**Internal Memo – For Night Staff Only***Cotton Asylum for the Mentally Ill* **November 3rd, 1947**

To the Night Orderlies,

Please keep the overhead lights **on** throughout the night in the rooms of the selected patients. I’ve marked the files of those who are to remain under constant illumination.

Dr. Voss and Dr. Adler have scheduled early procedures for these individuals, and they must be physically and mentally exhausted beforehand. Prolonged exposure to light has been shown to accelerate fatigue and induce a more manageable state of compliance during the initial stages of intervention.

Do not interact if the patients become distressed or disoriented—observe only and record any notable behavior for review. Any deviation from these instructions must be reported directly to me by morning.

Thank you for your cooperation.

**H. Remer  
Assistant to Dr. Voss**