



CRONO'S GUIDE TO TIME

AN EXPANSION TO D&D 5TH EDITION'S REST SYSTEM

CRONO'S GUIDE TO TIME

CREATED BY ALEX DUNK
OF
THE COMPONENT CAST

DUNGEONS & DRAGONS, D&D, Wizards of the Coast, Forgotten Realms, Ravenloft, Eberron, the dragon ampersand, Ravnica and all other Wizards of the Coast product names, and their respective logos are trademarks of Wizards of the Coast in the USA and other countries.

This work contains material that is copyright Wizards of the Coast and/or other authors. Such material is used with permission under the Community Content Agreement for Dungeon Masters Guild.

All other original material in this work is copyright 2020 by The Component Cast in association with The Midgeman's World and published under the Community Content Agreement for Dungeon Masters Guild.

Thank you to Red Moogle for grammar & corrections.
Thanks to Mordred Viking & Rallinator for inspiration.



A GUIDE TO REST

REST IS NOT IDLENESS, AND TO LIE SOMETIMES ON THE GRASS UNDER TREES ON A SUMMER'S DAY, LISTENING TO THE MURMUR OF THE WATER, OR WATCHING THE CLOUDS FLOAT ACROSS THE SKY, IS BY NO MEANS A WASTE OF TIME...

A Hero's Rest is a set of Variant Rules for *Dungeons & Dragons 5th Edition*. It provides a more indepth resting system, which aims to give players more control of the rest system, rather than the base game hour long **Short Rest** and eight hour **Long Rest**. This system breaks up the standard rest system into three larger rest groups; **Respite, Recovery & Repose** - The overall aim of which being to aid the pace of a campaign and make resting a tactical option, rather than a hinderance.

The Table of Resting below gives an overview of what each stage of rest can do and the benefits which the party receive. For a more indepth description of each type of rest plus their prerequisites, *See the individual headers*.

THE TYPES OF REST

RESTING

Time	Benefit
10 mins	Spend Hit Dice to Heal
30 mins	Recover Spell Slots / Short rest abilities
1 Hour	Recover 1d4 - 2 Hit Dice
4 Hours	Heal up half your Hit Point maximum
8 Hours	Recover Spell Slots, Partial Hit Dice and Heal
12 Hours	Recover all Hit Dice (Optional Rest Point gain)
1 Day	Gets "Well Rested"
1 Week	Gets "Hero's Rest"
1 Month	Maximum Rest Generation

RESPITE

The **Respite** phase of resting covers what in standard rules would be a **Short Rest**. Its focus is on quick recovery, whether that be in Dungeons or mid-adventure, it aims to get the party back on its feet and trudging on. After all, there ain't no rest for the wicked and sometimes enemies will be piling on thick and fast - leaving your party very little time to recover. The **Respite Phase** can last between 10 minutes to 1 Hour, each giving varying benefits.

The Respite Phase requires party members to be in a safe location and must not be broken by combat. If one level of Respite has been achieved, but combat occurs before the party can complete another level of Respite, the party only receives the effects of the level of Respite achieved, and must restart a Respite Phase in order to achieve the higher tier of Respite.

10 MINUTES

Whilst in the real world, 10 minutes can go by in an instant - in the many worlds of *Dungeons and Dragons* 10 minutes is **100 rounds of combat**. That's a *lot* of spells cast. Naturally sometimes the party cannot wait that long before they need to get back into the action.

After 10 minutes of a **Respite Phase**, the party can spend their Hit-Dice to heal.

A REMINDER:

A character can spend one or more Hit Dice at this time, up to the character's maximum number of Hit Dice, which is equal to the character's level. For each Hit Die spent in this way, the player rolls the die and adds the character's Constitution modifier to it. The character regains Hit Points equal to the total. The player can decide to spend an additional Hit Die after each roll. A character regains some spent Hit Dice upon finishing a full Respite Phase, as explained below.

30 MINUTES

After 30 minutes, a party completes tier two of the Respite Phase. At this time the party can recover any *Class Abilities, Spell Slots and Racial Features* that recover after a **Short Rest** in the standard ruleset.

1 HOUR

After 1 Hour, A party completes the **Respite Phase**. At this point, a player recovers from a condition or affliction which would normally pass after a short rest such as the effects of *Drow Poison*.

Additionally, a player can roll to recover a small amount of their hit dice, at an amount of **1d4-2** (minimum of 0).

RECOVERY

The **Recovery** phase of resting covers the **Long Rest** period of the standard rule set, including the time leading up to and leading from it. During this time period, a character can sleep or perform light activities like reading, talking or standing on watch for no more than one quarter of the time period: 1 hour in a 4 hour Recovery, 2 hours in an 8 hour Recovery & 4 hours in a 12 hour Recovery period.

