



Chart for Washing, Al Netillas Yadayim and other Morning Blessings¹

If someone ... 	Slept at night and ...			Did not sleep at night and it is now <i>Alos Hashachar</i> (one will proceed to <i>Shacharis</i> without delay)	Slept at night and woke up before <i>Alos Hashachar</i> (one will proceed to <i>Shacharis</i> without delay)
And one is ...	Will daven <i>Shacharis</i> without delay	Will daven <i>Shacharis</i> later after Learning, <i>Selichos</i> or other delay	Will need to use washroom after Learning etc. but before starting <i>Shacharis</i>		
 First washing with no need to use washroom now (If one needs to use the washroom now, one shouldn't recite any <i>Bracha</i> until one uses the washroom. Then follow rule for <u>second washing</u>)	<p>(1) Say <i>Bracha Al Netillas Yadayim</i>. <i>Asher Yatzar</i> should be recited each morning even if one doesn't need to relieve himself. However, the <i>Mishna Berura</i> maintains that in such a case one should rather not recite <i>Asher Yatzar</i> himself without first relieving himself. In such an event, it is better that one should fulfill this <i>Bracha</i> by listening to someone else recite it. <i>Elokaye Neshama</i>, <i>Birchos HaTorah</i> and the <i>Birchos Hashachar</i> are all recited in their proper order.</p>	<p>(3) Option #1 (The <i>Mishna Berura</i> prefers this opinion over the one in Option #2) Delay reciting <i>Al Netillas Yadayim</i> until before <i>Shacharis</i>. Say <i>Birchos HaTorah</i> before Learning and <i>Selichos</i>. Use the washroom before <i>Shacharis</i> and wash again with <i>Al Netillas Yadayim</i>. <i>Asher Yatzar</i>, <i>Elokaye Neshama</i> and <i>Birchos Hashachar</i> are recited at this time according to their proper order. Proceed to <i>Shacharis</i>. Option #2 (According to some opinions) Recite <i>Al Netillas Yadayim</i>. <i>Asher Yatzar</i> should be recited each morning even if one doesn't need to relieve himself according to note (1). <i>Elokaye Neshama</i>, <i>Birchos HaTorah</i> and the <i>Birchos Hashachar</i> are all recited in their proper order. If one wasn't careful to keep his hands clean, one should wash again before <i>Shacharis</i>, but without a <i>Bracha</i>.</p>	<p>(5) Delay reciting <i>Al Netillas Yadayim</i> until before <i>Shacharis</i> after using washroom. <i>Asher Yatzar</i>, <i>Elokaye Neshama</i>, <i>Birchos HaTorah</i> and the <i>Birchos Hashachar</i> are all recited in their proper order. If one knows in advance that this would be his scenario, <i>Asher Yatzar</i> should be delayed up to this point.</p>	<p>(7) Wash without the <i>Bracha Al Netillas Yadayim</i>. Recite <i>Asher Yatzar</i> preferably after first using the washroom as in note (1). <i>Elokaye Neshama</i>, <i>Birchos HaTorah</i> (*) and the <i>Bracha of Hamaavir Sheina M'Einye</i> (Who removes sleepiness from my eyes) are not recited. The rest of the <i>Birchos Hashachar</i> is recited. (*) One who slept during the previous daytime can say the <i>Birchos HaTorah</i> himself.</p>	<p>(9) Delay reciting <i>Al Netillas Yadayim</i>. Wash again by <i>Alos Hashachar</i> without <i>Bracha Al Netillas Yadayim</i>. Before <i>Shacharis</i> use washroom and wash again with <i>Al Netillas Yadayim</i>, <i>Asher Yatzar</i>, <i>Elokaye Neshama</i>, <i>Birchos HaTorah</i> and all the <i>Birchos Hashachar</i>.</p>
Second washing right after using washroom and getting dressed	<p>(2) Say <i>Bracha Al Netillas Yadayim</i> and recite <i>Birchos Hashachar</i> at time of washing. <i>Asher Yatzar</i>, <i>Elokaye Neshama</i>, <i>Birchos HaTorah</i> and the <i>Birchos Hashachar</i> are all recited in their proper order.</p>	<p>(4) Same as above</p>	<p>(6) Same as above</p>	<p>(8) Wash the first time at <i>Alos Hashachar</i> without a <i>Bracha</i>. After using the washroom, recite <i>Al Netillas Yadayim</i>, <i>Asher Yatzar</i> but not <i>Elokaye Neshama</i>. Recite <i>Birchos Hashachar</i> except for <i>Hamaavir Sheina M'Einye</i>. <i>Birchos HaTorah</i> cannot be recited unless one slept during the previous daytime.</p>	<p>(10) Same as above</p>

(11) *Asher Yatzar* needs to be recited for each time one uses the washroom. Washing each hand three times alternating between the right hand and the left is only necessary the first time one washes after sleeping or when washing after *Alos Hashachar*.

Key: **Rosh** – Main reason to wash one’s hands after sleeping at night is because one’s hands generally touch unclean parts of the body when sleeping. Therefore, one prepares for *Krias Shema* or *Tefilla* (*Shemoneh Esrei*) by cleansing the hands through washing. **Rashba** - Main reason to wash one’s hands after sleeping at night is because one awakes refreshed like a new person. Therefore, one washes in preparation for serving *Hashem* like a *Kohen* who washes from the *Laver* (*Kiyor*) before he serves in the *Beis Hamikdash*. Even one who didn’t sleep that night is required to wash and recite *Al Netillas Yadayim*. If one recites *Al Netillas Yadayim* with *Birchos Hashbuchar* then it doesn’t have to be immediately after washing. “Using washroom” is either after defecating or passing water and wiping oneself whereby hands come into contact with unclean things. According to *Shulchan Aruch Harav*, touching unclean parts of one’s body will itself necessitate one to wash for *Krias Shema* and *Tefilla* according to the *Rosh*.