TUM'A: SLEEPING

Tum'a: Sleeping more than 30 Minutes

After waking from sleeping more than 30 minutes, don't touch your eyes, nose, mouth, ears, or other bodily orifices until you have washed your hands using the *Three-Times Method*.

Tum'a: Missing Opportunity To Say Blessing

SITUATION

You wake up after sleeping for more than 30 minutes and need to say a blessing immediately or else you might lose the opportunity to do so.

WHAT TO DO

Even though you have not washed your hands after sleep, you should say the blessing.

EXAMPLE

SITUATION

You are in bed and hear thunder.

WHAT TO DO

You should immediately say kocho u'gvurato even though you did not wash your hands (but you should quickly rub your hands on cloth or clothing first). If you then see lightning, you say oseh ma'aseh vreishit.

Tum'a: Walking before Handwashing

You should not walk 4 *amot* (6'10", or 2.1 m) before washing hands after sleeping more than 30 minutes etc., but the entire house may be considered 4 *amot* (in the sense of being your "domain" or personal space).

Tum'a: Food Under Bed When Sleeping

Do not keep food under your bed when you sleep; but if you did, you may eat or use the food

NOTE Wash the food three times, if possible, pouring with a cup as you would wash your own hands.

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