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Now I lay me Down to Sleep

Minor Household Magic

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NOW I LAY ME DOWN TO SLEEP

No one can be sure if household spells are the origin of more powerful magic or intentional mimicry of the tools of legendary heroes. Some point to the similarities between the verbal components and prayers whispered by parents as they tuck in their children. Others suspect the same capricious fey the wards were meant to repel were responsible for spreading and developing the powerful magic. But as adventurers travel miles from home, they find the same terrors that went bump in the night threatening the very balance of the cosmos. And the prayers and stuffed animals that protected them when they were dewy-eyed children are the same weapons that will save the world from the encroaching darkness.

Many household spells can be traced back to a family somnifer.

HOUSEHOLD MAGIC IN THE HOUSE

Obviously, most households lack a spellcaster powerful enough to cast a 4th level *bedtime guardian*. However, many parents and grandparents can manage one 1st-level household spell once per day, though household magic cast in this way by common folk have only a 50% chance of working on any given casting. Generally, the casting level for such minor house magic is equal to the number of people living in the home—hearth magic draws power from the household itself.

SOMNIFER

The spells presented in this book can be enhanced with the use of a somnifer. A somnifer is an item of personal value that can help someone fall asleep. For some, it is a personal effect like a stuffed animal, a childhood blanket, or even a favorite book stuffed under a pillow. For others, it's a cultural tradition, such as a dreamcatcher, a phylactery, or even a holy symbol embroidered pillowcase. A somnifer should be an item the character doesn't use in combat (except with spells that specifically call for a somnifer). Although many extravagant adventurers will enchant their beloved somnifer with protective magic, there is nothing inherently magic about a somnifer. Confirming that an item is a somnifer would require watching the

character sleep, or the ability to read a psychic imprint. When a character has slept with the same somnifer for seven days, it becomes "bonded." A character may only bond to a single somnifer. Attempting to bond yourself to more than one at a time only makes both objects a required part of the same whole. Some scholars speculate that a dragon's horde is one complex somnifer, perhaps explaining why some wyrmkin are so disturbed when even a single coin goes missing.

A somnifer will only remain bonded without being used as a sleep aid 24 hours for each full week spent sleeping with it. In other words, if you slept with your somnifer for one month, you would remain attuned to your somnifer for four days even if you lost it. A broken or destroyed somnifer must be repaired within that amount of time to retain attuned to it and does not provide benefits until it is returned to its normal state. You can attune to a broken object as a somnifer, but doing so breaks your former attunement, requiring you to attune to a broken somnifer as though it were a new object. In special cases, a GM can permit that more than one creature can attune to the same somnifer, but must sleep nearby observing the same rituals required to maintain a connection to that somnifer. Using a somnifer to enhance the efficacy of spells carries some risk. If the target loses their somnifer, the spell's magic can backfire: the natural distress of losing one's comfort object resulting in negative consequences oftentimes contrary to the intended benefit of the spell. Furthermore, the *detect somnifer* spell can allow others insight into your character you may want to keep private.

Nevertheless, there are innate benefits to using an attuned somnifer that many find to make it worth the risk of unnecessary exposure.

BEDTIME GUARDIAN

4th-level conjuration

Classes: cleric, sorcerer, warlock, wizard

Casting Time 1 action

Components V, S

Range medium

Duration Concentration, up to 1 hour

You channel the psychic imbuelement of an attuned somnifer, summoning its essence from the owner's dreamscape to manifest as a creature.

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Choose one of the following forms most appropriate for the somnifer, and the same somnifer will always manifest as the same creature regardless of form.

- One beast, fey, or elemental creature of challenge rating 4 or lower
- Two beast, fey, or elemental creatures of challenge rating 2 or lower
- Four beasts, fey, or elemental creatures of challenge rating 1 or lower
- Eight beasts, fey, or elemental creatures of challenge rating 1/2 or lower

All summoned creatures are also considered fey, and returns to its original form when it drops to 0 hit points or when the spell ends. If the summon is reduced to 0 HP or less, the somnifer returns broken and must be repaired before it can provide benefits as a somnifer (including use as a focus in *manifest somnifer*).

