



The Master's Tools: Problems of Sleep Hygiene in Jail

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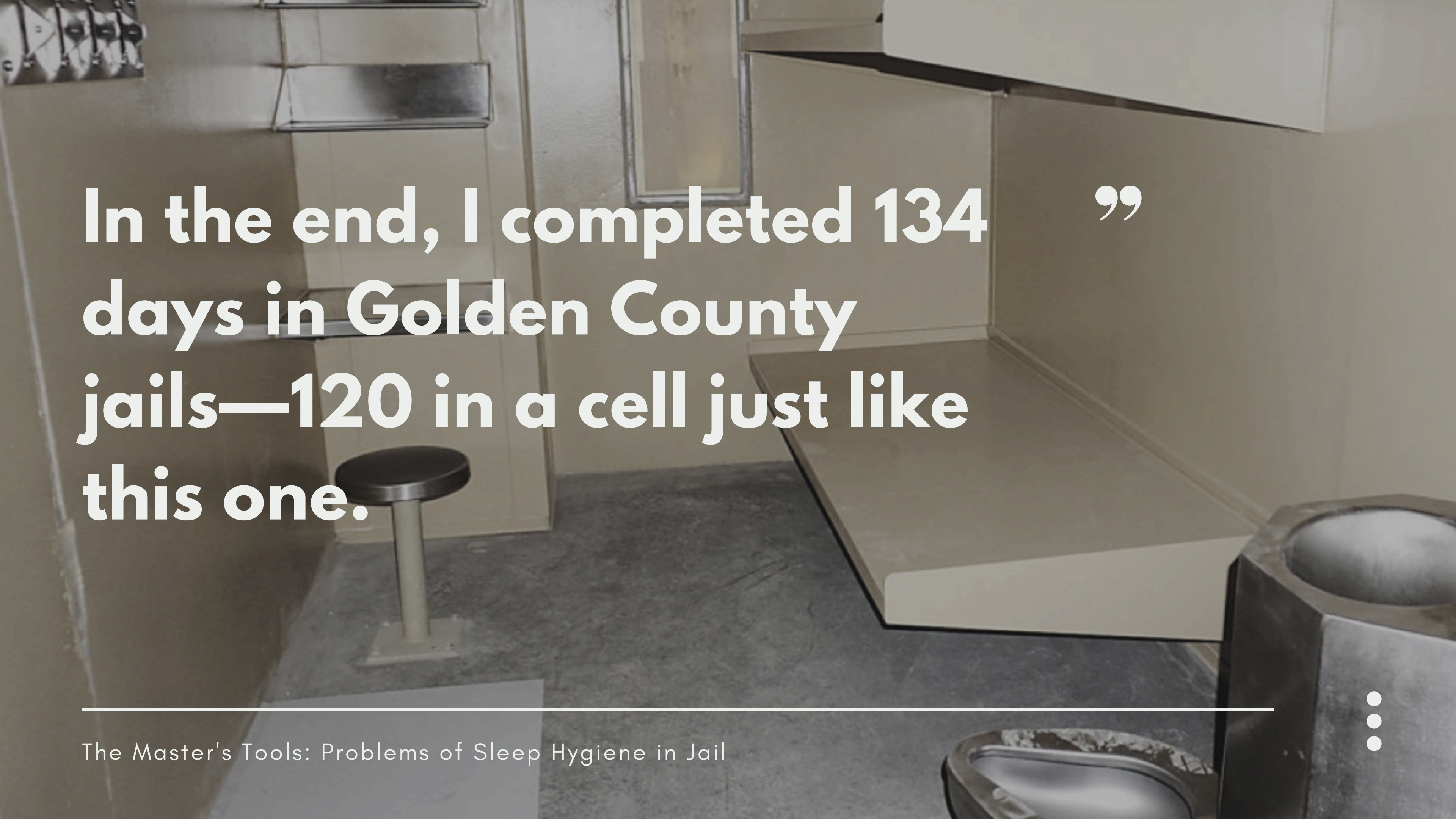
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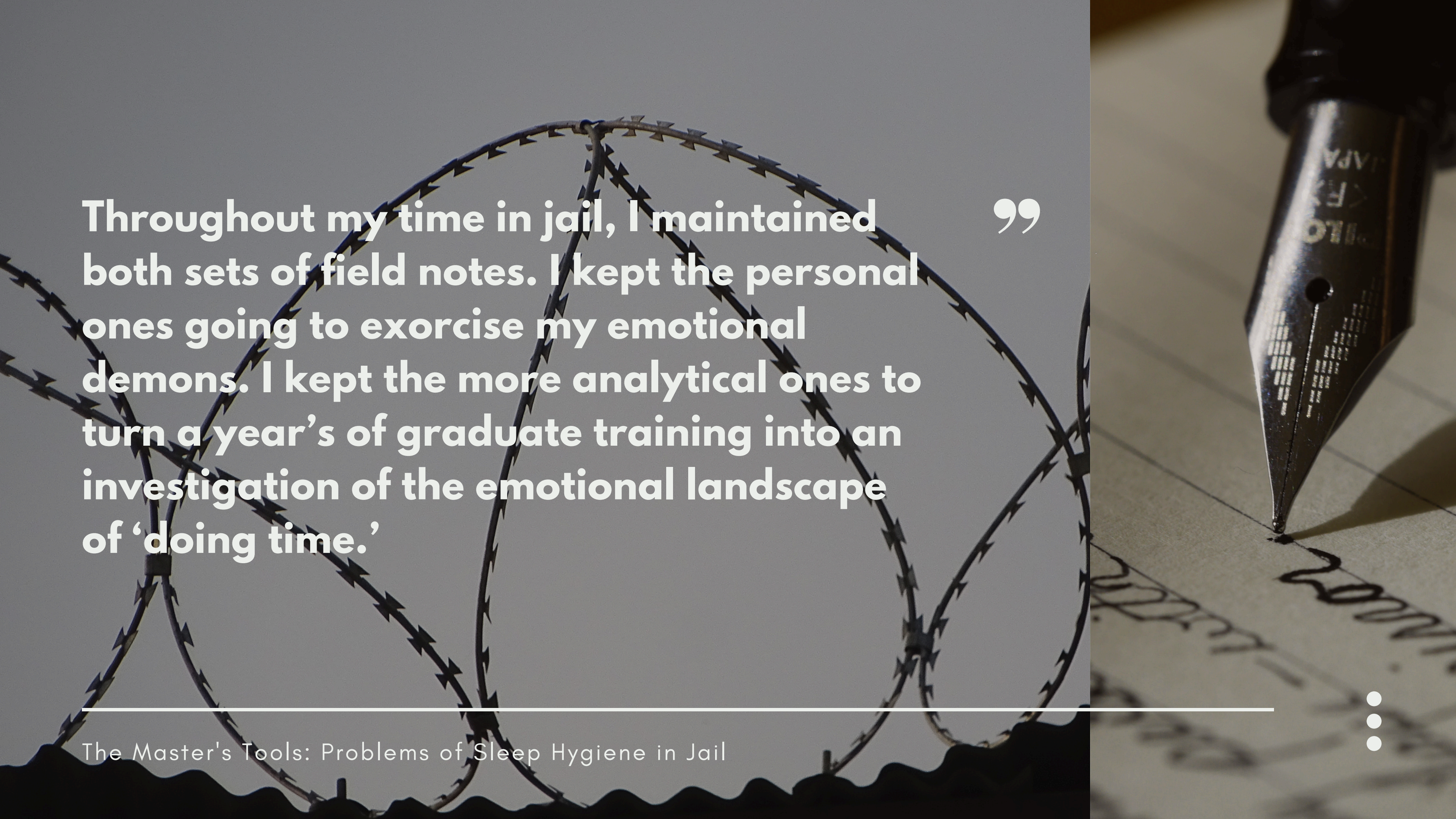


