The Rest Compendium

This document is a compilation of the fan-created rest variants on Enworld. For completeness purposes the published rest mechanics within the Player's Handbook Book (PHB) and Dungeon Master's Guide (DMG) have also been included.

A Question of Attrition

The rest variants arose from a series of Enworld threads prompted by CapnZapp given his dissatisfaction with the published mechanics to enforce/ensure resource attrition in the game.

His opinion being that the official rest rules, and variants, in dealing with the proposed 6-8 daily encounter guideline, particularly during the travel or city-based parts of an adventure (given those two areas generally experienced less encounters per day allowing classes with daily abilities to capitalise) were not sufficient enough.

A further contention of his being that rest mechanic was not adequately considered during the design of the published adventures, resulting in non-challenging encounters.

Wandering monsters, the short and long rests were easily circumvented with spells. He preferred not to enforce in-game time constraints in every adventure in order to deal with the issue, and the Gritty Realism rest variant was not a plausible solution

Fan-Created Rest Variants

What followed was an engaging conversation which sprung forth ideas and proposals to assist in solving the issue of attrition. Below follows the list of threads (Thread A-D) from which the fan-created rest variants of this document were sourced. The opening posters have been cited.

CapnZapp — Resting and the frikkin' Elephant in the Room (Thread A)

Ilbranteloth — Yet another "Solution to Rests" thread (Thread B)

OB1 — Encounter Based Resting (Thread C)

vonklaude — A mechanical solution to the problem with rests (Thread D)

Each rest variant identifies the contributor, the thread and the post number. Many rest variants also include interesting commentary made by the various posters.

Pacing Mechanisms

A spin-off thread was created by Capnzapp, dealing with the various pacing mechanics, which included in-game time-constraints, wandering monsters tables, dread dice as well as experience-point pacing mechanisms. These related issues which also assist in attrition have not been included herein.

Resting

Heroic though they might be, adventurers can't spend every hour of the day in the thick of exploration, social interaction, and combat. They need rest—time to sleep and eat, tend their wounds, refresh their minds and spirits for spellcasting, and brace themselves for further adventure.

1. Standard Method (PHB)

Adventurers can take short rests in the midst of an adventuring day and a long rest to end the day.

Short Rest

A short rest is a period of downtime, at least 1 hour long, during which a character does nothing more strenuous than eating, drinking, reading, and tending to wounds. A character can spend one or more Hit Dice at the end of a short rest, 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 long rest, as explained below.

Long Rest

A long rest is a period o f extended downtime, at least 8 hours long, during which a character sleeps or performs light activity: reading, talking, eating, or standing watch for no more than 2 hours. If the rest is interrupted by a period of strenuous activity - at least 1 hour of walking, fighting, casting spells, or similar adventuring activity - the characters must begin the rest again to gain any benefit from it.

At the end of a long rest, 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. For example, if a character has 8 Hit Dice, he or she can regain 4 spent Hit Dice upon finishing a long rest.

A character can't benefit from more than one long rest 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.

2. Epic Heroism Method (DMG)

This variant uses a short rest of 5 minutes and a long rest of 1 hour. This change makes combat more routine, since characters can easily recover from every battle. You might want to make combat encounters more difficult to compensate.

Spellcasters using this system can afford to burn through spell slots quickly, especially at higher levels. Consider allowing spellcasters to restore expended spell slots equal to only half their maximum spell slots (rounded down) at the end of a long rest, and to limit spell slots restored to 5th level or lower. Only a full 8-hour rest will allow a spellcaster to restore all spell slots and to regain spell slots of 6th level or higher.'

3. Gritty Realism Method (DMG)

This variant uses a short rest of 8 hours and a long rest of 7 days. This puts the brakes on the campaign, requiring the players to carefully judge the benefits and drawbacks of combat. Characters can't afford to engage in too many battles in a row, and all adventuring requires careful planning.

This approach encourages the characters to spend time out of the dungeon. It is a good option for campaigns that emphasize intrigue, politics, and interactions among other PCs. and in which combat is rare or something to be avoided rather than rushed into.

4. Guachi Method (post #10 & #75, A)

Removal of Short Rests. In this variant short rest abilities are converted to long rest rechargeable abilities, by multiplying their uses by two.

In all other respects The Standard Method applies.

Commentary

Guachi (post #75, A) — One benefit of eliminating short rest class features and making short rests only 5-15 minutes (for expending HD to regain HP) is that it's easier to design encounters. You don't have to care if/when players can rest an hour to regain resources. You can make a single encounter in a day harder and the short rest folks can still shine. The frontline Fighter can be an Action Hero chewing through two Action Surges or two Second Winds.

Adventuring Day design (or balance) for encounters devolves to determining whether the encounters are going to be in quick sequence/waves or spaced out (which is the usual). If the PCs can lightly search a room, loot bodies, and gather their stuff up they can rest. This is far easier than determining whether they can rest a full hour.

Furthermore, converting short rest abilities to 2x per long rest adds a great deal of flexibility and encourages more use of the abilities as the PC knows precisely how many uses they have.

