

Only Six Hours? *A Night?*

I've never seen exorcists use chronic sleep deprivation as a weapon the way that the human ones do. *Never*. Neither did demons, which I guess is the most important thing? Apparently human blood chemistry can get enough out of alignment that way to keep demonic hallucinations from taking hold.

The problem for humans is that they have to be tired for it to work. Like, *really* tired. The kind of tired that sends my species to the hospital.

I asked a human once if they minded, making that kind of sacrifice.

I still don't know why she laughed that hard.

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