Roll initiative for the summoned creatures as a group, which has its own turns. They obey any verbal commands the creature attuned to the somnifer issues to them. If they are not given any commands, they defend the attuned creature, but otherwise take no actions.

At Higher Levels: When you cast this spell using certain higher-level spell slots, the somnifer can take a more powerful form, choosing a creature with a challenge rating equal to the level of the spell-slot used to cast the spell.

BOGEY WARD

1st-level abjuration

Classes: bard, cleric, paladin, warlock, sorcerer, wizard

Casting Time 1 minute

Components V, S

Range touch

Duration 24 hours

You say a prayer, recite a ritual, or even cuddle with the target to reassure them that the monsters who hide in the cover of darkness are powerless without fear. The target can't be frightened. This spell's protective magic is easily broken when one has to act to face a legitimate threat, and the spell is dismissed 1 round after the start of combat.

Targets carrying or wearing an attuned somnifer gain advantage against effects that

could cause them to become frightened. After the spell is dismissed, so long as the subject has their somnifer on their person, this effect persists 1 round for every remaining hour of *bogey ward's* duration. If a target with an attuned somnifer loses their somnifer while the spell is still active, the benefits of *bogey ward* are suppressed, and have disadvantage against effects that could cause them to become frightened. This penalty lasts until the target is reunited with their somnifer, or when *bogey ward* would end.

CONVALESCENCE

4th-level evocation

Classes: bard, cleric, paladin

Casting Time 10 minutes

Components V, S, M (a pinch of sand)

Range touch

Duration 8 hours

Creatures affected by this spell can completely relax their bodies and minds, as though they had slept significantly longer. If the target completes a full night's rest, it is treated as though it had two periods of long rest (regaining all lost hit points and spent Hit Dice). Any interruption during the rest (such as being awoken) ends the effect of the spell on the awakened target.

Targets sleeping with an attuned somnifer instead treat the full night's rest as if it was a long rest and a use of the recuperating downtime activity. The target must have been attuned to their somnifer before *convalesce* was cast.

If a target with an attuned somnifer loses their somnifer before they wake up, they do not benefit from *convalesce* and are treated as only having a short rest. The target suffers one level of exhaustion until they are reunited with their somnifer, or the duration of *convalesce* would expire.

DETECT SOMNIFER

1st-level Divination

Classes: bard, cleric, druid, paladin, ranger, sorcerer, wizard, artificer

Casting Time 1 action

Components V, S

Range Self

Duration Concentration, up to 10 minutes

You detect the presence of an attuned somnifer in your vicinity. This does not detect items that were merely in the presence of a sleeping creature for a week, but specifically those that help comfort the creature into a state of rest. You can also detect somnifers that have recently lost attunement with their owners, so long as they have only lost their attunement up to 1 week per caster level ago.

In addition to normal information, 1-minute with a somnifer can tell you details about the last time the character slept and whether or not it was restful. Using *Scrying* or similar magic with a somnifer can allow you to view the subject in their last dream, but the DC for the wisdom saving throw is 5 higher (in addition to normal modifiers).

DREAMBOND

4th-level Divination

Classes: bard, warlock, wizard

Casting Time 1 action

Components V, S, M (one hair from each creature)

Range Close

Duration 8 hours

You manifest a bond between your dreamscape and up to 6 willing creatures. Each creature included in the bond is bonded to all the others. The bond is not powerful enough that you can freely communicate with one another, but rather everyone in the bond is vaguely aware of the emotional state of one another during their sleep. Also, the bond sends a striking alarm to everyone who is still asleep if a member of the bond is jostled awake, allowing everyone in the bond a Perception check without the normal penalty for being asleep.

Creatures in the bond asleep with their somnifers can communicate in one another's dreamscapes for up to 10 minutes per caster level. Time spent in shared dreamscapes happens at the same rate as the plane the characters are asleep in. If a creature loses their somnifer while

in another creature's dreamscape, they become trapped and can not wake until the somnifer is returned or they succeed at a Wisdom saving throw. If they fail, they are allowed a new saving throw every 10 minutes.

