

8. בְּרוּךְ אַתָּה יְיָ,

Adonai attah Barukh
Oh Lord art Thou Blessed
Blessed art Thou, O Lord,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

haolam mehlekh Elohaynu
the world King Our God
Our God, Ruler of the world,

9. הַמְּפִיל הַבַּיִת שְׁנָה עַל עֵינַי,

aye nahy ahl sheh nah chev'lay ham mah peel
my eyes upon sleep to fall who causes
Who causes sleep to fall upon my eyes.

10. וְתַנּוּמָה עַל עַפְעָפַי.

ahf'ahpahy ahl oot'numah
my eyelids upon and slumber
And slumber upon my eyelids.

11. וַיְהִי רְצוֹן מִלְּפָנֶיךָ,

meel'fanehy kha rahts ohn veehee
before thee Thy will It came to pass
May it be Thy will,

12. יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,

ah'votahy v'lohay eh'lohahy Adonai
my fathers and God my God O Lord
O Lord my God, and God of my fathers,

13. לְשָׁלוֹם שְׁתִּשְׁכַּח בְּנִי

L'shalom shehtahsh'keey vehneey
in peace To let me lie down
let me lie down in peace,

וְתַעֲמִידְנִי לְשָׁלוֹם.

L'shalom v'tah ah'mee deh nee
in peace and to rise up
and rise up in peace.

14. אֵל מֶלֶךְ נֶאֱמָן.
Ehl mehlehkh neh eh'mahn
 God King faithful
God, faithful King.

15. שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ
Shmah Yeerahel Adonai
 hear Israel the Lord
Hear O Israel, the Lord our God,

יְיָ אֶחָד.
Adonai Eh chad
 the Lord is one
the Lord is one.

16. בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ,
Barukh shem kvod mahl khuto
 Blessed name Glorious his kingdom
Blessed is the name of His Glorious kingdom

לְעוֹלָם וָעֶד.
L'olam vah ehd
 forever eternity
forever all eternity.

reciting of the Shema קְרִיאַת שְׁמַע (for) sleep (ל) שְׁנָה night לַיְלָה