

Gregorius21778:

25 Possible Side-Effects of Cryostasis



Version 1.0; written by Kai Pütz

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How to use this supplement:

25 Possible Side-Effects of Cryostasis provides you with a little assortment of lemons to hand to your player characters (or your NPC) when they arise out of long, cold, future-style slumber or in a weird series of games where the PC are not hired or coerced to do mission but are simply forced back into cryostasis in between sessions (“you don’t want that murder-machine to idle around in peace-times, do you?”). You can use them in scifi-games where cryostasis is used in interstellar travel, you make use it as a gimmick in a one-shot game or just as a one-shot gimmick at the start of post-apocalyptic campaign, where all starts with the tubes opening up and the PC stumbling out.

As some of the effects are lethal, GMs are encouraged to pick effects instead of rolling for them. Those who insist to roll find a d100 table at the end of the supplement. All of the ill-effects could be standard (they DO happen, cryostasis is serious business), they could be something that happens to people that were not fit enough for cryostasis (mentally or physically), it could be something that happens if the preliminary medication is not applied correctly, if the tubes are not calibrated correctly, if there is a power-flux during the cryostasis or a mix of all of the reasons.

All entries have Mutant Future(tm) compatible rules, everybody familiar with OSR-games should be able to adapt them. If the term “sleeper” is used in the text, it refers to the person who was in cryostasis.

01# Frostbite

The character was not protected as well from the detrimental effects of the cold as the stasis pod should have, and thereby suffers 1d8 points of damage (half that much on a successful *Saving Throw vs. Death*).

02# Coma

The reawakening process did not work and the character is still in coma as she leaves the cryostasis. The GM rolls a d6 to determine the number of days that the coma lasts, a result of "6" means that the character will not wake up without medical care. A successful *Saving Throw vs. Death* halves that time, but will not negate a coma with an indefinite duration.

03# Death

Tragic accidents do happen. A *Saving Throw vs. Death* is rolled for the character. If the roll is successful, the character will suffer 1d8+2 points of damage from frostbite. Otherwise the character has been frozen to death during cryostasis.

04# Nightmares

Cryostasis is supposed to be dreamless, but not for this character. The nightmare that she had to endure during her deep sleep leads to a (-2) penalty to all mental *Ability Tests* for the next 1d6+1 days (half that duration after a successful *Saving Throw vs. Stun*).

05# Stasis-Lag

Cryostasis screws up the biological rhythm more than any jet-leg ever could. For the next 1d4 days the character will suffer a (-2) penalty in all situations but actual combat.

06# Insomnia

"I have slept enough for a while" is a common statement from those who have been in cryostasis for a while, and some simply cannot fall asleep for 1d3 days. A sleep deprived character suffers a cumulative (-1) penalty (per missed night of sleep) to all rolls.

07# Claustrophobia

According to the cryo-technicians a sleeper is not aware of her surroundings while being frozen. A small number of sleepers, however, say that they somehow have felt where they were. Those suffer from a mild to severe claustrophobia for days to come. Whenever the character wants to enter a very narrow (or otherwise limited) space, the GM may call for *Saving Throw vs. Stun*. If the roll is failed, the character cannot enter the situation (or is paralyzed if trapped in it), but the *Saving Throw* may be re-rolled once every hour.

08# Hypnophobia

While the deathlike sleep of the stasis is not actually experienced (or so the technicians say), some still develop an irrational fear about sleep afterwards. Right after cryostasis, the character is so afraid of falling asleep again that she will do anything to avoid it, till she finally loses conscious due to exhaustion. Afterwards, the fear ebbs enough to return to a normal sleep rhythm.

09# Psychic Awakening

Sometimes, the induced sleep and suppressed conscious triggers something deep inside a sleepers mind. In Mutant Future(tm) this means a roll on the table for Mental Mutation, in any other game the GM will determine a weak, uncontrollable psychic power (like telekinesis, psychometry or precognition) that now manifests.

10# Mind Numb

The character is not feeling quit right. She fells exhausted, also her vital functions show physical reason for this. But somehow her mind has not completely switched out of stasis. For the rest of the adventure the character suffers a (-2) penalty to all *Saving Throws vs. Stun/Paralyses*.

11# Under Temperature

The character feels cold and a physical check shows that her body temperature is lower than it should, a side-effect of the chemicals used to bring the body into hibernation . The result is a lowered health, leading to a (-2) penalty to all *Saving Throws vs. Death/illness* for the rest of the adventure or until the condition was treated by a physician or med-technician.

12# Atrophied Muscles

During stasis, certain supplements and electronic stimuli are meant to prevent the muscles from atrophying. But sometimes, this does not work. The character suffers 1d3 points of *Ability Damage (Strength)* that regenerates with a rate of 1 point per day of normal activity.

13# Stiff Joints

It is not uncommon that people who underwent cryostasis complaint about stiff joints after the re-awakening. While this condition usually lasts only a few hours, some have to deal with the symptoms far longer than that. The character suffers 1d3 points of *Ability Damage (Dexterity)* that regenerates with a rate of 1 point per day of normal activity.

14# Sleeping-Beauty-Syndrom

The comatose sleep of cryostasis is not only created by temperature reduction and the preliminary medication of the patient. Subtle changes in the light and certain subsonic frequencies are used to make the mind receptive for sleep. Sometimes, the mind becomes too receptive and falls back into deep sleep much to easy. Every time the character falls asleep a *Saving Throw vs. Stun* is rolled. On a failure, she falls into deep sleep and will stay asleep for 12 hours. Nothing short of shaking the character violently will wake her up.

