

# THURSDAY, MARCH 24

## Call-In Action to End Sleep Deprivation Torture of Prisoners in CA Solitary Units

CA prison guards are doing malicious, jarringly noisy so-called “security/welfare checks” in solitary confinement units, causing ongoing sleep deprivation.

Please take urgent action on March 24th (and ongoing) until the painful and potentially lethal sleep deprivation torture of California prisoners in solitary confinement has ended.

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

### CALL to demand a STOP to the sleep deprivation in CA solitary cells

- CA Dept. of Corrections and Rehabilitation (CDCR) Secretary Scott Kernan: 916-323-6001
- CDCR Director of Adult Divisions: 916-445-7688
- Senator Loni Hancock, Senate Public Safety Committee Chair: 916-651-4009
- Assembly Member Reginald Jones-Sawyer, Assembly Public Safety Committee Chair: 916-319-2059
- Governor Jerry Brown: 916-445-2841
- Coleman Special Master Matthew Lopes: 866-353-3310 (Toll Free)

#### Suggested script for calls:

Your name, city, and state. “Please stop the so-called ‘security/welfare checks’ in the SHU at Pelican Bay State Prison and in women’s death row. The 'checks' are causing sleep deprivation. Sleep deprivation is torture.”

#### Other ways to help:

- EMAIL: Click [this link](#) to tell state officials to STOP the “security/welfare checks!” <http://tinyurl.com/ztjcos3>
- SEND A STATEMENT (as an individual or from your organization) for PHSS to forward to state officials, condemning the sleep deprivation torture. Sample statement, more info here: <http://wp.me/P1BB1k-2r9>

# **Please stand with the prisoners & their families to demand the sleep deprivation end immediately!**

**“... 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.” - PB SHU prisoner Oct 2015**

40-48 times a day, these “checks” are subjecting people in small solitary cells to the reverberating “boom” of steel unit doors opening and slamming shut, and guards stomping through pods, up and downstairs, rattling keys and chains, beeping and banging Guard One metal pipes on metal buttons and cells, and shining flashlights into people's eyes.

**“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, 10/25/15*

Sleep-deprived, the prisoners are suffering severe stress and irritation, depression, weight loss, dizziness, nausea, headaches, migraines, eye problems, intestinal problems, faintness, high blood pressure, accelerated heart rates, blacking out, stomach acidity and pain, and vomiting. They cannot concentrate, exercise, read, write, or do legal work- the things that help them survive.

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



CDCR claims these 'checks' will prevent suicides. Instead, they are *causing* serious psychological and physical harm. These “checks” serve no welfare or security purpose. They only harm the prisoners, mentally and physically.

The CA prisoners' 2012 [Agreement to End Hostilities](#) between ethnic groups made possible [the CA Prisoner Hunger Strike of 2013](#) by over 30,000 CA prisoners and 100's more nationwide. Prisoners' human rights organizing has built an amazing movement and led to the historic 2015 [settlement ending indefinite solitary confinement in CA](#). It appears CDCR is attempting to prevent future effective human rights work by prisoners in solitary by instituting a debilitating and internationally-condemned torture technique: sleep deprivation.

**More info:** [phsreachingout@gmail.com](mailto:phsreachingout@gmail.com) 510.426.5322 FB [Prisoner Hunger Strike Solidarity](#)

- Go to “Sleep Deprivation” at [prisonerhungerstrikesolidarity.wordpress.com](http://prisonerhungerstrikesolidarity.wordpress.com) (Sleep Expert Reports, Media Articles, Videos, Personal Testimonies, Attorney Reports, Scientific Articles, Letters in Opposition).