

# Rest

General rest may be required by various mechanics. On a day of rest, no meaningful activity can be undertaken other than sleep, eating, and the other basic necessities. Note that general rest differs from [bedrest](#).

## Healing

On a day where a character is resting, casting prepared spells prevents the character from gaining 1 HP.

Lay on hands can be used even on a rest day without spoiling the healing, but it cannot be used if the paladin is on [bedrest](#).<sup>Ex</sup>

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