guess reading a book and mental drills with a card-index instead of just waiting for the second sleep helped me to fall asleep again faster and thereby cured the sleep disorder. When I was 46 years old, I developed a similar sleep disorder again but without night terrors, sleep paralysis or out-of-body experiences. This time, reading or studying is again helpful to fall asleep again but total sleep at nighttime is down. Since retirement, I mitigate the sleep deprivation by additional sleep after breakfast or lunch as needed.