

	The Personal Day The Personal Day reflects the effects of the C3 Endurance / Stamina / Vigor characteristic in the ability of a character to remain active and alert.	C5 Personal Day
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THE PERSONAL DAY FOR ENDURANCE STAMINA VIGOR

Period		ENDURANCE	STAMINA	VIGOR	Mods
Attention Level	Personal Day	24 + Flux Hours	48 + Flux Hours	12 + Flux Hours	
	Optimal	First Endurance Hours	First 2x Stamina Hours	First Vigor Hours	Mod +1 Hasty and Cautious
	Ordinary	Second Endurance Hours	Second 2x Stamina Hours	ignored	No Mods
	Tired	Third Endurance Hours	Third 2x Stamina Hours	Second Vigor Hours	Mod - 1 Hasty and Cautious
	Sleepy	After Tired ends. Check-Endurance* before any task	After Tired Ends Check-Stamina* before any task	After Tired Ends Check-Vigor* before any task	Check-C3* before any Task.
	Required Sleep	Sleep=Personal Day /3 hours restores to Optimal . Sleep=Personal Day /4 hours restores to Ordinary . Sleep=Personal Day /6 hours restores to Tired .		Sleep= Personal Day/6 restores to Optimal.	

* Failure = Character falls asleep for 1D minutes the first time; 1D hours the second time.

ENDURANCE EXAMPLE

Eneri Endurance Dinsha 777777 has End=7. His Personal Day (dictated by his genetics and the world on which his race evolved) is 24 + Flux hours (= 24 + 0 =) 24 hours.

When Eneri awakens at 0600, his first 7 hours are his Optimal Period. At about 1300 he begins his Ordinary Period. At about 2000 he begins his Tired Period. He works into the evening, at about 0300 he enters his Sleepy Period.

However, Eneri routinely needs 8 (= PD/ 3 = 8) hours sleep. He goes to bed at 2200 and has 8 hours sleep before awakening refreshed and Optimal at 0600 the next day.

The Long Day

Eneri awakens at 0600 and starts his shift on the bridge at 0800. He will end his shift at 1600 (three hours into his Ordinary Period).

His replacement has an attack of food poisoning, and Eneri must work the next 8-hour shift (ending at 2400). He starts his Tired Period at 2000 and the last four hours of his shift he is Tired.

By 2400, it is clear nearly everyone has food poisoning and he will have to staff a third shift. At 0300 he is Sleepy (Check-Endurance before any task). He makes a decision and takes an anti-sleep pill.

STAMINA EXAMPLE

Nargle Stamina Agash 777777 has Sta=7. His Personal Day is 48 + Flux hours (= 48 +4 =) 52 hours.

When Nargle awakens at 0600, his first 14 hours are his Optimal Period. At about 2000 he begins his Ordinary Period. At about 1000 (Day 2) he begins his Tired Period. He works into the evening, at about 2400 (midnight Day 2) he enters his Sleepy Period.

However, Nargle routinely needs 17 (= PD/ 3 = 17) hours sleep. He goes to bed at 1300 (Day 2) and has 17 hours sleep before awakening refreshed and Optimal at 0600 (Day 3).

The Long Day

Nargle awakens at 0600 and starts his shift on the bridge at 0800. He will end his shift at 1600.

His replacement has an attack of food poisoning, and Nargle must work the next 8-hour shift (ending at 2400).

By 2400, it is clear everyone has food poisoning and he will have to staff a third shift. At 0800 his third straight shift ends, and no one is yet fully recovered. He starts his fourth shift. By 1000 (Day 2) he is tired, but he can handle it. When the fourth shift ends at 1600 (Day 2), the First Officer has recovered enough to take over. Nargle gets to sleep a few hours late, and awakens at 0600 (Day 3) after 14 hours sleep (at Ordinary rather than Optimal).

VIGOR EXAMPLE

Ssssth Vigor Kshth-Othth 777777 has Vig =7. His personal day is 12 + Flux hours (= 12 -2 =) 10 hours.

When Ssssth awakens at 0600, his first 7 hours are his Optimal Period. At 1300 he begins his Tired Period (he has no Ordinary Period). At 2000 he begins his Sleepy Period.

Ssssth routinely needs 2 (PD/ 3 = 2) hours sleep. He takes a quick 2 hour nap at 1800 and awakens Optimal at 2000. He works on projects until 0400, takes another quick 2 hour nap, and awakens Optimal at 0600 the next day.

The Long Day

Ssssth awakens at 0600 and starts his shift on the bridge at 0800. He will end his shift at 1600 (three hours into his Tired Period).

His replacement has food poisoning, and he must work the next 8-hour shift (ending at 2400). He knows he will get Sleepy at about 2000. It is also clear that this food poisoning event will continue and that he is unaffected, so he sets alarms for contingencies and takes a 2 hour nap from 1800 to 2000. He awakens at Optimal to finish this shift and start the third shift.

He works the third shift 2400 to 0800 by scheduling a 2-hour nap some time during the night. He can continue working shifts indefinitely if he can fit in short naps every 14 hours.