

# **SLEEP DEPRIVATION IS TORTURE**

119 DAYS disturbed every 30 minutes

**SACRAMENTO NOV. 30**

**Emergency Protest @ CDCR**

Since Aug 2nd, people in CA solitary confinement have been loudly awakened by guards every 30 minutes 24/7. The noisy, intrusive so-called 'welfare' checks are unavoidable, endless torment. Help make this a powerful convergence. Sleep deprivation torture must end now!

**10am to 2pm**

@ CA Dept. of Corrections & Rehabilitation 1515 S St. Sac, CA 95811

RIDESHARES 8AM from MacArthur BART, Oakland

Offer/Find Rides from Oakland or other CA locales:

510.426.5322 or [phssreachingout@gmail.com](mailto:phssreachingout@gmail.com)

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