

Media Advisory – Tuesday, January 26, 2016

Groups across the state to mobilize in Sacramento against sleep deprivation in Pelican Bay's solitary confinement units

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Beginning August 2, 2015 people in Pelican Bay State Prison Security Housing Unit (SHU) have been awakened by guards every 30 minutes around the clock. CDCR claims these "checks"—which have been described as extremely loud and alarming—are necessary to prevent suicides. However, according to advocates and loved ones of people inside, prisoners are experiencing the checks as nothing less than a form of sleep deprivation, causing serious psychological and physical harm including headaches, nausea, weight loss, and the depression that these checks are supposedly meant to prevent.

Sleep deprivation is widely considered inhumane treatment and a form of torture, and organizations from across California will be mobilizing at the California Department of Corrections and Rehabilitation's headquarters to demand an immediate end to the practice.

What: Rally Against the Torture of Prisoners in solitary through sleep deprivation

Who: Prisoner Hunger Strike Solidarity Coalition (PHSS)

[PHSS is a statewide coalition](#) that includes California Families to Abolish Solitary Confinement, Legal Services for Prisoners with Children, Critical Resistance, California Prison Focus, American Friends Service Committee, Prisoner Activist Resource Center and many other organizations and individuals who work against imprisonment and solitary confinement.

When: February 1, 2016 – 1pm

**Where: California Department of Corrections and Rehabilitation
1515 S St, Sacramento, CA 95811**

Why: Prisoners in solitary are subjected to sleep deprivation through loud checks 40 to 48 times a day

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