With everyone operating on a long rest, the only debate is about HP, and since rests are 5-15 minutes it's trivial. If you short rest for HP after an encounter you don't get to loot, search, cast detection spells (barring the party spending a seriously long time doing the aforementioned).

I don't find short rests of an hour and short rest class mechanics meaningfully engage me as a DM or the players in any of the three pillars of the game in a way I find interesting. It's not as interesting as interesting as camping for a night and it basically involves the PCs doing nothing. Short Resting is anti-gaming.

5. ULLER Method (post #215, A)

Pacing Rest Mechanism. This variant implements a Renown point system which points may be spent to influence downtime activities.

Furthermore, Renown points may be lost on prolonged adventures at a rate of 1 Renown point per short rest and 3 Renown points per long rest. Of course the inverse may be true, whereby Renown points may be awarded when adventures are completed early.

Commentary

Acts as a pacing mechanism for rests.

Introduces Renown points and ties them to downtime activities. This does have the requirement that characters have meaningful choices available during downtime activities.

Credit: Larry D. Elmore, "Avalyne the Life-giver"

A female cleric healing a stricken warrior. The depicted scene is almost entirely devoid of menace. The female cleric seems unconcerned by the proximity of the giant, and the giant's glance towards the cleric seems half-hearted.

Credit: M.R. Kiki, "Dwarf" (Pinterest nick: kikicianjur)
Artist from Cianjur and Depok, Indonesia

6. Sadras Method (post #300, A)

Removal of Short Rests. In this variant short rest abilities are converted to long rest rechargeable abilities by multiplying their uses by three in similar fashion to the Guachi Method above.

Adventurers can take a Short Break in the midst of an adventuring day, Travel Rest, Bed Rest or a Long Rest.

Short Break

A short break is a period of down time, at least 5 minutes long during which a character does nothing more strenuous than eating, drinking, reading, talking, mending clothing and tending to wounds or armour.

A short break does not recharge anything, but allows a character to expend Hit Dice to recover Hit Points.

Travel Rest

A travel rest equates to a period of at least 8 hours in length, during which a character sleeps outdoors (i.e. in a tent, under the trees, within a dungeon...etc.) and may participate in light activity: reading, talking, eating, or standing watch for no more than 2 hours. If the rest is interrupted by a period of strenuous activity - at least 1 hour of walking, fighting, casting spells, or similar adventuring activity - the character must begin the rest again to gain any benefit from it.

A travel rest recharges 50% of the character's maximum hit points.

Bed Rest

A bed rest equates to a period of at least 8 hours in length, during which a character sleeps indoors (i.e. in a house or inn) and may participate in light activity: reading, talking, eating...etc or standing watch for no more than 2 hours. If the rest is interrupted by a period of strenuous activity - at least 1 hour of walking, fighting, casting spells, or similar adventuring activity - the character must begin the rest again to gain any benefit from it.

A bed rest recharges 25% of the character's Hit Dice and 100% of the character's maximum hit points.

Long Rest

A long rest is exactly similar to the bed rest, however it has to be preceded by an entire day whereby the character only participated in light activity. If the long rest is interrupted by a period of strenuous activity - at least 1 hour of walking, fighting, casting spells, or similar adventuring activity - the character must begin the rest again to gain any benefit from it.

A long rest recharges 50% of a character's Hit Dice, 100% of the character's maximum hit points and all the character's applicable racial and class abilities.

A character can't benefit from more than one travel rest, bed rest or a long rest in a 24-hour period and a character must have at least 1 hit point (meat) at the start of the rest to gain its benefits.

Commentary

This method differentiates between travel rests occurring outdoors, travel rests occurring indoors and the luxurious long rest which is essentially an indoor rest but extending the light activity for a 24-hour period.

Hit Dice recovery is also slower than normal, especially during travel.

7. Variable Rest Method

Variable Rest Playstyle. This variant is not an actual rest mechanic, but instead a playstyle which proposes one to select a rest mechanic for an adventure or part of an adventure which bests suits the narrative to ensure the attrition of resources.

Thus the rest mechanic is not necessarily constant within an adventure or indeed within the campaign.

Commentary

This playstyle provides a great amount of flexibility to the DM.

Tony Vargas (post #288, A) — Really, there's no need for rests to take a prescribed time....

8. Ilbranteloth Method I (post #350, A)

Combination Rest and Attrition Mechanic. This variant utilises a combination of ideas to challenge the party effectively without necessarily adhering to the daily 6-8 encounter guideline.

- Don't skip the "Boring Stuff"
- Use the Gritty Realism Method for recovery of hit points
- Use the Standard Method for rests and recovering abilities
- Use the rules for environments, and you can create similar effects (a cursed tomb imposes exhaustion levels over time, for example).
- Make wilderness encounters more deadly.

Any day where you intend to have a small number of encounters, means that they (the characters) will always be at full power, or close to it, for each encounter.

