

# 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 modifier	Effects
Less than 8 hours of sleep	-	-1 to-hit, -1 to saves, +1 to AC for every night past the first
Sleeping in 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> (round to nearest)
Sleeping in a tree (or similar)	+4 hours	-40% <a href="#">MP</a> (round to nearest)

Effects are additive. A single night of proper sleep reduces the standing penalty by 3. For example, sleeping in 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.

<sup>1)</sup>

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

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

