

Falmouth wind turbines and sleep deprivation: A psychiatrist weighs in

September 13, 2013 by William Hallstein, MD

Summary:

This letter, written by William Hallstein, MD, a practicing psychiatrist with over 40 years of experience, was delivered to the Chairman of the Falmouth Board of Health. Dr. Hallstein is also a resident of Falmouth Massachusetts. In his letter he explains the very real impact the Falmouth turbines on human health.

Jed Goldstone, Chairman
Falmouth Board of Health

Subject: Falmouth wind turbines and sleep deprivation

Dear Mr. Goldstone:

In way of introduction I have been a Falmouth resident since 1970. I am a psychiatrist, my career working its way through its 44th year. Consultation/liason psychiatry has been my primary setting. In this role one treats patients with combined physical and psychiatric illnesses in the general medical center population, be it medical, surgical or emergency units, in addition to the most severely psychiatrically ill patients admitted to locked psychiatric units and correctional institutions.

I am thoroughly acquainted with the turbine issues and neighbors who are affected. I have made it my business to spend significant amounts of time experiencing the turbine effects. I know exactly what they are describing and have experienced it.

Turning now to the topic of sleep interruption and deprivation. Sleep disturbance is not a trivial matter. Children with inadequate sleep perform poorly academically, emotionally and physically. Errors in judgement and accident rates increase with inadequate sleep and fatigue for everyone: athletes, truck drivers, ship operators , aircraft pilots and physicians. No one is exempt.

In the world of medicine illnesses of all varieties are destabilized by fatigue secondary to inadequate sleep. Diabetic blood sugars become labile, cardiac rhythms become irregular, migraines erupt and increase in intensity, tissue healing is retarded, and so forth, across the entire field of physical medicine. Psychiatric problems intensify and people decompensate. Mood disorders become more extreme and psychotic disorders more severe.

People with no previously identified psychiatric illness are destabilized by sleep deprivation. Sleep deprivation experiments have repeatedly been terminated because test subjects become psychotic; they begin to hallucinate auditory and visual phenomena. They develop paranoid delusions. This all happens in the "normal" brain. Sleep deprivation has been used as an effective means of torture and a technique for extracting confessions.

I could work my way thru the presentation of 43 years of sleep deprivation observations, but that is more than the scope of this letter. I am writing because I have witnessed Town of Falmouth officials and members of other boards trivialize symptom reports from people living close to the wind turbines. I have witnessed attempts to discredit people who are being hurt by the turbines.

Sleep deprivation breaks down individual defenses and mimics a broad range of physical and mental illnesses. Let's hope the Town of Falmouth comes to its senses and stops the abuse.

Sincerely,

William Hallstein, MD
Falmouth, MA 02540

Source: <http://www.windaction.org/documents/39520>