   In order to change that, you don't need to change the resting and recovery rules, you need to have additional ways to drain or put strain on their resources other than through combat.

Credit: Eva Widermann, "Rest and Recovery" German-born artist residing in Ireland.

Everyone one of her characters in this artwork possess a great mix of depth, emotion, individuality, and life. From left to right we have: A Human Barbarian; an Elf Wizard; a Tiefling Bard; a Halfling Druid; and a Half-Elf Rogue. We also have the short-haired cat that I believe to be the familiar of the Wizard and the raven which probably is a companion of the Druid. All of whom are engaged in that time honoured tradition of camping for the night.

   You can also zoom in on the "inner dialog" that each character is projecting in this piece. The Barbarian is obviously married to his duty and honour as he keeps a steady eye out for any danger. The Wizard is doing her best to be aloof and show her displeasure with the group while the Bard gently plays for her in an attempt to ease her back into the fold. The Druid experiments with her magic and seems happy to be in her element surrounded by an enchanted wood. And finally, the Rogue is engrossed in his notes and maps of what looks like a dungeon and perhaps the group's next destination.

The "Boring" Stuff

- Encumbrance
- Food and water provisions, including for horses and animal companions
- Light sources carried and other basic equipment
- Maintenance of weapons, armour and gear
- Sleeping in armour rules
- Spell Preparation - components and memorisation
- Tracking ammunition
- ...etc

Hit Point Recovery

Ilbranteloth (post #321, A) — One mechanical option that isn't in the DMG is to use gritty realism approach for hit points...

Sadras — However this is not strictly true if one reviews the *Slow Natural Healing* mechanic of the Dungeon Master's Guide (page 267) included below.

SLOW NATURAL HEALING

Characters don't regain hit points at the end of a long rest. Instead, a character can spend Hit Dice to heal at the end of a long rest, just as with a short rest. This optional rule prolongs the amount of time that characters need to recover from their wounds without the benefits of magical healing and works well for grittier, more realistic campaigns.

Recovering Abilities

Ilbranteloth (post #350 & #352, A) — Let's tie recovery to time.

Looking at it from a real (fictional) world. Spell slots require you to reconnect to the magical energy, which takes time, rest, or sleep.

I use time and sleep in my campaign, you regain spell slots while sleeping, or after 24 hours if you don't sleep.

This is part of the "physics" of the world and I expect that to remain consistent whether I'm traveling or adventuring.

I just prefer the effects of the rules to make sense within the game world. And I prefer consistency in the way the world works in general.

If you are making a decision that the recovery of abilities is slower during overland/wilderness adventuring than a dungeon crawl, then you are pretty much requiring yourself (the DM) to try to come up with some justification why you're recovering much slowly this time.

Slower Ability Recovery — Options

1. Longer rests required for higher level spells.
2. Increase memorisation time of spells. The higher the level of the spell the more complex it is and therefore the greater the amount of time required to memorise it.

The following commentary arose predominantly from a discussion between **Ilbranteloth** and **Tony Vargas** regarding travel (specifically through a desert) and the necessary attrition mechanism to be used as opposed to constantly changing the rest period (i.e. recovery of abilities) when traveling.
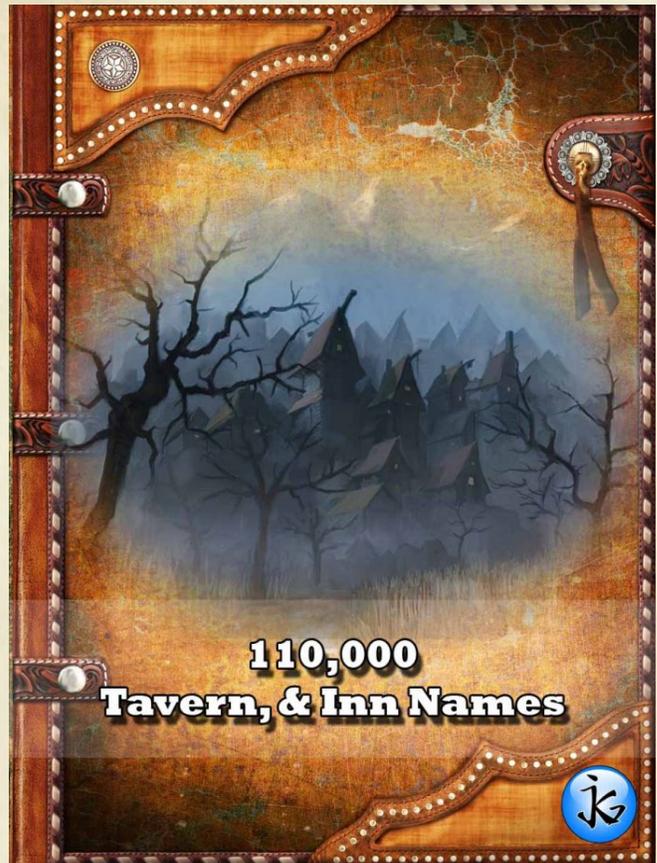
Credit: From the site jaysongames.com and on sale at DriveThruRPG.

