BEDTIME SHEMA

HAMAPIL

HaMapil and Shema: Halacha, Not Custom

Saying "*ha'mapil*" and *shema* before going to sleep is *halacha*, not custom.

When To Say HaMapil

Ha'mapil may only be said at night, even if you normally stay awake all night (such as if you work a night shift).

NOTE The latest time you may say the *ha'mapil* prayer is daybreak (*alot ha'shachar*).

HaMapil When You May Not Fall Asleep

Do not say the *ha'mapil* prayer if you are flying through the night but are not certain that you will be able to sleep.

NOTE This also applies to anytime when you might not fall asleep at night.

If You Cannot Fall Asleep after HaMapil

If you cannot fall asleep after having said *ha'mapil* at night, you may talk, eat, say blessings, etc., but do not say the *ha'mapil* prayer again when you go back to bed.

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