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A photograph of a jail cell interior. The room is small and sparsely furnished. In the foreground, there is a stainless steel toilet. To the right, a stainless steel sink is visible. In the center, there is a small, round, black stool on a metal stand. The walls are light-colored and appear to be made of metal or concrete. There are some shelves or fixtures on the wall. The overall atmosphere is institutional and sterile.


**In the end, I completed 134
days in Golden County
jails—120 in a cell just like
this one.**

”



Throughout my time in jail, I maintained both sets of field notes. I kept the personal ones going to exorcise my emotional demons. I kept the more analytical ones to turn a year's of graduate training into an investigation of the emotional landscape of 'doing time.'

”



These nightmares didn't come from nowhere. They were intense, thematic, and I've not had dreams like that since.

I felt a tremendous amount of shame, loss, fear, and regret.”



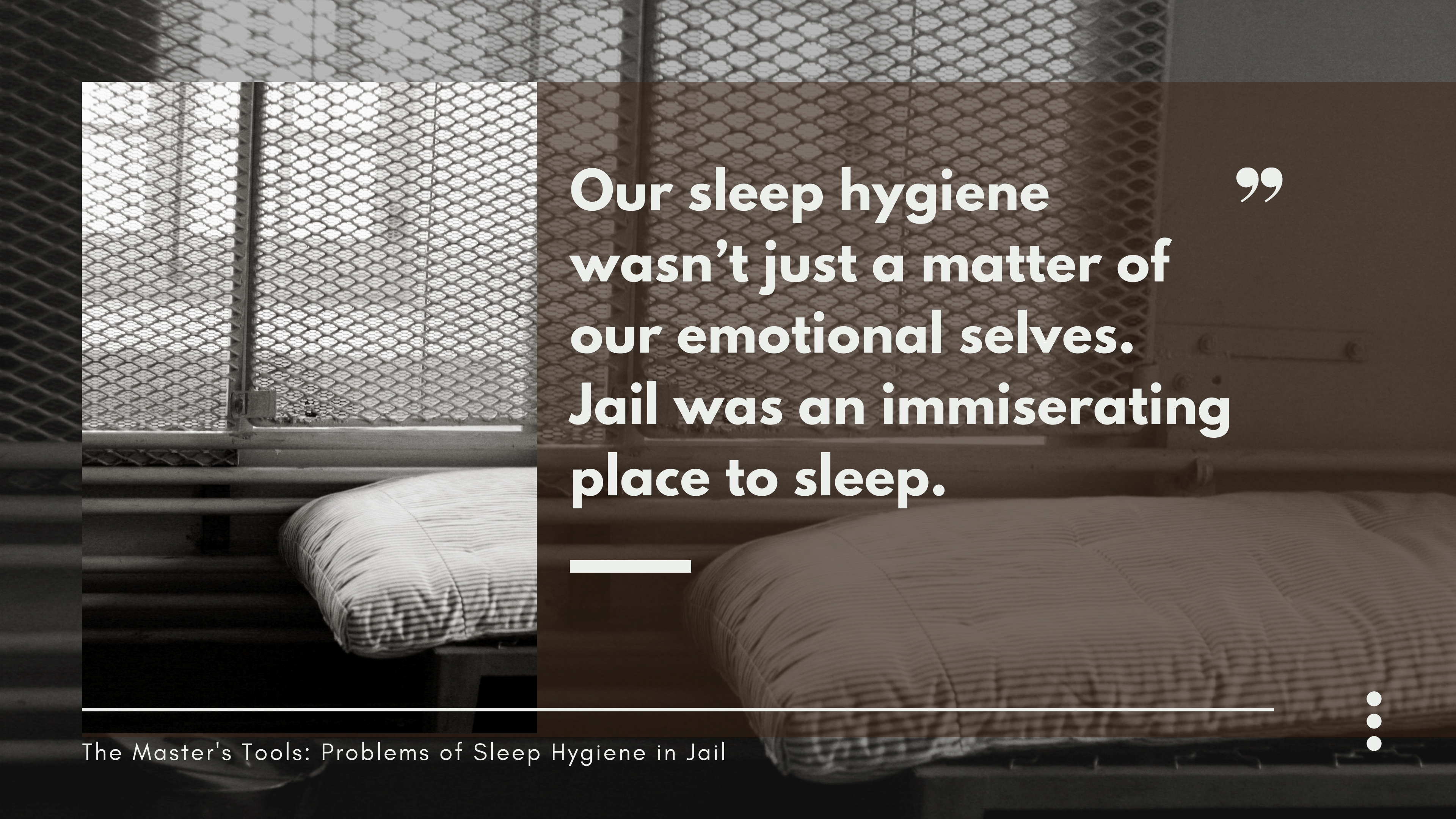


**I used to go ‘church’ services in the jail, ”
which amounted to a group of men sitting
in an empty rectangular box talking about
god and our personal experiences.**

**In jail, our dreams
and nightmares
included similar
themes: loss, fear,
violence, shame.**

”



A photograph of a jail cell. In the foreground, there is a metal bed frame with a mattress and a pillow. The background is a wall made of chain-link fencing. The lighting is dim, creating a somber atmosphere.

