

Emergency Action Alert

On-going sleep deprivation is causing serious harm!



Beginning the night of Aug. 2, 2015 people in Pelican Bay State Prison Security Housing Unit (SHU) solitary units have been awakened by guards every 20-30 minutes, 24/7. These loud so-called "security/welfare" checks are constant and unavoidable torment.

Every 20-30 minutes, prisoners in solitary are subjected to:

- reverberating noise of the steel doors to units opening and slamming closed,
- stomping of guards through the pods, up and down the stairs,
- jangling of keys,
- banging Guard One metal pipes on the cells,
- beeping of Guard One metal pipes on metal buttons,
- guards shining their flashlights into the prisoners' eyes.

Prisoners are sleep deprived and are suffering **severe stress, weight loss, dizziness, nausea, headaches, eye problems, stomach and bowel problems, faintness, depression, and fast heart rates.**

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CDCR claims these "checks" are necessary to prevent suicides. Instead, this cruel sleep deprivation, day and night, is causing serious psychological and physical harm. Prisoners cannot concentrate, exercise, read, do legal work - the things that help them survive - and they can't sleep! The disruptive, noisy so-called security/welfare checks, waking prisoners up every 30 minutes, must STOP!

Please make calls to demand a STOP to the 30 minute "checks" in Pelican Bay SHU:

CDCR Secretary's Office: 916-323-6001

Kelly Harrington, CDCR Director of Adult Divisions: 916-445-7688

Senator Loni Hancock, Senate Public Safety Comm. Chair: 916-651-4009

Assembly Member Bill Quirk, Ass. Public Safety Comm. Chair: 916-319-2020

For more info on how to oppose the "checks," check out prisonerhungerstrikesolidarity.wordpress.com and on facebook, Prisoner Hunger Strike Solidarity.



STOP the torture now!
Support prisoners' human rights!

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