

He is requesting a razor to shave.

He wants to be able to get water in Attorney Conference. He stated the machine does not have water and he said he is getting dehydrated.

He wanted it noted that he did not get all of his medications because the Doctor told him he was on Psych Observation.

He said he has not slept well in 21 days because of not having his cpap machine.

He said he read the Turning Points handouts about how to cope in SHU. He stated he knew of these strategies and had tried them previously and because of the banging on the cell doors and screaming in SHU he was not able to do them. He stated he may get psychological trauma from SHU. He said even with his cpap machine he may not be able to sleep in SHU because of the noise in SHU.