A character can't benefit from more than one **Recovery Phase** in a 24-hour period, and a character must have at least 1 hit point at the start of the rest to gain its benefits.

If a character requires food and drink to survive, the party must eat at least once at the beginning, during, or right after the Recovery Phase for it to take effect.

Like the Respite Phase, The Recovery Phase resets if interrupted by Combat or other strenuous activity.

4 HOURS

After 4 hours, A player or party achieves the first tier of the **Recovery Phase**. At this point the players can partially heal for up to half their hit-point maximum. If you are wearing a *Periapt Of Wound Closure* at this point you can regain maximum Hit Points.

8 HOURS

After 8 hours, A player or party achieves tier two of the **Recovery Phase**. At this point, a character regains all lost Hit Points. The character also regains spent Hit Dice, up to a number of dice equal to half of the character's total number of them (minimum of one die). For example, if a character has eight Hit Dice, he or she can regain four spent Hit Dice upon finishing this phase. They also recover any *Class Abilities*, *Spell Slots* and *Racial Features* that recover after a **Long Rest** in the standard ruleset.

12 HOURS

After 12 hours a party can complete a **Recovery Phase**. At this point, All expended Hit Die can be recovered. If a creature is exhausted, this phase reduces a creature's exhaustion level by 1, provided that the creature has also ingested some food and drink.

Furthermore at this point you can gain **Rest Point** if using the optional **Repose Phase** ruleset provided in this Handbook. (See the following section).

REPOSE

The third and final phase of resting provided by this manual is the **Repose Phase** and is its own extra optional rule. The Repose Phase gives the party access to further benefits to help them in their adventure should they chose to rest up. See the "Benefits of Rest".

A Repose Phase *can not* occur whilst a party is travelling - They must be actively preparing or completing **Downtime in a specific location**. This can however be completed along side downtime activities within a specific location.

Within the Repose Phase, parties can become "Well Rested" and can accrue **Rest Points** which act like a currency to buy certain benefits to help them on their campaign. Rest Points are accumulated as a party rather than tracked by individual players.

A Rest Point is earned after completing a Recovery Phase, or by spending multiple 24-hour *Well Rested* days. They must remain **Well Rested** to keep generating **Rest**. Moreover, the longer spent resting, the harder it is to generate a point of Rest.

BEING "WELL RESTED"

To be counted as "**Well Rested**", A party must have access to a level of luxury you can't get on the road - whether this be staying at home, in a stately manor or in a hotel room; as long as they have access to hot food, a bed, shelter from the elements and protection from harm. The party **can not** be imprisoned nor trapped in a plane or place against their will and receive the benefits of being well rested. Being Well Rested is removed on entering combat and with it, all rest points stored are lost.

REST POINT GENERATION

Time Spent Resting	Points in Pool
12 Hours	1
+ 1 Day	2
+ 5 Days	5
+ 7 Days	10
+ 14 Days (28 Days Total Rest)	15

SPENDING REST POINTS

Accrued Rest points can be spent on a number of benefits. All Benefits of Rest last for 24 hours or until you begin a **Recovery Phase** again following combat or strenuous travel. You can only take up to 2 Benefits of Rest at any one time.

THE BENEFITS OF REST

Cost	Feature Name	Feature Discription
1rp	Inspired Sleep	Gain an Inspiration Dice
1rp	Confidence	Gain advantage on one type skill check for one player character.
3rp	Physique Restored	Gain Advantage on all skill checks requiring Athletics or Acrobatics
3rp	Studied Thoughts	Gain Advantage on all skill checks requiring History, Religion or Arcana when searching for knowledge.
5rp	Hero's Rest	Gain +1 to all ability scores
5rp	Clear Mind	Gain Advantage on all Wisdom, Intelligence and Charisma Saving Throws
5rp	Sound Body	Gain Advantage on all Strength, Dexterity and Constitution Saving Throws
7rp	Heroic Resolve	Choose two of the following Conditions to become immune to: <i>Poisoned, Frightened, Charmed or Stunned</i>
7rp	Champion's Grit	Become immune to Exhaustion and can travel double the distance you normally would out of combat.
7rp	Arcanic Prowess	+1 to all Spells Save DC
10rp	Drive for Adventure	Gain 1d12 temporary hit-points and each player within the party gain an Inspiration die.
15rp	Heroic Fortitude	Gain 2d12 temporary Hit-Points and become immune to <i>Frightened and Charm</i> . Gain damage resistance 2 to all non magical or elemental damage types.