

EXTENDED RESTING

The following rules replace the normal resting times, extending the time it takes characters to recover their hitpoints and resources. It also adds a new type of rest, the Quick Rest.

Table: Extended Resting

Rest	Time	Benefits
Quick	1 hour	Spend up to 2 Hit Dice
Short	8 hours	Spend any number of Hit Dice +1 Hit Die -1 exhaustion Recover Short Rest Resources
Long	5 days	Regain all hitpoints Regain all hit dice Lose all exhaustion Recover Short & Long Rest Resources

RESTING

Resting is downtime, non-adventuring activity, that allows you to recover resources. You normally can't do things like travel for miles, cast a bunch of spells, or fight to the death, while resting.

When a rest allows a character to “spend a Hit Die to heal”, it means that for each Hit Die spent, the player rolls the die and adds the character's Constitution modifier to it. The character regains hitpoints equal to the total (a minimum of 0).

Interrupting Rests

Typically, this system assumes that rests aren't interrupted. In the base game, it's basically impossible to interrupt a rest anyway, since it takes a full hour of fighting to reset the clock. Even if the party is attacked in the night during a short rest, I wouldn't reset the rest duration, unless the party was forced to run away from their camp or something drastic like that.

Long Rests being 5 days long makes it a bit trickier to handle interruptions. I generally run it as: if the party is attacked during a long rest, it just forces them to spend 1 extra day to complete the rest, rather than resetting the whole duration. If the party decides that they need to actually go do adventuring activity in the middle of a rest, then at that point I'd say the whole rest would get interrupted and would need to be started again.

QUICK REST

A quick rest is a short break, 1 hour long, amidst your adventuring, an opportunity to take a breath and collect yourself.

You can spend up to two Hit Dice to heal at the end of a quick rest.

You can extend a quick rest to longer than 1 hour if you wish. For each additional hour you spend resting, you can spend up to two additional Hit Dice to heal.

SHORT REST

A short rest, 8 hours long, is typically an overnight sleep, either camped out or in accommodations. A night's rest, breakfast, and morning routine allow you to prepare for the day ahead. If you need to, you can take up to 2 hours of the rest doing light activity, such as keeping watch.

At the end of a short rest, you regain one spent hit die, and can spend any number of hit dice that you have to regain hit points. You can spend hit dice to heal both before and after regaining the hit die from this rest. If you are exhausted, finishing a short rest reduces your exhaustion level by 1.

You can't benefit from more than one short rest in a 24-hour period, and you must have at least 1 hitpoint at the start of the rest to gain its benefits. If you have not eaten enough food or drank enough water in the last 24 hours, you can't benefit from a short rest.

LONG REST

A long rest is 5 days of downtime, away from the rigors of adventuring. This time allows you to fully rest up, deal with your wounds, and refocus your mind. You may get up to involved activities such as research, training, or carousing, during this rest, as long as it doesn't involve the level of danger and stress that comes with adventuring activity. See the Downtime Summary below or the Downtime Activities rules in the PHB/XGE for ideas on what you could do with your time off.

At the end of a long rest, you regain all of your hitpoints and hit dice, and your exhaustion level is reduced to 0, if you had any.

RESULTANT RULINGS

These are some downstream things I've run into or noticed and felt the need to tweak or mention alongside extended resting:

I decided that **Spell Preparation** should be on a short rest instead of a long rest, so that casters aren't locked into their loadouts for a whole week.

Wizard's **Arcane Recovery** says "per day" but it really means "per long rest" and should be ruled as such. Any other class feature that says per day should be errata'd to mean per long rest.

Magic Items that recharge at dawn are suddenly on a much faster clock than regular class resources which is interesting. I leave them as-is, but you could reasonably make them recharge slower.

Some **feats** and features that refer to short/long rests should be revised, such as Gourmand. "2 hours of light activity" or something would work.

Spells like *mage armor*, *animate dead*, and *catnap* may warrant changes, but I have no specifics. The *catnap* spell could be changed to 1 hour duration or be banned outright

Sleeping in Armor rulings affect short rests under this ruleset.

Hey wait, why are you nerfing casters so hard?!

I'm not. It's only a nerf if your comparison point is the "5 minute adventuring day" that allows casters to spend all their resources on one fight, and then immediately get a long rest. Extended Resting is a pacing tool, not a difficulty slider. Your wizard is not expected to stretch 3 spell slots across 15 encounters, because the number of encounters per "adventuring day" is meant to be the same. You should still encounter like 2-5 combats or whatever between long rests, that just now means a longer period of in-world time than it does by default.

