"Sludge" consists of administrative burdens, or frictions, that prevent people from getting where they want to get, or from obtaining something that they think they need. Examples include complex and confusing forms; hidden terms; phone appointments; waiting time; in-person interview requirements; mail-in forms; slides with lots of words on them; jargon-filled language. Sludge greatly decreases social welfare and is associated with disproportionate harms on vulnerable communities; it also raises a host of unresolved empirical issues in social science. This talk will explore the need for Sludge Audits and urge that sludge reduction is essential to improving people's lives, not least by protecting their rights.