Rules for Environments (Traveling)

Ilbranteloth (post (#350 & #352, A) — Traveling is tiring. The environment (such as a desert) can have an impact too. Exhaustion is a perfect solution for this.

Therefore, spending the day in the desert imposes 1 level of exhaustion. Natives (or those that spend 30 days there to become acclimated), don't suffer this ill affect.

The exhaustion rule could apply everywhere — a dungeon, wilderness...etc. It could also apply for a day travel across difficult terrain, although this could be negated by a ranger. So what are the benefits?

First, it impacts the effectiveness of the character's abilities as you cannot benefit from a long rest when suffering a level of exhaustion. Instead of saying "you can't" do this, it just makes it harder. **Second**, as per the RAW, you can only recover one level per long rest. Perhaps you need lower thresholds for them to come into effect in difficult environments, you may also attach a Constitution saving throw to end the effect. **Third**, even a 3rd level spell only restores only 1 level.

Where does that leave us? Well in addition to the slow healing, now we're adding exhaustion to the equation.

9. OB1 Method I (post #459, #506 & #615, A)

Experience-Based Rest. Adventurers and monsters draw their extraordinary powers and resilience to damage directly from the Positive and Negative planes.

When you defeat other NPCs and monsters, you gain some of their power *as you absorb lightning-like energy from your defeated foes.*

In addition to tracking XP for level advancement, players also need to keep an XP Rest Count.

- When you collect 1/3 and then 2/3s of your daily XP budget since your last long rest, you gain the benefit of a short rest. You can also gain this benefit from an 8 hour rest in a safe location, but doing so also resets your XP rest count to 0.
- When you collect XP equal to or greater than your daily XP budget since your last long rest, you gain the benefit of a long rest. You can also gain this benefit from a 7 day rest in a safe location. Your rest count resets to 0 after either type of long rest.

A home, an inn, a friendly keep or guarded camps are examples of safe locations. If players need to set a watch, it is not a safe location. A random encounter triggers a reset of the time necessary in a safe location to benefit from it.

Credit: Unsure of artist, "Starter Party Colour"

Example

OB1 (post #459) — OB1 is a first level monk traveling alone through a forest to his grandmother's house. OB1s daily budget is 300xp. He will receive short rest 1 when he gets 100xp, short rest 2 at 200xp, and a long rest at 300xp

On the way to grandma's house, OB1 is attacked by 2 giant rats and defeats them (50xp Medium difficult encounter). OB1, to gain the benefit of a short rest, would need to rest for 8 hours or get in one more Medium difficulty fight. OB1 decides to press on.

Later, OB1 is attacked by a wolf and defeats it (50xp Medium difficulty encounter). At the end of the fight, OB1 immediately gains the benefit of a short rest, and can choose to spend hit die, which he does.

As OB1 approaches his grandma's house, he is attacked by an Orc! He fights valiantly and defeats it (100xp, Deadly difficulty encounter) and immediately gains the benefit of a short rest. He has no more hit die left, so he can't recover hit points.

At this point, OB1 can either press on to Grandma's, or he will need to take a week rest to regain his hit points and hit die. He decides to press on.

As he reaches grandma's house, a lone Orc is axing through the door. OB1 rushes it, and defeats it! OB1 gains the benefit of a long rest and also level's up! Way to go OB1!

Had OB1 bailed after the first Orc fight and returned home to rest, he would still have 200xp towards level advancement, but when he set off on the path again a week later, his XP Rest count would be at 0.

After fighting the second Orc, he would reach level 2, but would need to take another week off to get a long rest or would now have to get to 600 XP to get the long rest benefit (200 and 400 for short rest 1 and 2).

**Credit:** Larry D. Elmore, "Ancient Powers"

10. Lanefan Method(s) (post #463, A)

Short Day Model framework. This is not so much as a variant rest as it is a framework for the rest mechanic using a short day model as a basis for deciding on the particular recovery of resources (spectrum). It provides a full list of variable options.

- Recoverable resources include: hit points, hit dice (health/stamina), spells/mana and limited-use abilities (LUA) e.g. druid shapeshift

  Spectrum: (just for resting, ignoring cure spells etc.)