There is a slight nerf to casters in that non-ritual utility spells like *goodberry* can no longer be spammed, but I think that's basically a good thing for gameplay.

WHY NOT EXTENDED RESTING?

The pacing change of extended resting doesn't appeal to everyone. Some people just want to be heroic and/or not deal with strategic resource management, and that's fine. I would also not recommend extended resting for megadungeons or published modules. It's basically designed for games that are mostly outside dungeons and with significant player agency.

WHY EXTENDED RESTING?

Extended Resting is first and foremost a pacing tool. I and many other DMs find it narratively awkward to fit 2-5 encounters and 1-2 short rests into a single day, which is what the classes in 5e are designed around. Unfortunately, this means many games end up in the "5 minute adventuring day", where classes based on Long Rests dominate, and classes based on Short Rests get the short end of the stick. Extended Resting is a way to preserve the class design while also allowing for much more narrative flexibility in how often characters actually encounter combat in the story and in the world.

Here's some other side effects and benefits of using Extended Resting:

- It has significant flexibility in pacing. You can readily have a single day or two days of combat, and then a long rest, or go 10 days without a long rest with one combat every few days. You can still do one big epic boss fight with full resources, there's just a bit more in-world time involved.
- Survival gameplay is much more feasible when *goodberry* can't be cast basically for free, and the party doesn't get all their class resources back every day of travel.
- Downtime Activities become much more feasible for characters to pursue, since they have the time during long rests. This is a great opportunity for characters to be fleshed out and to pursue personal goals.
- Dungeons become much more involved affairs, if they can't be cleared in a single long rest. You could readily have a dungeon require multiple excursions over weeks or months to fully explore.
- Lots of players have never used a Hit Die, since they rarely ever short rest. This solves that, and makes features like Song of Rest more useful, by making Short Rests much more common.
- Long Term story stuff I find is just much easier and more natural. A siege can't just be broken by casters dumping all their spell slots every single day. A wounded party on the run can't just camp overnight and be like-new again. Armies can march on timescales of weeks. Plots and schemes can happen over months. Seasons and years can go by. Player characters can have birthdays!

EXTENDED RESTING CHEAT SHEET

QUICK REST

1 Hour

Spend 1-2 Hit Dice to Heal

SHORT REST

8 Hours

Spend Any# Hit Die to Heal

Regain 1 Hit Die

T-1 Exhaustion

Can Re-Prepare Spells

FEATURE RECOVERIES

Warlock Spell Slots

Barbarian (Ancestral) Consult the Spirits

Bardic Inspiration (5th+ Level)

Bard (Glamour) Enthralling Performance

Bard (Glamour) Unbreakable Majesty

Bard (Whispers) Words of Terror

Bard (Whispers) Mantle of Whispers

Cleric/Paladin Channel Divinity

Druid Wild Shape

Druid (Land) Natural Recovery (1/LR)

Druid (Shepherd) Spirit Totem

Fighter Everything

Monk Ki Points

Ranger (Horizon) Detect Portal

Ranger (Horizon) Ethereal Step

Ranger (Monster Slayer) Slayer's Prey

Ranger (Monster Slayer) Magic-User's Nemesis

Rogue (Swashbuckler) Master Duelist

Sorcerer (Divine) Favored by the Gods

Warlock (Fey) Fey Presence

Warlock Misty Escape (Fey)/Dark One's Own Luck

(Fiend)/Entropic Ward (GOO)

Warlock (Hexblade) Hexblade's Curse

Wizard Arcane Recovery (1/LR)

Wizard (Divination) Third Eye

Wizard (Illusion) Illusory Self

Wizard (Transmutation) Shapechanger

Dragonborn Breath Weapon

Firbolg Magic

Firbolg Hidden Step

Goliath Stone's Endurance

Lizardfolk Hungry Jaws

Goblin Fury of the Small

Hobgoblin Saving Face

Kobold Grovel, Cower, and Beg

LONG REST

5 Days Downtime

Regain All Hitpoints & Hit Dice

Remove All Exhaustion

FEATURE RECOVERIES

Caster Spell Slots

Barbarian Rage

Barbarian (Zealot) Zealous Presence

Bardic Inspiration (1-4th Level)

