

## My stomach is my pillow

כריסי כרי -

### Overview

ר"ל told his daughter that he needs no pillow for his stomach is his pillow.

דרכן<sup>1</sup> היה לשכב על בטנם<sup>2</sup> כדאמרינן בזבחים (דף ה, א) ריש לקיש רמי אמעוהי ומקשה:  
It was their custom to lie on their stomachs, as the גמרא relates in זבחים, 'ר"ל was lying on his stomach, and asked' a question.

### Summary

The custom in those days was to sleep on their stomachs.

### Thinking it over

The ערוך maintains<sup>3</sup> that one is not permitted to sleep on his stomach (face down); how will he explain this story of ר"ל that כריסי כרי?

<sup>1</sup> Others (see תוס' הרא"ש) amend this to read דרכו (instead of דרכן).

<sup>2</sup> See 'Thinking it over'.

<sup>3</sup> See שו"ע או"ח סי' ס"ג סעי' א and תוס' נדה יד, א ד"ה אפרקיד.