- everything is fully reloaded after every encounter
- hit points and spells are fully reloaded after every encounter but LUA have to wait until overnight
- hit points are fully reloaded after every encounter but spells and LUA have to wait until overnight
- spells are fully reloaded after every encounter but hit points and LUA have to wait until overnight
- everything has to wait until overnight but is fully reloaded in the morning
- everything has to wait until overnight but only spells and LUA are fully reloaded in the morning with hit points only partly reloaded
- everything has to wait until overnight but only LUA are fully reloaded in the morning with spells and hit points only partly reloaded
- nothing fully reloads overnight but if two (or three, or however many) consecutive nights are spent resting then a full reload happens for all
- resting in the field does nothing at all; the only way to get anything reloaded is to spend a few days in town
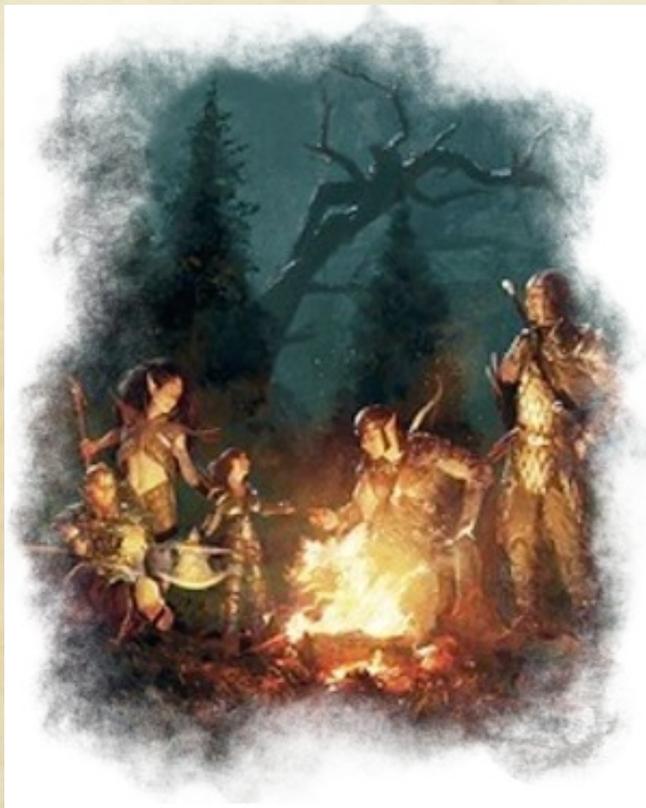
Credit: from Online Players Manual for Nordock Awakening.

11. Vonklaude Method I (post #1218, A)

Short Rest Period Increased. This variant increases the short rest period and introduces the extended short rest.

Short Rest
A short rest is a period of downtime, at least 3 hours long.
   In all other respects the short rest remains unchanged from that of The Standard Method.

Extended Short Rest
An extended short rest is a period of downtime, at least 8 hours long. Along with the standard benefits of a short rest, an extended short rest allows characters to reduce exhaustion by 1 category, examine or attune magic items, and train. A character can't benefit from more than one extended short rest in a 24 hour period.

Long Rest
A long rest is a period of extended downtime, at least 24 hours long. After taking one, a character can't benefit from another for 24 hours.

Commentary

vonklaude (post #1218, A) — I made this change as a halfway house between standard and Gritty Realism. I wanted mechanically meaningful easy and medium encounters (often as random encounters) without slowing the travel pace to a crawl.
   I found a need to move "world effects" into an extended short rest. My concept for that is there are no character ability recoveries there, only other things. Possibly hit point maximum drain could recover on extended short rests.

Sadras (post #1228, A) —

- It still allows for the Short Rest recharge without requiring house rules for converting Short Rest abilities to daily uses;
- It mitigates the effect Rope Trick/Leomund's Tiny Hut spells on the Rest Mechanics; and
- It thematically makes sense without the jarring gritty system's one-week requirement to learn spells.

12. Ilbranteloth Method II (post #1, B)

Rechargeable Rest. This variant uses an ability check along with the exhaustion track as the mechanism for the recharging of short and long rest abilities.

Short Rest
10 to 15 minutes long. You can regain hit points by spending Hit Dice.

Travel Rest
8 hours long. Once per day. You regain 1/2 of your Hit Dice. You remove 1 level of exhaustion. The DC for your exhaustion check after recovering short rest abilities is set to 5 plus 1 for each day since your long rest, and your next such check is made with advantage. The DC for your exhaustion check after recovering long rest abilities is set to 15 plus 1 for each day since your last long rest and your next such check is made with advantage.

Long Rest
24 hours of uninterrupted rest. You regain all hit points. You regain all Hit Dice. You remove all levels of exhaustion. You regain all abilities. The DCs for exhaustion checks after recovering short and long rest abilities are set to 5 and 15, respectively.

Recovering Short and Long Rest Abilities
You may recover all short rest abilities or all long rest abilities at any time. However, when you do so you must make an exhaustion check. You make a separate check after recovering short rest and long rest abilities.

Each creature recovers abilities and makes exhaustion checks separately.

The exhaustion check is an ability check against your primary class ability (Dexterity for Rogues, Charisma for Sorcerers, Intelligence for Wizards...etc.).

If you fail the exhaustion check, you suffer 1 level of exhaustion if you recovered short rest abilities or 3 levels of exhaustion if you recovered long rest abilities.

As noted above, immediately after a long rest, the DCs for exhaustion checks after recovering short rest and long rest abilities are 5 and 15, respectively. Following each exhaustion check, the corresponding DC increases by 5.

Hardcore Mode
- Increase the DC from 15 to 20 for recovering long rest abilities.
- When attempting to recharge your long rest abilities for the second time in one day, you suffer 1 level of exhaustion, whether the check is successful or not.

