



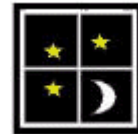
Hebrew Bedtime Blessings

Giving thanks to the LORD when retiring for the day

בְּשָׁלוֹם יִתְדוּ אֲשַׁכְּבָה וְאִישָׁן כִּי־אַתָּה יְהוָה לְבָדָד לְבִטָּח תּוֹשִׁיבֵנִי:

I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety. - Psalm 4:8

WHEN GOING TO BED for the day, it is good to give thanks to the LORD who sustained you and gave you another day of life. Here are a sequence of blessings and Scripture verses traditionally recited before falling to sleep:



Creator of Evening Twilight...

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא יוֹם

yom bo-rei ha'olam me-lekh eloheinu Adonai atah barukh
day who created King of the universe our God LORD You Blessed

וְלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי־חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי־אֹר

mip-penei-or ve-cho-shekh mip-penei-cho-shekh 'or go-lel va-lai-lah
from before the light and darkness from before the darkness who rolls away and night

בְּרוּךְ אַתָּה יְיָ הַמַּעֲרִיב עֶרְבִים.

ara-vim ham-me-a-riv Adonai atah barukh
the One who creates evening twilight LORD You Blessed

Blessed are You, O LORD, our God, King of the universe, who created day and night. You roll away the light from before the darkness, and the darkness from before the light. Blessed are You LORD, who creates the evening twilight.

*Barukh attah Adonai eloheinu melekh ha-olam,
borei yom va-lailah, golel or mifney-choshekh ve-choshekh mifney-or.
Barukh attah Adonai hama'ariv aravim.*



The Bedtime Shema...

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד
 e·chad Adonai e·lo·hei·nu Adonai yis·ra·el she·ma'
 is One LORD our God the LORD O Israel Hear!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.
 va·ed le·'o·lam mal·khu·to ke·vod shem ba·rukh
 forever and ever Blessed be His Name, whose
 glorious kingdom is

Hear O Israel, the LORD our God is one LORD.
 Blessed be His name, whose glorious kingdom is forever and ever.

*Shema Yisrael, Adonai eloheinu, Adonai echad.
 Barukh shem kevod malkhuto le-olam va'ed.*

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ בְּכָל־לִבְבְּךָ
 be·khol·le·vav·kha e·lo·hei·kha Adonai et ve·a·hav·ta
 with all your heart your God the LORD () Love!

וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ
 u·ve·khol·me·o·de·kha u·ve·khol·naf·she·kha
 and with all your strength and with all your soul

And you shall love the LORD your God with all your heart,
 with all your soul, and all your strength.

*Ve'ahavta et Adonai eloheikha bekhool levavkha
 uvekhool-nafshekha uvekhool-meodekha.*



The Giver of Sleep...

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמַּפִּיל

ham-ma-pil ha-'o-lam me-lekh e-lo-hei-nu Adonai at-tah ba-rukH
who makes King of the universe our God LORD You Blessed

חֲבַלֵי שְׁנָה עַל עֵינַי וּתְנוּמָה עַל עַפְעָפַי.

'af-'a-pai 'al u-te-nu-mah 'einai 'al she-nah chev-lei
upon my eyelids and slumber upon my eyes the bands of sleep fall

Blessed are You, LORD our God, King of the Universe, who makes the bands of sleep fall upon my eyes, and slumber upon my eyelids.

Barukh attah Adonai eloheinu melekh ha-olam, hamapil chevlei shenah al einai utevumah al af-a-pai.

Prayer for Peaceful Rest...

וְיְהִי רָצוֹן מִלְּפָנֶיךָ יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי

a-vo-tai ve-lo-hei e-lo-hai Adonai mil-fa-ney-kha ra-tzon vi-hi
and the God of my fathers O LORD my God your will may it be

שֶׁתִּשְׁכַּבְנִי לְשָׁלוֹם וְתִעַמְדֵנִי לְשָׁלוֹם.

le-sha-lom ve-ta'a-mi-dei-ni le-sha-lom she-tash-ki-vei-ni
in peace and let me rise up in peace let me lie down

May it be Your will O LORD my God, and the God of my fathers, to let me lie down in peace, and to let me rise up again in peace.

vih ratzon milfaneykha Adonai elohai velohei avoteinu shetashkeveini le-shalom ve-ta'amideini le-shalom.



Into thine hand I commit my spirit...

אֱמֶת	אֵל	יְיָ	אוֹתִי	פָּדִיתָהּ	רוּחִי	אֶפְקֵד	בְּיָדְךָ
e-met	el	Adonai	o-ti	pa-ditah	ru-chi	afkid	be-yadkha
God of truth		LORD	me	you redeemed	my spirit	I commit	into your hand

Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth (Psalm 31:5 [6,h]).

beyadkha afkid ruchi paditah oti Adonai el emet..