

Everyman Minis Sleeping Rules



Everyman Minis

Sleeping Rules

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Everyman Gaming began as the blog of Alexander Augunas in January 2014, where he wrote about Pathfinder Roleplaying Game tips, tricks, and techniques for both players and GMs. In May of 2014, Alex began talks with the Know Direction Network about bringing his blog to their site under the name *Guidance*. At the same time, Alex transformed Everyman Gaming into the company it is today so he could begin self-publishing his works. In 2016, he teamed up with Rogue Genius Games to release *Ultimate Occult* and has remained with them since.

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From the company that brought you jewels such as *ULTIMATE CHARISMA*, *MICROSIZED ADVENTURES*, and the *EVERYMAN UNCHAINED* series, *EVERYMAN MINIS* is a serious attempt to answer the eternal question that every publisher has—can we do more for you, the customers of Everyman Gaming LLC? Can we provide more for you? Can we create small snippets of interesting ideas on a weekly basis that will genuinely help to improve your game? We sincerely believe that the answer to all these questions is, “Yes,” and so *EVERYMAN MINIS* was born!

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~ Alexander Augunas

Resting, Sleep, and Unconsciousness

Though the terms “rest,” “sleep,” and “unconscious” are often used interchangeably, they are distinct concepts in the *PATHFINDER ROLEPLAYING GAME*. These terms (and the benefits and conditions associated with each) are described below.

Rest: Characters rest to recover their spent abilities and replenish hit points lost and damage taken. When characters rest, they regain hit points, class features, spell slots, and similar abilities. However, just because you’re resting doesn’t mean you’re sleeping. You rest while eating a good meal, reading a book, or chatting with friends around a campfire.

Sleep: Characters often sleep as part of resting, as most characters require sleep to keep mentally alert and functioning. Just because sleep is often done while resting and can be a literal form of rest, however, doesn’t mean that all sleep is restful. Typically, sleep that occurs in uncomfortable locations is not rest—such as when a character passes out while being dragged by gnoll slavers across a desert, or when a character falls asleep on the battlefield because of a *sleep* spell or a witch’s slumber hex.

Unconscious: By definition, sleep is an altered state of consciousness, to the point where characters can make Perception checks while asleep. As a result, characters who are unconscious, whether due to having negative hit points or some other effect, count as neither resting nor sleeping.



SLEEPING

Characters often find themselves unable to maintain regular sleep patterns during the course of adventuring, a condition that quickly leads to significant mental and emotional strain. Most characters need 8 hours of sleep to every 16 hours of wakefulness, though this often varies differs from creature to creature based on type and subtype. A character doesn't need to get all of its sleep in a single, uninterrupted session. As long as at least half its sleep occurs in a consecutive session, it avoids taking any penalties from sleep deprivation.

Sleep Deprivation

A character can stay awake for a number of additional hours beyond its normal waking hours (16 hours for most characters) equal to her Wisdom bonus without suffering any ill effects. For each hour that a character remains awake beyond this amount, she must attempt a Wisdom check (DC 10, +1 for each previous check) or take 1 point of sanity damage (see the sanity section of Chapter 1 of *PATHFINDER ROLEPLAYING GAME: HORROR ADVENTURES*). Characters who have taken sanity damage from sleep deprivation are drowsy (see below). The severity of this condition is based upon the total amount of sanity damage taken from sleep deprivation—she has minor drowsiness if she has any amount of sanity damage from sleep deprivation, moderate drowsiness if her sanity damage from sleep deprivation exceeds half her sanity edge, and severe drowsiness if her sanity damage from sleep deprivation exceeds her sanity edge. If a character's sanity damage equals or exceeds her sanity score, she becomes comatose (as if she had a Wisdom score of 0) for 48 hours if at least one-quarter (25%) of that sanity damage is the result of sleep deprivation.

Sanity damage from sleep deprivation can only be recovered by sleeping (see below).

Sleep Deprivation and Madness

As with all sources of sanity damage, sleep deprivation can induce madness (see the madness section in Chapter 5 of *PATHFINDER ROLEPLAYING GAME: HORROR ADVENTURES*). Lesser madness caused by lack of sleep takes the form of delirium, fugue, hallucination, or melancholia, while greater madness takes the form of amnesia, catatonia, psychosomatic loss, or schizophrenia.

