Introduction: Shacharit: When To Begin

B'di'avad, you can say *shema* and *amida* as early as 72 minutes before sunrise (*alot ha'shachar*). You can put on *tefilin* and *tzitzit/talit* even earlier, although you may not say the blessings over them until "*mi'sheyakir*"—which is later than you can say *shema* and *amida*! (See above.)

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