Life

Your health points. How much you have, how fast it comes back, what happens at zero, and how to raise your maximum.

Version 1.0. Published 23/11/2026, last reviewed 23/11/2026.

Introduction

Life is your character's health. You lose it in fights, and if it runs out you end up in hospital. Life is mostly about combat, but crimes, drugs and some events can also put you in hospital, so it matters to every player.

How it works

Maximum life starts at 100 and rises as you level, reaching 5,000 at level 100. Bonuses raise it further:

With	Maximum life at level 100
No upgrades	5,000
10 Life Points merits (+5% each)	7,500
Merits and faction specials	9,000
Merits, faction specials and Mining Corporation	9,900
All of the above and Marauder armour	13,266

Regeneration. Life comes back at 5% of your maximum every five minutes. Some perks increase this, such as the faction Fortitude branch's life regeneration upgrade.

Losing life. In a fight, every hit you take lowers your life, and several attackers can hit you at once. Some events set your life to 1 directly: being hospitalised by a drug overdose or a crime, losing at Russian Roulette, or using the wrong type of blood bag.

At zero life you have lost the fight. If you were the defender, you stay at zero, unconscious, until the attacker chooses to leave, mug or hospitalise you. While unconscious you cannot travel, attack or be attacked. If you were the attacker, you go to hospital with 1 life.

Hospital. Once in hospital you stay until your hospital timer runs out, even if your life is full. Medical items, revives and some drugs shorten or end your stay. See Hospital and revives.

Step by step

1. Before attacking, check your life is full; starting a fight half-healed is starting it half-beaten.
2. Spend merits on Life Points if you plan to fight or defend a lot.
3. Keep a few medical items so you can heal after a fight.
4. If you are hospitalised, check the timer and decide whether to wait, use a medical item or ask for a revive.

Examples

- A player with 4,000 maximum life regenerates 200 life every five minutes, so goes from empty to full in about 100 minutes.
- Spending all 10 merits on Life Points at level 1 and then levelling to 50 gives the same result as spending them at level 50: the bonus is a percentage of whatever your base life is.

Advanced tips

- If your maximum life drops, for example by taking off armour that adds life or changing faction specials, your current life stays where it is until you lose it normally.
- Marauder armour's Imperviable bonus raises maximum life by a percentage per piece, which is how the very highest life totals are reached.

Common mistakes

- **Attacking with low life.** A strong opponent can put you in hospital in one or two turns.
- **Expecting full life to end a hospital stay.** The timer decides when you leave, not your life.
- **Using an incompatible blood bag.** It sets your life to 1 and hospitalises you. Check your blood type first.

Sources

Torn wiki: Life: https://wiki.torn.com/wiki/Life, retrieved 2026-11-23

Torn wiki: Hospital: https://wiki.torn.com/wiki/Hospital, retrieved 2026-11-23

Torn wiki: Merit: https://wiki.torn.com/wiki/Merit, retrieved 2026-11-23

Related guides: Hospital and revives, Attacking basics, Medical items, Merits