

Don't Rest Your Head—Reference Sheet

Two Outcomes to Note on Dice Rolls

- **Degree.** Every d6 that rolls 1, 2, or 3 is a success. Count how many you get. (*Characters win ties.*)
 - One success: competent. Two: impressive. Three: extraordinary. Four+: fantastic.
- **Domination.** Of all the dice rolled, for you and the GM, *which pool* rolled the highest number? (In case of a tie, which got more high numbers?) *If it gets complicated, p.16.*
 - **Greatest Strength.** Not counting the GM's Pain dice pool, what is the player's highest pool?

Player Dice Pools

- **Discipline.** White d6. Maximum 3. Always roll these, risk free. *Self control, skill.*
 - **Domination.** Situation under control. **Remove 1 Exhaustion or uncheck 1 Response.**
- **Exhaustion.** Black d6. Maximum 6. Always roll 1d per Exhaustion. *Surreal connection to Mad City.*
 - **Domination.** Face sleepless weariness. **Increase Exhaustion by 1 involuntarily.**
 - **Crash.** If you have 6 Exhaustion and add 1 more, you crash: clear out Responses, and die or fall asleep. Sleep at least 1 day, wake with only 1 Discipline until again an insomniac, staying up longer than you were asleep.
 - **Variable Score.** Exhaustion can move up and down during the game.
 - **Increase.** You can add 1 Exhaustion before any roll. +1 when exhaustion dominates. GM can add 1 when you fail a roll. +1 for a major use of your exhaustion talent.
 - **Decrease.** You can subtract one when Discipline dominates, or by spending 1 Hope.
- **Madness.** Red d6. Maximum 6. Roll these when you pushing at reality, bending it with your will.
 - **Domination.** The situation gets more chaotic. **Check off one of 3 response boxes.**
 - **Fight.** Confront. You square off with the threat or challenge and engage it.
 - **Flight.** Evasion. You look for a way to get around, avoid, or flee the threat.
 - **Snap.** If all responses are already checked, you snap.
 - **How Does This Happen?** If Madness dominates, check off 1 response. If you fail, the GM may require you to check off 1 response.
 - **Consequences.** Lose control by the end of the scene, and clear all response boxes.
 - Lose 1 Discipline and gain 1 permanent Madness that is always rolled.
 - *When Discipline reaches 0, become a Nightmare NPC, p. 23.*
- **Helping.** One or more characters can help a central character. The central character rolls all appropriate dice. Others can only add Discipline successes (not contribute towards Dominating pool). Talents cannot be used. However, all those helping accept the consequences of the Dominating pool.

Scars

Maximum once per session, you may write a significant event (accomplishment or defeat) on the character sheet as part of the character's ongoing development.

- **Minor Use.** Check next to a scar, and re-roll one dice pool. (Refreshes each game session.)
- **Major Use.** Cross the scar out, and change one of your talents, or create and spend 5 Hope coins.

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Exhaustion Talents

This talent is like a normal ability, but amped up because you are Awakened.

- **Minor Use.** Using the talent, get a minimum number of successes equal to your Exhaustion.
- **Major Use.** Using the talent, get +1 success per your Exhaustion. *Exhaustion is +1 before rolling.*

Madness Talents

This talent is overtly supernatural, your will rewriting the rules of reality itself.

- Player states an intended use of the talent, the GM puts a price on it of 1-6 Madness dice to roll, opposed by at least an equal number of Pain dice. *Pain getting more successes means complications.*
 - Successes on the roll show how well the talent use worked out for the character's goals.
 - *Discipline and Exhaustion are rolled too. The down side of more Madness dice is the likelihood that Madness will Dominate.*

Hope

When the GM spends Despair coins, they become Hope coins. You can spend them to:

- Reduce Exhaustion by 1. Un-check a response. Add a "1" result to a Discipline dice pool.
- *Restore Discipline.* To counter permanent madness, spend [5-current Discipline] Hope. Permanent Madness goes down 1, Discipline goes up 1.

GM Dice Pool: Pain

Only call for a roll based on the amount of stress characters face. *Only roll when it is significant.*

- **Difficulty.** 1: minor stress. 3: about the human maximum challenge
 - **Multiple Foes or Challenges.** Take the highest rating challenge, +1 for each additional foe or challenge; +2 for any equal to the leader.
- **Interpreting the Result.**
 - **Degree.** More successes mean the opposition (not characters) won the conflict.
 - *Characters win ties.*
 - *When characters fail, the GM can choose to add 1 Exhaustion or check 1 Response. (This cannot copy the same detrimental consequence of a Dominant pool that round.)*
 - **Domination.** If Pain dominates, the player must put a coin in the despair coffer.

Despair

- **Casting a Shadow.** Spend 1 Despair to:
 - Add or remove a 6 result from any pool of rolled dice. (To change what dominates.)
 - *A targeted dice pool must have at least 1 die in it already.*
 - *Causing Pain to dominate does not add a despair coin.*
- When the action is resolved, take the spent Despair coin and add it to the Hope coffer.