

Sleeping

Everyone, even elves, must rest at one time or another. A person can go without sleep for 1 day, per 10 points of constitution, and without incurring penalties.

After the maximum time with no sleep has elapsed, a character can once again decide that he or she will not rest another day, but penalties will begin to occur. The penalty for not sleeping, after the maximum number of days has been exceeded, is:

-10 to strike an opponent Per 24 hours (cumulative).

-1 movement Per 24 hours (cumulative).

Coordination will not be counted in for initiative rolls.

Once a character's movement reaches zero, he or she will collapse, falling into a deep sleep for 1-D12 hours.

Elves can go without sleep for much longer periods of time. An Elf can go without sleep for 1 day, per 1 point of constitution, without incurring penalties.