

SLEEP DEPRIVATION IS TORTURE

The disruptive, noisy so-called security/welfare checks, waking prisoners up every 30 minutes, must STOP!

CDCR claims these "checks" are to improve mental health care and prevent suicides. Instead, this cruel sleep deprivation, day and night, is causing serious psychological and physical harm.

- Beginning the night of Aug. 2, 2015 people in Pelican Bay State Prison 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 being 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,
 - jingling of keys,
 - banging the Guard One metal pipes on the cells
 - beeping of the Guard One metal pipes on metal buttons

Prisoners being sleep deprived, are suffering severe stress, weight loss, dizziness, nausea, headaches, eye problems, stomach and bowel problems, faintness, depression, and accelerated heart rates. They cannot concentrate, exercise, read, do legal work- the things that help them survive- and they can't sleep!

STOP these torture tactics now! Support prisoners' human rights!

For info on how to oppose the "checks":

510-426-5322

prisonerhungerstrikesolidarity.wordpress.com

phssreachingout@gmail.com

facebook - Prisoner Hunger Strike Solidarity

Stop these torture tactics now!
Support prisoners' human rights!

Make calls to stop the 30-minute checks:

- CDCR Secretary's Office: [916-323-6001](tel:916-323-6001)
- CDCR Director of Adult Divisions, Kelly Harrington (he): [916-445-7688](tel:916-445-7688)
- Senator Loni Hancock, Chair of Senate Public Safety Committee: [916-651-4009](tel:916-651-4009)
- Assembly Member Bill Quirk, Chair of Assembly Public Safety Committee: [916-319-2020](tel:916-319-2020)

Suggested script for calls:

Begin with your name and what city and state you live in.

Tell all of them: “Stop the so-called 'welfare' checks in the SHU at Pelican Bay State Prison. Sleep deprivation is torture.”