

...Who removes sleep from my eyes

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Ba-ruch' A-tah' Adonai E-lo-hei'-nu Me'-lech ha-o-lam'
blessed (are) You Adonai G-d our King of the universe

הַמַּעֲבִיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי .

ha-ma-a-vir' she-nah' me-ei-nai' u-te-nu-mah' me-af-a-pai'.
the (One Who) sleep from eyes my and slumber from eyelids my
causes to pass

וְיִהְיֶה רָצוֹן מִלְּפָנֶיךָ , יי אֱלֹהֵינוּ

Vi-hi' ra-tzon' mil-fa-nei'-cha, Adonai E-lo-hei'-nu
and will be will from Presence Your Adonai G-d our

וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂתַרְגִּילֵנוּ בְּתוֹרָתְךָ

ve-lo-hei' a-vo-tei'-nu she-tar-gi-le'-nu be-to-ra-te'-cha
and G-d of fathers our that You will accustom us* with Torah Your

*make it "regular" for us to study

וְדַבְּקֵנוּ בְּמִצְוֹתֶיךָ , וְאַל תְּבִיאֵנוּ

ve-dab-ke'-nu be-mitz-vo-te'-cha , ve-al' te-vi-e'-nu
and attach us with commandments Your and do not bring us

לֹא לַיְדֵי חֵטָא , וְלֹא לַיְדֵי עֲבָרָה

lo liy-dei' chet, ve-lo' liy-dei' a-ve-rah' *
not* to hands of error and not to hands of sin,transgression

*Hebrew uses double negatives.

וְעוֹן , וְלֹא לַיְדֵי נְסִיוֹן , וְלֹא לַיְדֵי

ve-a-von'*, ve-lo' liy-dei' ni-sa-yon' , ve-lo' liy-dei'
and iniquity,guilt and not to hands of temptation and not to hands of

*averah is from עבר, to pass, cross, cross over; avon is from עוה, to bend or twist

בְּזִיוֹן , וְאֵל תַּשְׁלֵט בְּנוּ יֵצֵר הָרַע .

bi-za-yon', ve-al' tash-let' ba'-nu ye'-tzer ha-ra'.
shame, disgrace, and do not become master of us inclination the bad
contempt, scorn (the bad inclination or impulse)

וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמִחֵבֵר רָע .

Ve-har-chi-ke'-nu me-a-dam' ra u-me-cha-ver' ra.
and keep far us from person bad and from companion bad

וּדְבַקְנוּ בְּיֵצֵר הַטּוֹב וּבְמַעֲשֵׂים טוֹבִים ,

ve-dab-ke'-nu be-ye'-tzer ha-tov' u-ve-ma-a-sim' to-vim',
and attach us to inclination the good and to works good
(the good inclination)

וְכוּף אֶת יְצִרְנוּ לְהִשְׁתַּעֲבֹד לָךְ .

ve-chof' et yitz-re'-nu le-hish-ta-e-bed' lach*.
and compel (d.o.) inclination, impulse our to be subjugated to You

*lach instead of le-cha' because it is at the end of a sentence, changing the stress to the first syllable (it just happens to correspond to the female form of "to you").

וְתַנֵּנוּ הַיּוֹם וּבְכֹל יוֹם לְחֵן וּלְחֶסֶד

u-te-ne'-nu ha-yom' u-ve-chol' yom le-chen' u-le-che'-sed
and give us today and in every day (for) grace and (for) lovingkindness

וּלְרַחֲמִים בְּעֵינֶיךָ , וּבְעֵינַי כָּל רוֹאֵינוּ ,

u-le-ra-cha-mim be-ei-nei'-cha, u-ve-ei-nei' chol ro-ei'-nu ,
and (for) compassion in eyes Your and in eyes of all (who) see us

וְתַגְמְלֵנוּ חֲסָדִים טוֹבִים . בְּרוּךְ אַתָּה

ve-tig-me-le'-nu cha-sa-dim' to-vim'. Ba-ruch' A-tah'
and You will pay, reward us kindnesses good blessed (are) You

יְי , גּוֹמֵל חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל .

Adonai, go-mel' cha-sa-dim' to-vim' le-a-mo' yis-ra-el'.
Adonai (One Who) pays, kindnesses good to people His Israel
rewards