Recovering from Sleep Deprivation

Sanity damage from sleep deprivation cannot be recovered until the character gets sleep. No magic that restores sanity damage short of *wish* or *miracle* heals this damage. A character doesn't need to make Wisdom checks to avoid sanity damage while she is unconscious or sleeping. A character who gains two consecutive nights of good sleep heals a number of points of sanity damage from sleep deprivation equal to her Wisdom modifier (minimum 0) + 1 point per consecutive good night's sleep. A character who has become comatose from sleep deprivation (see above) heals an amount of sanity damage

equal to this amount upon waking up, as if she had gotten two nights of good sleep.

NEW CONDITIONS

The following new conditions interact with the sleeping rules as presented above.

Asleep: A character who is asleep is resting and helpless. An asleep character can be awoken by an ally as a standard action (a special application of the aid another action) or from being wounded. While asleep, a character takes a –10 penalty on Perception checks and cannot attempt Perception checks that rely on vision, but she can otherwise attempt reactive Perception checks to notice changes in her environment that do not rely on sight. For instance, a sleeping character can attempt a Perception check to hear a loud noise, smell a terrible odor, or sense a creature burrowing in the earth beneath her. If a sleeping character succeeds at a Perception check to notice such a change, she automatically awakens.

Asleep is a more severe state of sleepiness than drowsy.

Drowsy: A character who is drowsy is half-awake and inattentive, but otherwise able to act normally. A drowsy character takes a penalty on all ability checks and skill checks, as well as on initiative checks, concentration checks, Reflex saves, and Will saves. This penalty is equal to –2 for mild drowsiness, –4 for moderate drowsiness, or –8 for extreme drowsiness. In addition, a character with moderate drowsiness has a 25% spell failure chance with all spells she casts, while a character with severe drowsiness has a 50% spell failure chance with all spells she casts and cannot regain spells. Characters with moderate drowsiness or severe drowsiness must attempt a DC 10 Wisdom check or fall asleep for 1d10 minutes. A moderately drowsy character must attempt this check once every 30 minutes, while a severely drowsy character must attempt this check once per minute.

Drowsy is a less severe state of sleepiness than asleep. Multiple applications of the drowsy condition stack to create a more severe level of drowsiness: A mildly drowsy character who is made mildly drowsy again becomes moderately drowsy, a mildly drowsy character who is made moderately drowsy becomes severely drowsy, and a mildly drowsy character who becomes severely drowsy becomes asleep. A moderately drowsy character who is made moderately drowsy again becomes severely drowsy, and a moderately drowsy character who becomes severely drowsy becomes asleep. A severely drowsy character who becomes severely drowsy again becomes asleep.

New Spells

The following new spells are available to spellcasters at the indicated levels.

CURSE OF INSOMNIA

School necromancy [curse, mind-affecting]; **Level** bard 4, psychic 5, shaman 5, sorcerer/wizard 5, spiritualist 4, witch 5
Casting Time 1 standard action

Components V, S, M (a coffee bean)

Range close (25 ft. + 5 ft./2 levels)

Target one creature

Duration permanent

Saving Throw Will negates; **Spell Resistance** yes

This insidious curse removes the target's ability to restfully sleep, leading to inevitable insanity. On a failed saving throw, the target becomes immune to sleep effects, both magical and mundane, and cannot naturally fall asleep.

The curse bestowed by this spell cannot be dispelled, but it can be removed with *break enchantment*, *limited wish*, *miracle*, *remove curse*, or *wish* spell.

SEDATIVE DRONE

School enchantment [mind-affecting, sonic]; **Level** bard 2, psychic 3, sorcerer/wizard 3, witch 3

Casting Time standard

Components V

Range close (25 ft. + 5 ft./2 levels)

Target one creature/level, no two of which can be more than 30 ft. apart

Duration 1 round/level

Saving Throw Will negates; **Spell Resistance** yes

You bestow magical drowsiness upon all affected creatures, making their eyelids droop and mental processes slow. Affected creatures become drowsy for the spell's duration, functioning as minor drowsiness.

