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.

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

"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

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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See “Sleep Deprivation” at prisonerhungerstrikesolidarity.wordpress.com