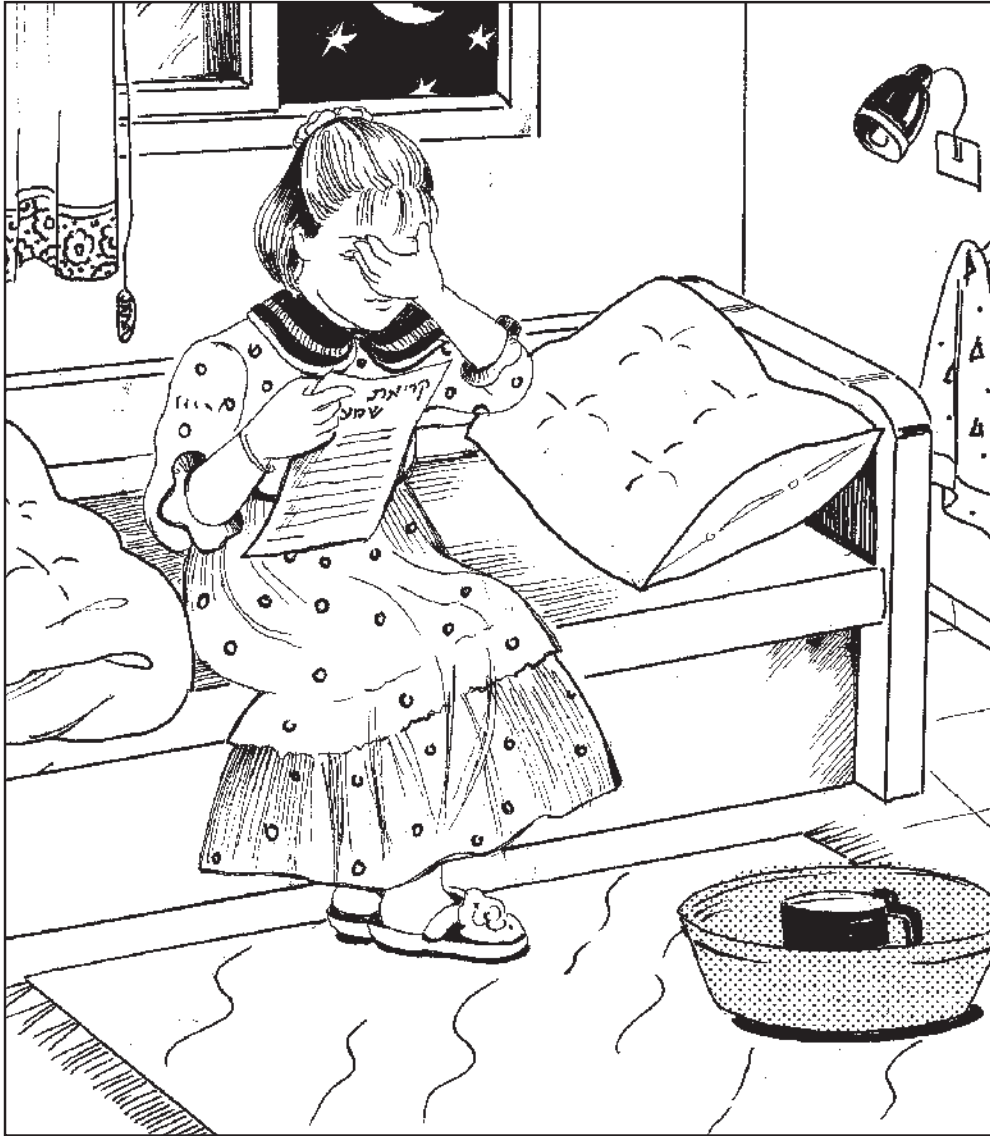


קריאת שְׁמַע עַל הַמְּטָה

## THE READING OF SHEMA BEFORE GOING TO SLEEP



Right before going to sleep, a person should say at least the first parsha of Shema and the Boruch Hamapil. It is best to say all three parshios of the

Shema. After the Shema and before going to sleep, a person should not eat, drink, or speak. He should go straight to sleep.