**Our sleep hygiene
wasn't just a matter of
our emotional selves.
Jail was an immiserating
place to sleep.**

”

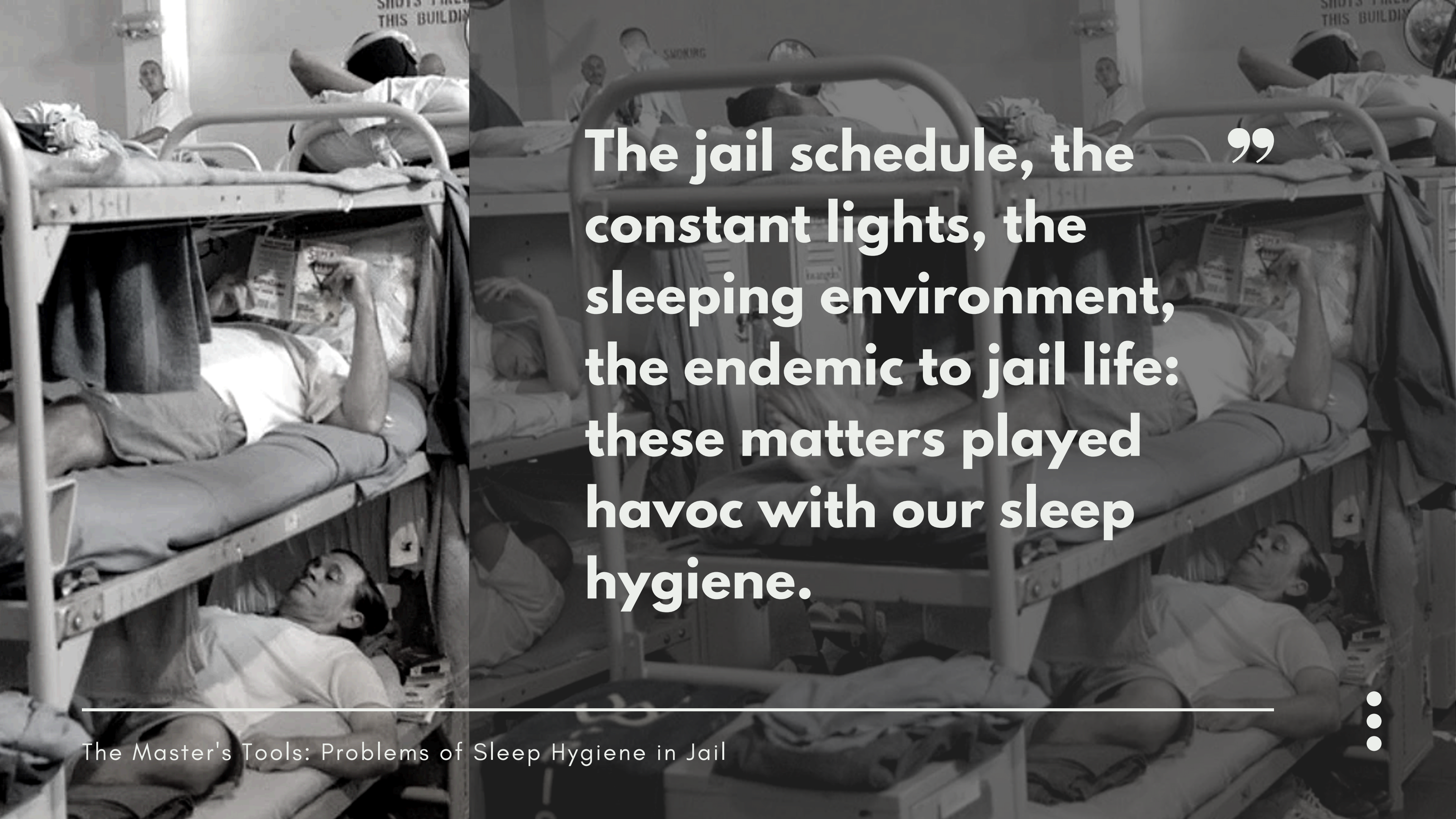




I just can't get comfortable. ”

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The jail schedule, the constant lights, the sleeping environment, the endemic to jail life: these matters played havoc with our sleep hygiene. ”





...reproductive problems, sleep disorders, inflammatory diseases, mood disorders, non restorative sleep, fatigue, nightmares, short-sleep durations, impaired cognitive functioning, decreased ability to process one's own emotions, obesity, hypertension, stroke, heart disease, diabetes, and mortality by cardiovascular event.

”

STRATIFIED SLEEP HYGIENE





We were at an increased risk for a host of physiological and emotional-cognitive problems. So what did we do?

”



Immediately I realized that I could hear everything that was being said in the neighboring booths. Very clearly, in fact.

”





I always returned from mental health visits the same way I entered: with poor sleep hygiene, so why keep going? ”





**There were really
only two things:
phone time and
camaraderie.** ”



**The master's
tools, of course,
cannot destroy
the master's
house.** ”



Thank you!

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