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Hayom Yom: 7 Iyar

Day 22 of the Omer

בְּעִטִּיפַת טְלִית גְּדוּל אֵין צָרִיךְ לְכַסּוֹת רֵאשׁוֹ עַד פִּיּוֹ.

When enwrapping oneself in a tallis and bringing its upper edge forward over the head, there is no requirement to cover one's face as far down as the mouth.

וְכִמוֹ שְׁכָתוּב בְּהַלְכוֹת צִיצִית אֲשֶׁר בְּסִידוּר. אֲבָל נוֹהֲגִין לְכַסּוֹת בְּחֻלְקוֹ הָעֲלִיּוֹן שֶׁל הַטְּלִית גְּדוּל גַּם הָעֵינַיִם.

נוֹהֲגִים לְלַמּוֹד בְּיָמֵי הַסְּפִירָה מִסַּכַּת סוֹטָה – נוֹסֵף עַל שְׁעוּרֵי הַקְּבוּעִים – דֶּף לְיוֹם דֶּף לְיוֹם.

The above appears in the Laws of Tzitzis, in the Siddur.¹ However, it is customary to draw the upper edge of the tallis as far down as to cover the eyes.²

During the days of the Counting of the Omer, in addition to one's regular program of Torah study, it is customary to study Tractate Sotah, one folio³ per day.
