

# 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.