Credit: Could not locate the name of the artist or artwork's name.

Commentary
Ilbranteloth (post #1, B) — There are several issues that I see raised on a fairly regular basis with rests:

- The balance of the classes shifts with different amounts of rests. Warlocks in particular are dependent heavily on rests, other classes less so.
- The rest system doesn't work well for attrition on low encounter days. This is a primary complaint about traveling, where you may have a single encounter each day. The complaint basically being that they are fully rested before every encounter.
- There's the ever present 5mwd problem.
- My objection to short rests is primarily the length of time they take (it disrupts the narrative).

This system separates the recovery of short and long rest abilities from resting.

It has a built in attrition system, making the recovery of abilities each day a little harder, and reduced number of hit points.

It allows the players to have full control of their rests and recovery of abilities (including potentially more RAW).

There is arbitrary limitation of rests.

It's based loosely on the Barbarian's Relentless Rage ability, and leverages the exhaustion condition.

The basic design is to be the equivalent of about 3 short rests per long rest, although that will shift down depending on the number of days they have gone since a full day rest.

The challenge is to make it really difficult to regain your long rest abilities for a second time in one day, but not so tough that you won't get them at least once/day. Since it's based on your primary ability, the assumption is that you'll have at least a +2 to the check. With advantage, recovering your long rest abilities once/day seems doable.

13. Iserith Method

Campaign Specific Rest. This variant utilises the particular in-game fiction to allow for long rests.

In Iserith's game, the party travels by caravan and continuously invest in its upkeep. The benefit from this is, that resting within the safety of the caravan eliminates the risk of random encounters allowing for long rests to occur.

Because of the way rests are handled in this campaign, the PCs need the caravan to take long rests and to remove the risk of random encounters.

Commentary

This rest variant was pulled from Iserith's post #5 from the thread *What resources do you track in play?* created by **Morrus.**

This idea can be modified to cater to particular types of adventures, campaigns or settings.

Credit: Michael Komarck, "Heroes at Rest"
Interior illustration from the D&D Player's Handbook II (2005)

"Heroes at Rest" as well as other illustrations done by the artist can be found on Pinterest.

14. AntiStateQuixote Method (post #136, A)

Encounter-Based Rest. This variant requires a certain number of encounters to be overcome by the characters before they may benefit from short and long rests.

- PCs must overcome two or more medium+ (or hard+) difficulty encounters after a long or short rest before they can take a short rest.
- PCs must overcome six or more medium+ (or hard+) difficulty encounters after a long rest before they can take another long rest.

PCs may take no more than two (or three?) short rests between long rests.

Commentary

This variant is purely a game mechanism with its primary purpose to provide challenging encounters and act as a pacing mechanism. It is harder to justify through the in-game fiction.

Lanefan (post #254, A) — A valid argument against a hard-coded system requiring a number of encounters between rests is that it makes no sense if those encounters are days apart.

What about also introducing a time element? Something like "you can't short-rest until x encounters or yours (whichever comes first) have passed since your last rest of any kind" and "between one midnight and the next you may only start one long-rest". "x" and "y" here can be dialled to suit one's preference - my first notion was 3 encounters and 6 hours but that's right off the cuff without any thought at all.

This isn't perfect (and nor is any other solution involving encounter tracking) for two reasons:
(1) What defines an encounter?
(2) How does it work if only part of the party is involved in something while the others are not? (e.g. Thief and Ranger go ahead to scout, while they're away the remainder of party gets attacked but wins, then scouts return - now you've got uneven encounter numbers within the party...messy)

15. CapnZapp Method (post #12, C)

Encounter-Based Rest.

Gaining Encounter Points
Your DM will award you Encounter Points after each encounter, regardless of outcome. Either the DM or the players track these in a Short Rest Pool and a Long Rest Pool. Both pools reset to zero after a long rest is completed.

- Easy Encounter - 0 short rest points and 0 long rest points
- Medium Encounter - 1 short rest points and 1 long rest points
- Hard Encounter - 2 short rest points and 2 long rest points
- Deadly Encounter - 3 short rest points and 3 long rest points

Spending Encounter Points
You spend encounter points when you wish to gain the benefits of a rest. You can still rest without spending encounter points, but this will then not give you the benefits of that rest (but see below).

When a rest is interrupted for combat, it must be restarted, but you only need to spend the points when you successfully finish the rest and gain the benefits.

- A short rest costs 3 short rest points and requires one hour.
- A long rest costs 9 long rest points and requires 8 hours.

Resting without Encounter Points
Even if you don't have encounter points to spend, you can still gain the benefit of a short rest by resting for 8 hours uninterrupted by combat.

Even if you don't have encounter points to spend, you can still gain the benefit of a long rest by resting for 7 days uninterrupted by combat.

16. OB1 Method II (post #1, C)

Encounter-Based Rest. This is an expanded version of the CapnZapp Method.

There are several options within this variant, depending on how much your table is willing to constrain the PCs.

