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.

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