

Sleep

For the spell, see [Sleep \(spell\)](#).

There are rules for sleeping on WSG 65 but they are too [simulationist](#).¹⁾ Instead, apply the following effects of bad sleep:^{Ex}

State	Required sleep modifier	Effects
Less than required sleep (base 8 hours)	-	-1 to-hit, -1 to saves, +1 to AC
Sleeping in any armor	-	-1 to-hit, -1 to saves, +1 to AC for every night past the first
Sleeping in metal armor (other than elfin chain)	+4 hours	-40% MP from required sleep modifier (round to nearest)
Sleeping in a tree (or similar)	+4 hours	-40% MP from required sleep modifier (round to nearest)

Effects are additive, and a single night of proper sleep reduces the standing penalty by 3. For example, sleeping in plate mail 2 nights in a row and only getting 8 hours of sleep each night would be a (- 1 for sleeping in any armor 2 nights in row and a -2 for 2 nights of getting less than 12 hours of sleep, for a total of -3. A single night of proper sleep would totally erase this penalty (-3 + 3 = 0).

¹⁾
See [learning_adnd](#) for information on how Demon Idol uses the WSG and DSG.

From:
<https://www.demonidol.com/> - **Demon Idol**

Permanent link:
<https://www.demonidol.com/sleep>

Last update: **2025-04-13 23:35**

