

No-Sweat-Band

November 18, 2022



Wondrous Item, uncommon

This copper headband has a series of dials and produces sound inside your ear. When properly adjusted, it can produce a sound that counters your tinnitus, reducing it by 2 IEs, but this constant sound on the ears causes gradual damage to the ears. Every twenty-eight days it's worn, you must succeed on a DC 8 Constitution saving throw. On a failed saving throw, the tinnitus increases permanently by 1 IE.

Tinnitus

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You have a persistent sound (ringing, buzzing, roaring, clicking, hissing) in your ears that makes it difficult to understand talking, especially in the presence of background noise. This sound is audible even in magical silence. This gives a -(IE) on all hearing-related Wisdom (Perception) and Charisma (Persuasion) checks when background noise is present.

Real-world Examples

Tinnitus, Ménière's Disease, Eustachian Tube Dysfunction, Temporomandibular Joint Disorders, Acoustic Neuroma

Assistive Options

While certain factors cause tinnitus to get worse, such as fatigue, alcohol, and reducing stress, reducing them doesn't have enough effect to change game mechanics.