

# 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 rules:<sup>Ex</sup>

Sleep required is as follows:

State	Sleep required	MP penalty
Comfortable (relatively)	8 hours	-
Wearing metal armor other than elfin chain	+4 hours	-40%, round to nearest
In a tree (or the like)	+4 hours	-40%, round to nearest

Failing to get the needed sleep applies a cumulative -1 to all to-hit rolls, AC, and saving throws for each night past that 1st night, up to a maximum of -6 (following the 7th consecutive night of insufficient sleep).

Any character wearing armor to sleep more than 1 night in a row takes the same -1 cumulative penalty mentioned above. It will stack with the “sleeping in armor for more than 1 night in a row rule”.

A single night of proper sleep reduces the standing penalty by 3.

For example, sleeping in metal armor 2 nights in a row (-1 penalty) and only sleeping 8 hours each night (two -1 penalties) means a -3 penalty until a proper night of sleep is achieved.

Of course, though the penalty caps at -6, the DM should rule that a character simply cannot adventure if they go for a long time without proper sleep.

<sup>1)</sup>

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

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

Permanent link:  
<https://old.demonidol.com/sleep?rev=1710046653>

Last update: **2025-08-08 02:54**

