



REST FOR THE WEARY

In D&D 5e certain classes are designed to regain their powers after a long rest while others regain powers after a short rest or do not require rests at all. This can lead to a dynamic where players of characters whose power resets on long rests set the pace of the game as they quickly use all of their powers and then have little else to add to the adventure until they complete a long rest again. This dynamic can create a feedback loop where classes built around regaining their powers less often are setting the pace of resting negating what is ostensibly supposed to be a limiting factor to their power.

The DM's Guide offers an interesting rule that has the potential to change this dynamic simply by changing the length of short and long rests. In the Player's Handbook the length of a short rest is at least one hour and a long rest is 8 hours (with a few caveats). The "Gritty Realism" resting variant presented in the DM's Guide (pg. 267) changes the time required for rests, making a short rest take 8 hours and a long rest takes 1 week. While this change does work to disrupt the dynamic of taking a long rest after every combat or three it adds additional balance concerns as classes that require short and long rests get those opportunities significantly less frequently than their class design assumes they will.

The rules presented here, Rest for the Weary, are intended to patch that consequence allowing the "Gritty Realism" resting variant to be used with a less dramatic effect on class balance by adding in a system of Idle Talents.

GRITTY REALISM

Using the Gritty Realism resting variant presented in the Dungeon Master's Guide short rests require 8 hours of light activity and long rests require 7 days of light activity.

IDLE TALENTS

Idle Talents are a new set of abilities that player characters acquire that improves their ability to take advantage of short rests. During each short rest each player character announces which of their Idle Talents they are using that rest. A character can only use one Idle Talent per short rest.

Player characters get their first Idle Talent at 1st level and gain an additional Idle Talent at 2nd and 4th level. A character can only learn an Idle Talent that is available to a class they have at least 1 level in or a race they belong to. Each Idle Talent can only be learned once.

Some Idle Talents break the rules described above. When an Idle Talent's description defies a rule defined above, use the rule as described in the Idle Talent.

DARK COMMUNION

Available to Warlocks

You perform a dark ritual to appease your Otherworldly power and they gift you with additional power. Once before your next short or long rest you can cast a spell you know from your Otherworldly Patron's expanded spell list without expending a spell slot.

DEEP SLEEPER

Available to all classes

You recover a level of exhaustion. You may use this idle talent again after you complete a long rest.

DEEPER SLEEPER

Available to Barbarians and Pugilists

You recover a level of exhaustion. You may use this idle talent again after you complete a long rest.

DIVINE FAVOR

Available to Clerics, Monks, and Paladins

You spend your time resting in prayer and moral reflection, appeasing your higher power. Once before your next short or long rest after you make a saving throw but before the DM declares whether or not it is a success you can choose to reroll and keep the second result.

EARTH'S BOUNTY

Available to Druids

You may only use this skill if you take a rest in wilderness. Beasts will not interrupt you and your allies' rest unless magically compelled to do so and at the end of the rest you can cast the spell goodberry without using a spell slot.

ELDRITCH ROTE REHEARSAL

Available to Sorcerers, Warlocks, and Wizards

You spend your rest mentally rehearsing the arcane details of your attack spells. Once before the next time you take a short or long rest, after you make a spell attack roll but before the DM declares whether or not it was successful you can choose to reroll the attack and use the second result.

FITFUL REST

Available to Barbarians

You regain one use of Rage.

INNER STRENGTH

Available to Fighters, Paladins, and Warlocks

Whether it comes from a lifetime of fighting, a deep commitment to ideals, or an uncomfortable familiarity with suffering, you use your rest to shore up your own inner strength. Once before your next long or short rest when you take damage from an attack you take only half that amount of damage. You choose to apply this effect after damage has been rolled.

MAESTRO OF REST

Available to Bards

When you use your Song of Rest feature, roll the extra healing die twice and use the higher result.

MAKE MERRY

Available to Dwarves, Barbarians, Bards, and Pugilists

You and your companions drink and swap tales of heroism to forget your worries and awake the next day renewed. You and each of your companions can spend and roll a hit die. Add your Constitution modifier and gain that many temporary hit points.

MEDITATION

Available to Monks

You spend your rest in deep concentration. At the conclusion of the rest you may cast the spell lesser restoration on yourself without expending a spell slot.

NIGHT'S WATCH

Available to Elves, Fighters, Rangers, and Rogues

You and your companions gain advantage on all rolls to perceive enemy creatures as they approach this short rest. If enemy creatures approach without being detected, neither you nor your companions are surprised.

PICK POCKETS

Available to Rogues

When you are in a settlement you can use part of your time resting to steal from the guileless chumps who work for their gold. Make a Dexterity or Charisma (Sleight of Hand) ability check and gain half the result in gold pieces. You may use this idle talent during a long rest and, when you do, you gain the result of the ability check rather than half.

PRACTICE SKILL

Available to Bards and Rogues

Once before the next time you take a short or long rest when you fail an ability check on a roll you added your proficiency bonus to, you may reroll that ability check and use the second result instead.

RESTORATIVE AURA

Available to Clerics, Druids, and Paladins

After this rest, you and your companions regain 1 spent hit die. A creature can only benefit from this skill once per rest. You can use this idle talent again after you complete a long rest.

SELF CARE

Available to all classes

The first time during a rest you spend a hit die to regain hit points you regain that hit die.

SHARPEN THE KNIFE

Available to Rogues

You spend part of your time resting sharpening your dagger or other otherwise preparing a weapon for battle. Choose one weapon you possess. Once before your next short or long rest when you deal damage with a weapon attack using this weapon you can choose to reroll the damage dice after you see the result. You must use the second result. You may use this idle talent during a long rest.

SORCEROUS RENEWAL

Available to Sorcerers

You regain up to half your sorcerer levels in sorcerer points. You cannot use this idle talent again until you complete a long rest.

SPARRING

Available to Fighters, Monks, and Pugilists

You use some of your time resting to spar with your companions or run drills. Once before the next time you take a short or long rest, after you make a weapon attack roll but before the DM declares whether or not it was successful you can choose to reroll the attack and use the second result.

SPELL PREPARATION

Available to Wizards

When you complete a short rest you can change your list of prepared spells as if you had completed a long rest.

SPELLCASTER'S RECOVERY

Available to Bards, Clerics, Druids, Sorcerers, and Wizards

When you finish a short rest you can choose expended spell slots to recover. The spell slots can have a combined level that is equal to or less than half of your cleric, druid, sorcerer, and wizard (combined) levels (rounded up), and none of the slots can be 6th level or higher. You may use this idle talent again after you complete a long rest.

SURVIVALIST

Available to Rangers

When you take a short rest you can use two idle talents instead of one.

WELL-TRAVELED

Available to Rangers

Choose an idle talent available to rangers and any other idle talent. You gain those idle talents.

Rest For The Weary by

[*Benjamin Huffman*](#)

Art Credits in Order of Appearance

"The Party" by Ioana-Muresan