

# AFTER-BLESSINGS (BRACHA ACHRONA): TIME LIMITS AND FALLING ASLEEP

## After-Blessings (Bracha Achrona): Falling Asleep for more than 30 Minutes

If you fell asleep for more than 30 minutes in the middle of a meal:

Step 1: Wash your hands the Three-Times Method to remove the tum'a of your sleep.

Step 2a: To Continue Eating

To continue eating in this case, since the previous blessings and food are no longer relevant (due to hesech da'at), you may:

- Wash again and say ha'motzi again, and then say birkat ha'mazon, OR
- Eat other items with a fore-blessing and after-blessing (since your previous eating is finished).

Step 2b: If You Are Finished Eating

- Say birkat ha'mazon if you are:
  - Finished eating, and
  - Not hungry again, after having been satiated at the meal.
- Do not say birkat ha'mazon if you are
  - Finished eating, and
  - Hungry again (after having been satiated at the meal), as the original snack or meal is irrelevant to any after-blessing now.

## After-Blessings (Bracha Achrona): Falling Asleep for less than 30 Minutes

If you slept less than 30 minutes, you do not need to wash; you may:

- Continue eating your meal, or
- Say birkat ha'mazon (as long as you had already eaten at least 1.9 fl. oz., or 56 ml, of bread within 4 minutes).