

End Sleep Deprivation Torture in CA Solitary Units

Prisoners jarred awake 40-48 times a day by noisy “security/welfare checks”



'Checks' are particularly loud and distressing for people in Central CA Women's Facility death row, from *guard aggressiveness*, and in Pelican Bay State Prison Security Housing Unit (PB SHU) where *cramped, concrete architecture* also amplifies the noise.

HARM from “security/welfare checks”

“They're killing us with these Guard One/Welfare Checks. I don't know what to do? We really are suffering right now and I can assure you that this is worse than the hunger strikes.” - prisoner in Pelican Bay SHU

40-48 times a day, these 'checks' are subjecting people in small solitary cells to:

- reverberating “booms” of steel unit doors opening and slamming shut,
- guards stomping through pods, up and downstairs,
- rattling keys and chains,
- beeping and banging Guard One metal pipes on metal buttons and cells, shining flashlights into people's eyes.

510.426.5322 phsreachingout@gmail.com FB: Prisoner Hunger Strike Solidarity
See “Sleep Deprivation” at prisonerhungerstrikesolidarity.wordpress.com

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"This is torture. We are being emotionally, mentally and physically battered by the security checks throughout the nights." -20 death row prisoners in Central California Women's Facility

The checks serve no welfare or security purpose; they're only *causing* serious psychological and physical harm.

Prisoners are suffering severe stress, agitation, vomiting, faintness, depression, panic attacks, dizziness, black-outs, high blood pressure, accelerated heart rates, headaches, migraines, eye problems, weight loss, intestinal and stomach problems, and heart issues. It's difficult to concentrate, read, write, exercise, do legal work- the things that help them survive. Sleep deprivation is a debilitating, internationally-condemned torture technique.

"The negative health consequences of inadequate sleep ha[ve] been extensively documented and nowhere in the literature is there a report on as severe a disruption in sleep as is occurring in the Pelican Bay SHU."

- Dr. Jamie Zeitzer, internationally recognized sleep expert, regarding the 'checks'

Email officials to STOP the "security/welfare checks <http://tinyurl.com/ztjcos3>

Organizations: WRITE A STATEMENT condemning the sleep deprivation torture. Sample letter here <http://wp.me/P1BB1k-2r9>



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