AFTER-BLESSINGS (BRACHA ACHRONA): TIME LIMITS

AFTER-BLESSINGS (BRACHA ACHRONA): TIME LIMITS AND SATIATION STATUS

After-Blessings (Bracha Achrona): Satiation Status: General Rules

After eating or drinking the required amounts, you may say *bracha achrona* (including *birkat ha'mazon*) as long as:

- You are still satiated after having been hungry and eaten, OR
- You were not satiated after eating and it is less than 72 minutes since you finished eating.

REASON We say the effects of food last for at least 72 minutes and that 72-minute period overrides becoming hungry again even after having been satiated.

After-Blessings (Bracha Achrona): Satiation Status: Hunger Situations

SITUATION You were hungry.
You ate and were satiated.
You are not yet hungry again.

WHAT TO DO You may say *bracha achrona* without any time limit, until you get hungry again

SITUATION You were hungry.
You ate but were not satiated.
You are still hungry.

WHAT TO DO You may say *bracha achrona* for up to 72 minutes after having stopped eating.

SITUATION You were not hungry, but you ate.

WHAT TO DO

- If you ate enough that you became satiated and now you are hungry again:

  You can say after-blessing for up to 72 minutes after you finished eating.

- If you ate enough to be satiated and are not yet hungry again:
  You may say an after-blessing for up to 72 minutes OR until you are hungry again, whichever comes later.
- If you ate but did not become satiated and are still hungry:
  You can say after-blessing for 72 minutes after you finished eating.

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).

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