Alternate Rest Rules
– using Encounter Points
- Option 1 - When a rest is interrupted for combat, it must be restarted.
- Option 2 - Encounter Point Variant - 8 Hour short rests and 7 day long rests do not cost EPs
- Option 3 - Encounter Point Variant

Gaining Encounter Points
Your DM will award you Encounter Points after each encounter based on the following per DMG guidelines. Players should track these in a Short Rest Pool and a Long Rest Pool. When points are awarded, they should be added to both pools. Both pools rest to 0 after a long rest is completed.

- Medium Encounter - 1 EP
- Hard Encounter - 2 EP
- Deadly Encounter - 3 EP

Spending Encounter Points
You spend encounter points when you wish to wish to gain the benefits of a rest. These rests must still be uninterrupted by combat. Deduct the points only when you finish the rest. Note that exhaustion levels are still reduced after an 8 hour long rest.

Short Rest Cost
- 8 Hour Short Rest - 1 EP
- 1 Hour Short Rest - 3 EP
- 5 Minute Short Rest - 6 EP

Long Rest Cost
- 1 Week Long Rest - 3 EP
- 8 Hour Long Rest - 9 EP
- 1 Hour Long Rest - 18 EP

Credit: Fantasy concept art by Andrey Vasilchenko
Female warrior and fairy concept

17. Vonklaude Method II (post #16, C)

Encounter-Based Rest. This is an inversion variant of the OB1 Method II.

Story Points (SP)
Each time you finish a rest, you gain short or long rest story points (SSP and LSP). While you have story points any abilities you have that replenish at the finish of a rest of that kind, instead don't replenish. You reduce your number of story points through encounters.

SP gained from a Short Rest
- 8 Hour Short Rest - 1 SSP
- 1 Hour Short Rest - 3 SSP
- 5 Minute Short Rest - 6 SSP

LSP gained from a Long Rest
- 1 Week Long Rest - 3 LSP
- 8 Hour Long Rest - 9 LSP
- 1 Hour Long Rest - 18 LSP

Reducing SP
SP are reduced by resolving encounters. At the end of an encounter, subtract SP of both kinds according to the table below.

- Medium Encounter - subtract 1 SSP and 1 LSP
- Hard Encounter - subtract 2 SSP and 2 LSP
- Deadly Encounter - subtract 3 SSP and 3 LSP

Commentary
CapnZapp (post #17, C) — From a purely mechanical design stand point:

- One approach gives you tokens (or coins, or whatever you're using to remember your points). And you're told you can get back your HP and spells once you've collected enough.
- In the other approach, you're given all the tokens upfront. And you're told as long as you have any left, you can't replenish your HP and spells.

To me one approach makes the tokens into a reward, the other makes them a curse and a liability. I would say from a pure game design perspective, one is clearly more attractive than the other.
You don't want game elements the players actively want to get rid of. If the table is disturbed no one has the incentive to keep track of tokens that are bad for you.
Again, this is not even looking at how these tokens are used. It's the simple observation that positive tokens are more fun than negative ones.

18. Vonklaude Method III (post #1, D)

Level-Based Rest. The DMG page 84 clearly lays out a fundamental balancing principle of 5e. That there will be 6-8 medium or hard encounters between long rests, and two or three encounters between short rests. The classes are comparable if rests are enforced as DMG 8 envisions.

The goal of this thread is to tackle the fundamental: how might the game mechanics support DMs to enforce rests?

Theory behind Method
vonklaude (post #1, D) — I believe that an observation that the DMG 84 asserts a fundamental connection asserted between adventuring days, number of encounters and levelling gives us the most direct starting point for this mechanic.
    If we analyse the XP budgets per adventuring day on DMG 84 against the levelling costs on PHB page 15 we can find how many adventuring days are expected to level (rounded to one decimal). About 33 days all told, or about 229 encounters.

Adventuring Days per Level

Level	Days
Level 2	1.0
Level 3	1.0
Level 4	1.5
Level 5	2.2
Level 6	2.1
Level 7	2.3
Level 8	2.2
Level 9	2.3
Level 10	2.1
Level 11	2.3
Level 12	1.4
Level 13	1.7
Level 14	1.5
Level 15	1.7
Level 16	1.7
Level 17	1.5
Level 18	1.6
Level 19	1.5
Level 20	1.0

This analysis allows us to assert that the game balance implicitly assumes that players will recover their class features (and any other powers) through resting at a rate that is exactly the number in the right column (days) times 2-3 for short-rests and times 1 for long-rests per level.

Thus the most direct mechanical solution would be to give players a number of rests per level. How might that work?

Credit: Larry D. Elmore, "The Heroes of the Lance"
"We are not the stuff of heroes..." - Tanis Half-Elven Dragons of Autumn Twilight

Recoveries Per Level

Characters gain a new resource—minor and major "recoveries".

- All features that refresh with a short-rest are instead refreshed by spending a minor recovery.
- All features refreshed with a long-rest are instead refreshed by spending a major recovery. To spend a recovery, a character must do the things described on PHB page 186 for a short (minor) or long (major) rest.

