

# Sleep

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

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

| 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% <a href="#">MP</a> from required sleep modifier (round to nearest) |
| Sleeping in a tree (or similar)                  | +4 hours                | -40% <a href="#">MP</a> 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).

<sup>1)</sup>  
See [learning\\_adnd](#) for information on how Demon Idol uses the WSG and DSG.

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