הַמַּפִּיל

HAMAPIL

Keep this card by your bed, and have kavanah in this bracha every night.

Say this bracha right before going to sleep. One should not eat, drink or talk after it.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמַּפִּיל חֶבְלֵי שֵׁנָה עַל עֵינָי, וּתְנוּמָה עַל עַפְעַפָּי, וּמֵאִיר לְאִישׁוֹן בַּת עָיִן.

Blessed are You, Lord our God, King of the universe, who causes the bonds of sleep to fall upon my eyes and slumber upon my eyelids, and who gives light to the apple of the eye.

וִיהִי רָצוֹן מִלְּפָנֶיךָ יְיָ אֱלֹהַי וֵאלֹהֵי אֲבוֹתַי, שֶׁתַּשְׁכִּיבֵנִי לְשָׁלוֹם, וְתַעֲמִידֵנִי לְחַיִּים טוֹבִים וּלְשָׁלוֹם, וְאַל יְבַהֲלוּנִי רַעְיוֹנַי וַחֲלוֹמוֹת רָעִים וְהִרְהוּרִים רָעִים, וּתְהֵא מִטָּתִי שְׁלֵמָה לְפָנֶיךָ, וְהָאֵר עֵינַי פֶּן אִישַׁן הַמָּוֶת. בָּרוּךְ אַתָּה יְיָ, הַמֵּאִיר לְעוֹלָם כֻּלּוֹ בִּכְבוֹדוֹ:

May it be Your will, Lord my God and God of my fathers, to let me lie down in peace and to raise me up to a good life and peace. Let my thoughts not trouble me, nor bad dreams, nor sinful fancies, and may my bed be perfect before You. Give light to my eyes, lest I sleep the sleep of death. Blessed are You, Lord, who in His glory gives light to the whole world.

The Hebrew text is that of the Alter Rebbe's siddur, Nusach HaArizal. The English translation is by Rabbi Nissen Mangel, from the Siddur Tehillat Hashem, Annotated Edition, published and copyrighted by Merkos L'Inyonei Chinuch (Kehot Publication Society).