15# Overdose

The preliminary medication is as delicate a part of the cryostasis process as is the calibration of the tubes. While these steps are usually conducted by trained medical personal (or robots their equal), it still happens that a dosage crosses the line from beneficial to harmful. The character suffers 1d8 points of damage (half that much on a successful *Saving Throw vs. Poison*).

16# Vulnerable to Cold

In order to make freezing survivable, a few natural reactions of the human body that are meant to fight the cold are suppressed before entering cryostasis. Sometimes, these stay suppressed far longer than intended. For the next 1d3 days the character has to re-roll any successful *Saving Throws* made to negate the effects of cold and gains an additional point of damage (per die) from cold-based attacks.

17# Vulnerable to Heat

In cryostasis, the human body is transferred into a state that is optimized to endure cold. While this usually changes back to normal through the re-awakening process, it does happen that a body takes longer to get back to normal and thereby has troubles to deal with higher temperatures. For the next 1d3 days the character has to re-roll any successful *Saving Throws* made to negate the effects of heat and gains an additional point of damage (per die) from heat-based attacks.

18# Sedatophobia

While the deathlike sleep of the stasis is not actually experienced (or so the technicians say), some develop an irrational fear of silence after cryostasis. Whenever the character is confronted with silence, she needs to pass a *Saving Throw vs. Stun* or will either become paralyzed for a turn or start to make some sounds herself (by whistling nervously, humming a tune, drumming her fingers onto a metal surface, etc.) This condition will fade after 1d6 days.

19# Over-Calm

Some people subconsciously reach a ruminant, trance-like state in cryostasis that stays with them during the first days after the re-awakening process. During the next 1d6 days the character may re-roll every failed *Saving Throw vs. Stun* once, but her *Initiative* is halved.

20# Zone-Out

A known mental side-effect that may occur after cryostasis is called "Zone-Out": in dull or uneventful situations, the person begins to zone-out and her mind wanders away without herself even noting. When alone and with no urgent task at hand, the character must pass a *Saving Throw vs. Stun* or will spend a turn doing nothing. This condition will last 1d6 days.

21# Numbness

While every sleeper experiences a numb feel after the reawakening process, some suffer it far longer than it usually lasts. For 1d3 days the characters sense of touch is impaired, and all tests that are based on it fail automatically.

22# Dyspnea (Air Hunger)

An uncommon side-effect of the prolonged, artificial sleep is a reduction of the blood's ability to transport oxygen. As a result, persons that left cryostasis might experience a form of Dyspnea and a feel of not getting enough air, also their lungs function normally. For the next 1d3 days, the character has to roll a *Saving Throw vs. Death* after any strenuous effort (and after 10 rounds of combat). On a success the character fights for breath and suffer a (cumulative) -1 penalty to all rolls for the next 1d3 turns. On a failure the character will lose consciousness all of a sudden.

23# Narcolepsy

Sometimes the body of a person kind of adapts the comatose condition of the cryostasis, together with an unfortunate tendency to switch back to it for no apparent reason. For the next 1d3 days the character suffers from a form of narcolepsy. Every 1d8 hours the character needs to pass a *Saving Throw vs. Stun*. On a failure, the character will drop into a deep sleep for 1d6 hours all of a sudden.

24# Brain Damage

Errors and accidents during the preparation of cryostasis or certain health problems of the sleeper can lead to serious complications, including brain damage. The character suffers 1d3 points of *Ability Damage (Intelligence)*. A *Saving Throw vs. Death* determines if this damage is temporary (and regenerated with a rate of one point per day) or permanent.

25# Cardiac Arrest Risk

There is not one aspect of Cryostasis that is not strenuous to the body, and even fit and healthy individuals may suffer a dramatically increased risk for cardiac arrests during the first days after the reawakening process. For the next 1d3 days, the character has to roll a *Saving Throw vs. Death* after any strenuous effort (and after 10 rounds of combat). On a success, nothing happens. On a failure the character must repeat the *Saving Throw*. Another failure means a lethal cardiac arrest while success indicates that she merely loses 1d4 hit points and is stunned for one round per lost hit point.

#	Side Effect	#	Side Effect	#	Side Effect
01 - 06	01# Frostbite	40 - 43	11# Under Temperature	82 - 85	21# Numbness
07 - 11	02# Coma	44 - 48	12# Atrophied Muscles	86 - 89	22# Dyspnea
12	03# Death	49 - 53	13# Stiff Joints	90 - 93	23# Narcolepsy
13 - 17	04# Nightmares	54 - 57	14# Sleeping-Beauty-Syn.	94 - 95	24# Brain Damage
18 - 21	05# Stasis-Lag	58 - 61	15# Overdose	96 - 00	25# Cardiac Arrest Risk
22 - 26	06# Insomnia	62 - 65	16# Vulnerable to Cold		
27 - 30	07# Claustrophobia	66 - 69	17# Vulnerable to Heat		
31 - 34	08# Hypnophobia	70 - 73	18# Sedatophobia		
35	09# Psychic Awakening	74 - 77	19# Over-Calm		
36 - 39	10# Mind Numb	78 - 81	20# Zone-Out		

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