NIGHT SHIFT

6th-level Enchantment

Classes: artificer, bard, cleric, sorcerer, warlock, wizard

Casting Time 10 minutes

Components V, S, M (diamond dust worth 10 gp, which the spell consumes, and an hourglass worth 50 gp)

Range Touch

Duration 8 hours

The caster pours diamond dust into a large hourglass, which slowly turns to sand as the lucid dreamer is cast into an ever-evolving dreamscape. The target experiences up to one day per caster level during which time it can perform any appropriate downtime activity that does not require the presence of other beings or tools it cannot access within the dream. Any interruption during the rest (such as being awoken) ends the effect of the spell on the awakened target.

Targets sleeping with an attuned somnifer can manifest one or more physical representations of their somnifer as a placeholder for a required instructor or contact, preparing for the activity in the real world and reducing the time this activity would take outside of a dream by up to 25%.

If a target with an attuned somnifer loses their somnifer before they awaken, they do not benefit from *night shift* and suffer two levels of exhaustion when they wake up. The subject may recover from this exhaustion by taking a short rest with their recovered somnifer.

PILLOW TRICK

1st-level Illusion

Classes: artificer, bard, warlock, sorcerer, wizard

Casting Time 1 action

Components V, S, M (a down feather)

Range Touch

Duration 8 hours

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As long as the target is covered by a sheet, blanket, or comforter, it resembles the size and shape of the creature who last used the pillow or somnifer. The illusion copies the sounds, smells, and temperature of the creature, acting as though it were sleeping, comatose, or in a similar dormant state chosen by the caster. Removing the covers dismisses the spell. A creature that interacts with the illusion may attempt an intelligence (investigation) check against your spell save DC.

If the target is an attuned somnifer, this spell has a duration of 8 hours. The attuned owner of the somnifer must remain within 20 feet of the somnifer, and sleeping within 20 feet of the somnifer is enough to keep the subject attuned for one night, even if the spell is dismissed before the owner wakes up.

If a target with an attuned somnifer loses their somnifer while *pillow trick* is active, it will take them twice as long to attune to a new somnifer. Recovering the original somnifer ends this condition, even if you are no longer attuned to that somnifer.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the pillows do not need to be covered and you may create up to 6 copies (requiring one pillow or somnifer per copy). A successful intelligence (investigation) check only allows a creature to recognize the illusion on targets they investigated, not all targets of the spell. But if a target with an attuned somnifer loses their somnifer while *pillow trick* is active, all remaining illusions are suppressed until the somnifer is recovered (in addition to the normal penalty associated with losing your somnifer while benefiting from *pillow trick*).

PROTECTIVE LULLABY

3rd-level Abjuration

Classes: bard, cleric, druid, ranger

Casting Time 1 minute

Components V, S

Range Close

Duration 8 hours

You ward the target's minds and souls using a traditional lullaby to protect them in their sleep. While sleeping, the targets gain advantage to wisdom saving throws and against effects that specifically target sleeping or unconscious creatures.

Targets sleeping with an attuned somnifer are also immune to effects that call for a wisdom saving throw. If a target with an attuned somnifer loses their somnifer before the next time they go to sleep, the benefits of *protective lullaby* are suppressed and the target has misfortune on wisdom saving throws. This penalty lasts until the target is reunited with their somnifer, or the duration of *protective lullaby* would expire.

SWEET DREAMS

1st-level Enchantment

4th-level Divination

Classes: bard, cleric, warlock, sorcerer, wizard

Casting Time 1 action

Components V, S, M (somnifer)

Range touch

Duration 8 hours

The next time the target sleeps (within the next 8 hours), they dream of a fantastic meeting, such as a garden party of tea and sweets, with a physical manifestation of their somnifer. The food does not confer any nutritional benefit, but the time spent helps them feel closer with their somnifer. Treat that night as though it were three full nights of rest for purposes of attuning to their somnifer, even if the somnifer is physically removed at some point during the rest.

Targets sleeping with an attuned somnifer can instead deepen an existing bond. They remain attuned to and are considered to have their somnifer on their person for up to 1 day per caster level. If a target with an attuned somnifer loses their somnifer before they awaken, they do not benefit from *sweet dreams* and their dream becomes a nightmare. They are in a foul mood the next day and has misfortune on Charisma checks until they have 8 hours of complete rest, or are reunited with their somnifer.

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