STIMULATE

School transmutation [mind-affecting]; **Level** alchemist 1, bard 1, cleric 1, druid 1, inquisitor 1, magus 1, paladin 1, psychic 1, ranger 1, shaman 1, sorcerer/wizard 1, spiritualist 1, witch 1

Casting Time 1 standard action

Components V, S

Range touch

Target one creature

Duration 10 minutes

Saving Throw Will negates (harmless); **Spell Resistance** yes

You flood the target with a surge of wakeful energy, granting it a +4 morale bonus against sleep effects for the spell's duration. If the subject is asleep or under the influence of a sleep effect when receiving this spell, it is suppressed for the duration of the spell. This spell cannot suppress permanent sleep effects (such as that of a witch's eternal slumber grand hex).

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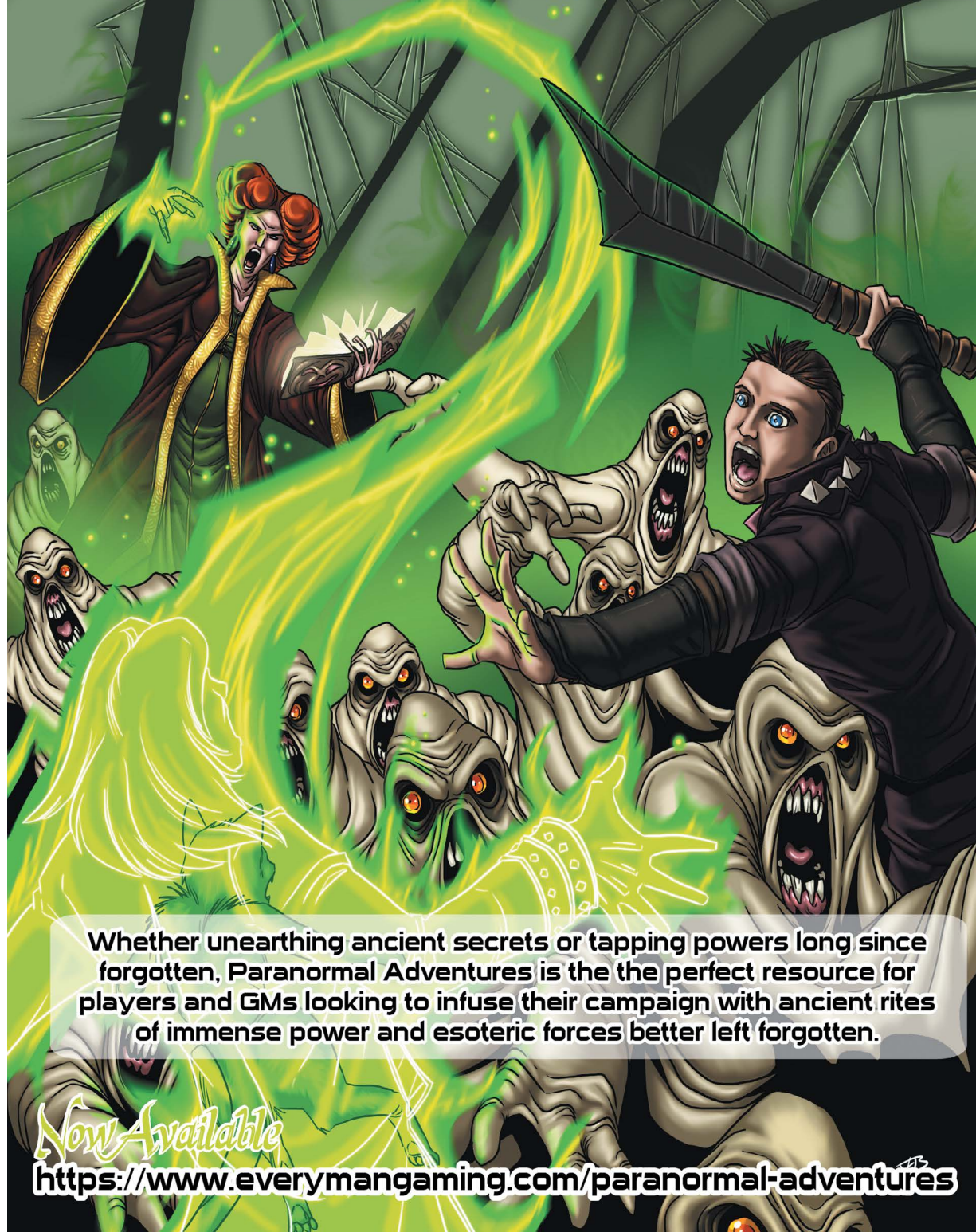
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