

## EMERGENCY ACTION ALERT

### End Sleep Deprivation Torture in CA Solitary Units



California prisoners in solitary confinement are being sleep-deprived due to jarringly noisy “security/welfare checks” 40-48 times a day.

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 *cramped, concrete architecture* also amplifies the noise.

### Demand a STOP to the Sleep Deprivation

**Email:** Click here <http://tinyurl.com/ztlcos3> to tell state officials to STOP the “security/welfare checks!”

#### **Make Calls:**

- 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

**Suggested script for calls:** Your name, city, 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.”

**Organizations:** SEND A STATEMENT to [phssreachingout@gmail.com](mailto:phssreachingout@gmail.com), condemning the sleep deprivation torture. PHSS will forward to state officials. Sample statement here <http://wp.me/P1BB1k-2r9>

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## 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." - PB SHU prisoner Oct 2015

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, rather they are *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 CA Women's Facility

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

It appears CDCR is trying to prevent future effective human rights work from CA prisoners in solitary. Sleep deprivation is a debilitating and 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, 10/25/15

\*More Info\* 510.426.5322 [phsreachingout@gmail.com](mailto:phsreachingout@gmail.com)

FB: Prisoner Hunger Strike Solidarity

See "Sleep Deprivation" at [prisonerhungerstrikesolidarity.wordpress.com](http://prisonerhungerstrikesolidarity.wordpress.com)

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