Bard (Glamour) Mantle of Majesty

Bard (Whispers) Shadow Lore

Cleric (Light) Warding Flare

Cleric (Tempest) Wrath of the Storm

Cleric (War) War Priest

Cleric (Forge) Blessing of the Forge

Cleric (Grave) Eyes of the Grave

Cleric (Grave) Sentinel at Death's Door

Druid (Dreams) Balm of the Summer Court

Druid (Dreams) Hidden Paths

Druid (Dreams) Walker in Dreams

Druid (Shepherd) Faithful Summons

Fighter (Cavalier) Unwavering Mark

Fighter (Cavalier) Warding Maneuver

Fighter (Samurai) Fighting Spirit

Paladin Lay on Hands

Paladin Divine Sense

Paladin Cleansing Touch

Paladin Capstones

Ranger (Monster Slayer) Hunter's Sense

Rogue (Inquisitive) Unerring Eye

Sorcery Points

Sorcerer (Shadow) Strength of the Grave

Warlock Mystic Arcanum

Warlock (Fiend) Hurl Through Hell

Warlock (Fey) Dark Delirium

Warlock (Celestial) Healing Light

Warlock (Celestial) Searing Vengeance

Warlock (Hexblade) Accursed Specter

Warlock Invocation Features (Varies)

Wizard (Abjuration) Arcane Ward

Wizard (Conjuration) Benign Transposition

Wizard (Divination) Portent

Wizard (Enchantment) Hypnotic Gaze

Wizard (Enchantment) Instinctive Charm

Wizard (Transmutation) Master Transmuter

Wizard (War) Power Surge

Half-Orc Relentless Endurance

Tiefling Spellcasting

Drow Spellcasting

Aasimar Healing Hands

Aasimar Transformation

Triton Spellcasting

Yuan-Ti Spellcasting

DOWNTIME SUMMARY

Here's a quick summary of downtime activities that a player may want to undertake during their Long Rest. Pulled from *Xanathar's Guide to Everything* (page 123) as well as a few of my own ideas thrown in. Specific rules are left up to the DM. (I have this [Generalized Downtime](#) ruleset I use)

BUYING A MAGIC ITEM

Seek out a seller, and haggle the price for a special item, or even participate in an auction for it. Your ability to do so depends on the magic level of the setting, as well as your social status and contacts in these types of circles. Bring someone with *identify* if you're smart.

Investment: High Money, Low Time

Possible Benefits: A Magic Item

CAROUSING

Drink, eat, socialize, and have a good time with friends. A great way to meet new people, contacts, and enemies. Amount of money spent varies with your social class and how drunk you get. Bards are better at this.

Investment: Low/Medium/High Money, Low Time

Possible Benefits: Allied Contacts, Good Times, Fame, Infamy

CRAFTING AN ITEM

Both mundane and magical objects can be crafted, as long as you have the right tools, the right skills, and the right materials. You can craft small things fairly readily, but most things that you'd want to craft yourself like armor and magic items take lots of time and lots of money. Crafting magic items may require special ingredients and/or a dedicated laboratory.

Investment: Low/Medium/High Money, Low/Medium/High Time

Possible Benefits: Mundane Items, Potions, or even Magic Items

CRIME

For those with lower scruples, crime can be a solid way to earn a bit of cash on the side, just watch out for the law and any other consequences your actions may have. Just because it's a Downtime activity doesn't mean you can't get thrown in jail! Rogues are better at this.

Investment: Low Money, Low Time

Possible Benefits: Money, Infamy

GAMBLING

If you think you have dice mojo, you can try your hand at any number of games of chance and skill, as long as there's suckers around to play with you. You can also try cheating if you want even more risk.

Investment: Low Money, Low Time

Possible Benefits: Money, Infamy

PIT FIGHTING

While fighting is generally an adventuring activity, some characters just can't get enough of it. Pit Fighting is organized and non-lethal, so a violently-inclined character can still rest while engaging in it. Barbarians are better at this.

Investment: No Money, Low Time

Possible Benefits: Money, Fame, Infamy

RELAXATION

Adventuring got you down? Recently escaped from being tortured in the Nine Hells? Can't shake that cursed mummy rot? You can spend your time taking it easy to help recover from the stress that your chosen profession takes on you.

Investment: No Money, Low Time

Possible Benefits: Recovery from Poison, Disease, Injuries

RELIGIOUS SERVICE

A god's influence is not only spread through the cleansing of undead and the smiting of the unholy, but also through sermon, charity, and other church activities. If you serve a church or god, you can spend your downtime performing mundane service amongst the populace, either independently or as part of your church. The populace and/or your church will thank you for your assistance. Clerics and Paladins are better at this.

Investment: No Money, Low Time

Possible Benefits: Favors, Fame

RESEARCH

For all the secrets in the world, there's a dusty tome or scroll that tells about it. Spend your time searching through your available sources for lore. Bribes, Scrolls, and library access tend to require significant monetary investment, and depending on the subject, a significant amount of time dedicated to finding the right sources.

