

# 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).