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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