Investment: Medium Money, Low/Medium Time

Possible Benefits: Lore

SCRIBING A SPELL SCROLL

Certain spellcasters can impart their spells onto parchment, using special inks and very precise writings. This costs time and money proportional to the level of spell, and may require a dedicated workshop.

Investment: Low/Medium/High Money,
Low/Medium/High Time

Possible Benefits: Spell Scrolls

SELLING A MAGIC ITEM

Magic items are often rare and valuable, offering a relatively easy way for you to get a lump sum of coin, but finding a legitimate buyer is a task of its own. Watch out for scammers and thieves.

Investment: Low Money, Low Time

Possible Benefits: Lots of Money

TRAINING

Languages, Tools, or even Skills can be learned with enough time and effort. This requires the employment of a skilled tutor over the course of many weeks or months of dedicated learning. A higher Intelligence score offers direct benefits to this activity.

Investment: Medium Money, High Time

Possible Benefits: Language or Tool Proficiency

WORK

Menial compared to adventuring, but certainly more reliable, regular jobs can provide a steady source of income to your life. Typically you merely work to fulfill your day-to-day expenses, but sometimes you can make extra money through higher paying jobs or living on a lower standard.

Investment: No Money, Low Time

Possible Benefits: Pay for Lifestyle, Money

ARTISTRY

Compose a song, write a poem, author a book, paint a painting, or any other number of artistic activities. Depending on what you're doing, it could require expensive supplies or merely your own creativity, but you can't rush art. Bards are better at this.

Investment: Low/Medium/High Money, High Time

Possible Benefits: Works of Art, Fame

GARDENING

Start up a garden and grow plants over the seasons. Find interesting or even useful plants out in the world and incorporate them into your garden. An ideal pastime for an herbalist. Druids are better at this.

Investment: Low Money, High Time

Possible Benefits: Food, Herbalism Ingredients

WEAPON TRAINING

Fighters can train their allies in weapon usage over time, similar to how one might learn a new tool. It takes a long time for the trainee, but it only requires the time investment of the Fighter and their protege.

Investment: No Money, High Time

Possible Benefits: Weapon Proficiency

MEDITATION

Clearing your head and centering yourself takes more time and effort than it sounds, but it can certainly help those with clouded minds. Meditation also takes your mind off worldly desires, allowing you to make the most of lower living standards. Monks are better at this.

Investment: No Money, Low Time

Possible Benefits: Peace of Mind, Lowered Lifestyle Costs

HUNTING

Tracking down and killing things out in the wilderness, to harvest their bodies for all sorts of uses. Depending on the environment, you might find plentiful game or scarce wildlife, or perhaps even monsters can be hunted in your downtime, if you're careful enough. Rangers are better at this.

Investment: No Money, Low Time

Possible Benefits: Food, Pelts, Monster Bits

GATHERING

Meticulous harvesting of useful plants and herbs from the environment. You'd be surprised what kinds of things you can find even in places like the tundra or in urban sprawl, if you look hard enough. Be sure to bring your herbalism kit. Rangers are better at this.

Investment: No Money, Low Time

Possible Benefits: Food, Herbalism Ingredients

MAGICAL REFOCUSING

Sorcerers, and perhaps some other types of spellcasters, can spend time refocusing the magical energies that surge within them, allowing them to swap out cantrips or even spells that they know for different ones, from the same class spell list.

Investment: No Money, Low Time

Possible Benefits: Re-specing

WARLOCK COMMUNION

Similar to magical refocusing, but for Warlocks. They can appeal to their patron to grant them different spells or even invocations than the ones they currently know, replacing those they had previously.

Investment: No Money, Low Time

Possible Benefits: Re-specing

SPELL RESEARCH

One of the most esoteric and difficult activities a Wizard can undertake is delving into the abstract theory of spells in order to discover new spells from the fundamentals themselves rather than from other wizards. You could even reshape the spells that you already understand, mutating them into variant spells, or perhaps invent entirely new spells of your own creation! This is a massive investment of time and arcane resources, and almost certainly requires a specialized arcane laboratory.

Investment: High Money, High Time

Possible Benefits: New Spells, maybe even Custom Spells

ANYTHING ELSE

Put on a play! Start a business! Hold a protest! You can do whatever you like with your downtime, not just the examples listed here. Work with your DM on what possible expenditures or rolls on your part will be, and see what kinds of benefits come about due to your creativity.