

Sleep Paralysis Demon

medium ♦ undead ♦ neutral evil

DESCRIPTION

The Sleep Paralysis Demon exists simultaneously in the ethereal plane and its victim's mind. When viewed from the ethereal plane, it appears as a tall, slender shadow, looming at the foot of its victim's bed. Imagine an Enderman from Minecraft. In its victim's subconscious, it assumes the form of its victim, but with pointed teeth and piercing, lidless eyes.

TACTICS

The best player strategy would be to enter the dream and use held actions to distribute reflected damage evenly across the party. Spellcasters should use their highest level spells immediately to avoid having their most powerful abilities turned on the party. Characters on low health should play very carefully to avoid dying in the subconscious by falling to 0 Hit Points.

The best Dungeon Master strategy would be to focus on stealing the face of either the character on the least Hit Points or the character with the most artillery. When running this creature, make sure to communicate explicitly to your players that the Sleep Paralysis Demon has its own separate and persistent pool of Hit Points. Also make sure your players are aware that if fall to 0 Hit Points in the dream, they die in the waking world — it would not be fair to blindsides your players with this mechanic.

TRAITS

♦ Immunities

This creature takes zero damage from the following damage types: Cold, Necrotic, Poison

♦ Resistances

This creature takes half damage from the following damage types: Acid, Fire, Lightning, Thunder; Bludgeoning, Piercing, and Slashing From Nonmagical Attacks

♦ Condition Immunities

This creature is unaffected by the following conditions: Charmed, Exhaustion, Frightened, Grappled, Paralyzed, Petrified, Poisoned, Prone, Restrained

♦ Parasite

If the Sleep Paralysis Demon is killed in the ethereal plane while attached to a victim, the victim dies. It is defenceless in the ethereal plane. The only way to kill the Sleep Paralysis Demon without killing the victim is to do so from within the victim's subconscious.

♦ Sleep Paralysis

From the ethereal plane, the Sleep Paralysis Demon locks a sleeping victim into an open-eyed coma. While locked in the coma, the victim is tortured through looping, personal psychological tests. Every day the victim remains in the coma, the victim loses a Hit Dice. When all the victim's Hit Dice are depleted, the victim dies. Keep track of the number of Hit Dice the Sleep Paralysis Demon has stolen and it will affect other abilities.

Anyone who falls asleep in the vicinity of the victim will join victim's dreaming, but does not suffer the same effects as the victim. Any character who is reduced to 0 Hit Points while dreaming is killed.

ABILITIES

♦ A Familiar Face...

As a Bonus Action, the Sleep Paralysis Demon assumes the form of a character within 10ft until the start of its next turn. The Sleep Paralysis Demon retains all its normal stats, but gains access to the character's abilities. If the Sleep Paralysis Demon uses any of the acquired class resources, including spell slots, those class resources are also expended by the character. The Sleep Paralysis Demon does not get access to the character's magic items or weapons, only mundane replicas.

Any damage done to the Sleep Paralysis Demon also affects the mimicked character. Apply resistances and immunities separately.

♦ With A Familiar Voice!?

As a Reaction, the Sleep Paralysis Demon calls out to distract its opponents using its victim's voice. When a creature that it can see within 60 feet of it makes an Attack roll, an ability check, or a damage roll, the Sleep Paralysis Demon can expend one of its stolen Hit Dice, subtracting the number rolled from the target's roll. You can choose to use this feature after the target makes its roll.

LEGENDARY ABILITIES

♦ Legendary Resistance (1/Day)

If the Sleep Paralysis Demon fails a saving throw, it can choose to succeed instead.

HIT POINTS 60	ARMOUR 14
INITIATIVE +2	SPEED —
	FLY 30
	SWIM —
	BURROW —

○ -2	STRENGTH SAVE
○ +2	DEXTERITY SAVE
○ +0	CONSTITUTION SAVE
○ +0	INTELLIGENCE SAVE
○ +1	WISDOM SAVE
○ +3	CHARISMA SAVE

STR -2 7	DEX +2 14	CON +0 10
INT +0 10	WIS +1 12	CHA +3 17

PASSIVE PERCEPTION	11
— DARKVISION	TREMORSENSE —
— BLINDSIGHT	TRUESIGHT —

SKILLS

- **+2** Acrobatics (Dex)
- **+1** Animal Handling (Wis)
- **+0** Arcana (Int)
- **-2** Athletics (Str)
- **+3** Deception (Cha)
- **+0** History (Int)
- **+5** Insight (Wis)
- **+3** Intimidation (Cha)
- **+0** Investigation (Int)
- **+1** Medicine (Wis)
- **+0** Nature (Int)
- **+1** Perception (Wis)
- **+3** Performance (Cha)
- **+3** Persuasion (Cha)
- **+0** Religion (Int)
- **+2** Sleight of Hand (Dex)
- **+6** Stealth (Dex)
- **+1** Survival (Wis)

LANGUAGES

Any known by its victim