

## **SECURITY/WELFARE CHECKS SLEEP SURVEY**

**Who we are:** The Prisoner Hunger Strike Solidarity Coalition (PHSS) originated in the SF Bay Area in 2011 to amplify the voices of CA prisoners on hunger strike striving to achieve their Five Core Human Rights Demands. It is made up of family members and loved ones, formerly incarcerated people, grassroots organizations, lawyers, and individuals. The coalition continues to work in solidarity with CA prisoners and their families to end the torture that is solitary confinement.

**Why we are conducting this survey:** Beginning as early as 2013, many prisoners throughout the CA prison system - housed in SHU's, AdSeg and on death row - have reported guards doing "security/welfare checks" every 30 minutes, 48 times a day. We've been told that the start dates of these checks have varied at different prisons. Some prisoners say the checks are extremely noisy and disruptive, result in denial of sleep, and cause harmful side effects. We wish to document what is occurring in the various solitary units throughout CA prisons with regard to "security/welfare checks."

1. Name of Prison      Since when?                      2. When did the "security/welfare checks" begin?
3. How frequently do they occur? \_\_\_ /hour; \_\_\_ /day
4. Is there a difference between the frequency at night and during the day? YES / NO
5. If so, how many times an hour? day\_\_ /hr; night \_\_ /hr    6. Is this the 1st time they've occurred? Y/N
7. Please describe the sounds/noises. For example, what are the sounds? Loud? Do they echo?
8. Please describe the behavior of guards when conducting the "security/welfare checks." For example, are they quiet, noisy, take a long time to pass through the cells, rap their keys against the bars, jangle their keys, say anything?
9. How do the checks affect your ability to sleep, such as amount of time you sleep, how deeply you sleep, how many times you wake up, how long you are awake?
10. Before the checks began, how well did you sleep and how much sleep did you get?
11. How do the checks affect your ability to function and perform mental & physical tasks?
12. How have the checks affected your mood, feelings, and attitudes?
13. Has anything helped such as the provision of ear plugs, being moved to a lower tier, or guard training resulting in quieter checks?
14. Have you filed complaint(s) regarding the "security/welfare checks?" YES / NO
15. Date complaint(s) filed? Still pending? YES / NO    16. Outcome(s)?
17. Have you consulted with anyone about the checks such as an attorney? YES / NO    18. Outcome?
19. Do you think the checks could be done differently to be less disruptive to your sleep? YES / NO
20. If yes, what would you want to change?
21. Do you know if the checks have impacted other people in the area near you? YES / NO
22. If yes, please explain:                                      23. Any additional comment(s)?

We won't identify you in our report, but we may reference anonymously some of your answers.

**Do we have your permission to share your identifying info with the UN Special Rapporteur on Torture as part of a human rights complaint? YES / NO**    Your Name, Date, Prison, CDCr#

*PHSS thanks you very much for helping us by completing this survey. Please send answers to: PHSS Committee to End Sleep Deprivation, P.O. Box 5692, Eureka CA 95502*

For more info about us: [510-426-5322](tel:510-426-5322)    <https://prisonerhungerstrikesolidarity.wordpress.com/>