

Sleep Study

August 11, 2022

**Q** During the summer, I sometimes go to sleep before nightfall. Do I recite *hamapil*?

**A** Although *hamapil*, which asks for peaceful sleep (O.C. 239:1), would be applicable to any sleep, Chazal instituted the *bracha* based on the norm. Since sleep is generally a nighttime activity, the *bracha* is only recited when sleeping at night (Mishnah Brurah *ibid.* 8).



R' Betzalel Stern (Betzeil Hachochmah 5:115) concludes that one who goes to bed before nightfall—even during *bain hashmashos*—though he expects to fall asleep at night, does not make *hamapil*. Only after *tzeis hakoachavim* is the *bracha* recited.

The Biur Halacha (239) addresses the opposite question—one who goes to bed minutes before daybreak (*alos hashachar*, not *haneitz hachamah*), whose *bracha* would be made at night but who would fall asleep by day. He makes no conclusive ruling, but he clearly indicates that if the person believes he'll fall asleep before *alos*, he should say *hamapil*.