If the rest is interrupted, the recovery fails and is not expended i.e. it can be reattempted later.

All expended recoveries are replenished each time a character levels up. At 1st level, a character gains two minor and one major recovery to spend. At 5th level, a character gains an additional two minor and one major recovery to spend.

Benefits of this Method

- It looks easy to implement
- It looks resilient
- It looks flexible/extensible
- It snaps onto the existing rules with minimum ceremony

19. Mistwell Method (post #82, D)

Standard Method Variant. This rest variant uses the Standard Method and expands on it using a mechanic from Adventures in Middle Earth.

A long rest can be a fuzzy thing to define as the [DM]...a few needs to be met to enjoy a long rest:

Safety from threat of attack

This could mean a thorough watch is posted – for example, a well-guarded Elf camp in [their forest] would allow a long rest. Arguably lying rolled in your cloak in a ditch just off the Forest Road, with your [Halfling] friend trying to stay awake and watch for Spiders, would not.

Comfort

Sleeping in a Dwarf hall carved from the heart of a mountain is a very different experience than sleeping in a Goblin tunnel. Comfort might mean a bed. It might mean good food. It might mean good company that allows for proper rest.

Tranquillity

Some locations may simply provide an air of peace that means good rest is available to a company. This could be an ancient Elf ruin that has held onto some of its former glow of goodness. It could be a campsite next to a bright river that raises the spirits. This is very much in line with building the feeling of [the Setting], [if it is one] where characters can find peace in the wildest of places.

As the [DM], it is up to you when you allow access to such a location. You may keep a couple of flexible options in reserve at all times to allow the [party] some respite if things go unexpectedly badly for them, or they make a gamble that doesn't pay off.

Sanctuary

Sanctuaries involve even more options and are similar to the 5e Downtime Rules. A party only retires to a Sanctuary after a season of adventuring, generally to stay for around a season (three months) and they get to to do an Undertaking (which lets them heal disease, train, gain a trait, recover from corruption, unlock an ability from a virtue (feat), meet a patron, gain a title, research lore, open another sanctuary, etc.).

> ## Commentary
> This idea was originally suggested by **BookBarbarian** in post #293, A.

20. Pming Suggestion (post #59, D)

Daily Fatigue Rest. This idea was offered as a suggestion rather than a fully fleshed out rest mechanic.

In short, every "minor exertion" and every "major exertion" gives you a set amount of "down time points". This amount is totalled and subtracted from the character's CON. When it reaches 0, the character can sleep (rest).
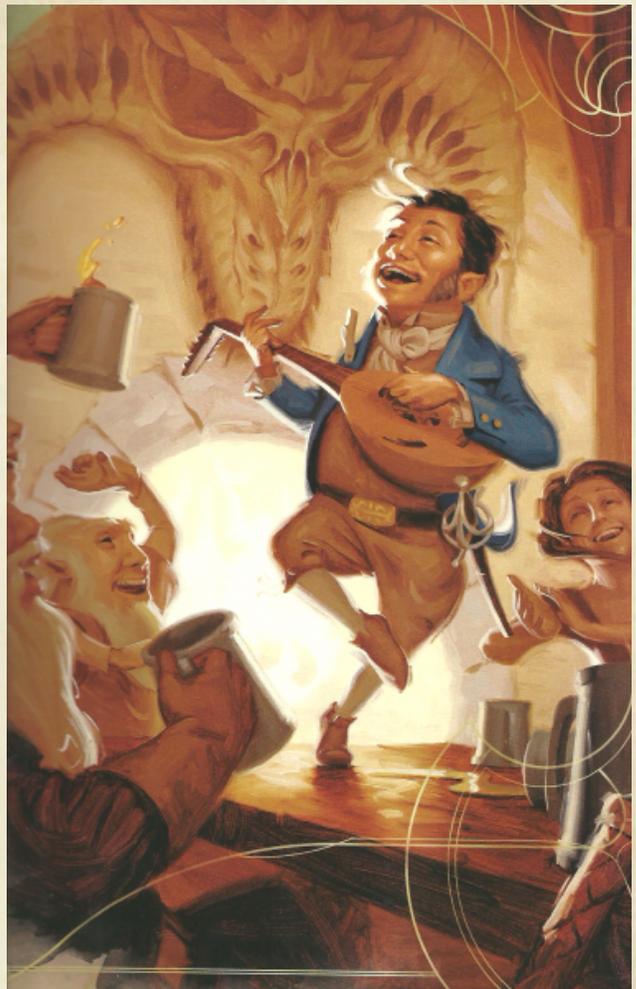
Credit: Rob Rey, "Tavern Bard"
This as well as further illustrations by the artist may be found at www.robrey.com

This tavern scene features a halfling bard (or for those who aren't familiar with the game, a hobbit-like minstrel) dancing and playing lute for a host of other mythical peoples. It was great fun to paint and I'm honoured to be included in such an iconic publication that I hope will bring enchantment and wonder to many people, young and not so young.