

Fainting

August 3, 2022

You have a tendency to frequently become unconscious. You become lightheaded for a round, causing disadvantage on all rolls. During this round, you must succeed on a DC 8 + (IE) Wisdom saving throw (without disadvantage) to intentionally become prone. Failure indicates that you didn't notice in time and take 1d2 bludgeoning damage from falling over. The next round, you must succeed on a DC 10 + (IE) × 2 Constitution saving throw (without disadvantage) to remain conscious, rolling with advantage if prone. On success, you remain lightheaded the rest of the round. On a failed roll, you become unconscious for (IE)d4 minutes. During the Frequency, the GM should roll a passive Constitution check (IE) times per hour at random intervals to determine whether another fainting episode is beginning. If the Frequency is Triggered, some common triggers include standing up quickly or for too long in one place, [Pain](#), and [Dehydration](#).

Real-world Examples

Hypoglycemia, Anemia, Dysautonomia, Amyloidosis, Heart Arrhythmia

Assistive Options

Quickly applying a cold solid or liquid to the face gives advantage on the Constitution check to remain conscious. Being in a cold environment does not have the same effect, as it's the sudden temperature change that helps.

Dizziness

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You lose your sense of balance and equilibrium and experience a $-(IE)$ penalty on Dexterity (Acrobatics) and Strength (Athletics) checks, requiring a successful DC 10 + (IE) Constitution saving throw while prone to recover from the dizziness. This saving throw can be made once per round at the beginning of your turn. The saving throw can be made while not prone but with disadvantage. A critical failure results in [Fainting](#), leaving you unconscious until you succeed on the Constitution saving throw.

Real-world Examples

Ménière's Disease, Benign Paroxysmal Positional Vertigo, Labyrinthitis, Anemia, Hypoglycemia, Postural Orthostatic Tachycardia Syndrome

Assistive Options

Usually, the solution is to sit or lie down for a while as noted above.