

Prayers at Bedtime and Upon Waking

We can convert our many sleeping hours into time spent in HIS 'Obedience & Worship', by being attentive to these few matters....

1. The Prophet advised his daughter Fāṭima عليها السلام to do the following four things before going to bed:
 - a. Recite 'Sūratul Ikhlaṣ' 3 times **gives you the reward** of Reciting the entire Qur'ān;
 - b. Recite 'ṣalwāt' **gives you the reward** of getting intercession of all Prophets;
 - c. Seeking forgiveness for all of the believers by saying "اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ" – O Allah! Please forgive all of the believing men and believing women **gives you the reward** of making all believers happy
 - d. Reciting "سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ" - Glory be to God, and praise be to God; there is no god but Allah, and Allah is Greater **gives you the reward** of performance of the ḥajj & 'umrah.

2. Recite the following 3 times:

All praise be to Allah Who has exalted, thus dominated.	alḥamdu lillāhi alladhī 'alā faqahara	الْحَمْدُ لِلَّهِ الَّذِي عَلَا فَفَقَهَرَ
All praise be to Allah Who has been immanent, thus known all things.	walḥamdu lillāhi alladhī baṭana fakhabara	وَالْحَمْدُ لِلَّهِ الَّذِي بَطَّنَ فَفَخَبَرَ
All praise be to Allah Who has owned all things, thus had power over them all.	walḥamdu lillāhi alladhī malaka faqadara	وَالْحَمْدُ لِلَّهِ الَّذِي مَلَكَ فَفَقَدَرَ
All praise be to Allah Who gives life to the dead,	walḥamdu lillāhi alladhī yuḥyī almawtā	وَالْحَمْدُ لِلَّهِ الَّذِي يُحْيِي الْمَوْتَى
causes the living to die,	wa yumītu al-aḥyā'a	وَيُمِيتُ الْأَحْيَاءَ
and He has power over all things.	wa huwa 'alā kulli shay'in qadīrun	وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

3. Recite Ayatul Kursi (2:255) and then say the following statement:

In the Name of Allah	bismillāhi	بِسْمِ اللَّهِ
I believe in Allah	āmantu billāhi	آمَنْتُ بِاللَّهِ
And I disavow the despots	wa kafartu bilṭṭāghūti	وَكَفَرْتُ بِالطَّاغُوتِ
O Allah, (please) safeguard me in my sleep and in my waking.	allāhumma ihfaznī fī manāmī wa fī yaqazatī	اللَّهُمَّ احْفَظْنِي فِي مَنَامِي وَفِي يَقْظَتِي

4. Lie down on his right side and place right hand under right cheek, then say:

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ.

O Allah! Keep me safe from Your Wrath on the day when You resurrect Your servants.

5. Recite the following supplication:

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَاءُ

O Allah! With your name I die and I live.

6. Recite: *Bismillaahi Innee Aslamtu Nafsee Ilayka Wa Wajjahtu Wajbiya Ilayka Wa Fawwadhtu Amri Ilayka Wa Al'ja'atu Dhwahri Ilayka Wa Tawaqqaltu Ilayka Rahabatan Minka Wa Raghbatan Ilayka Laa Manjaa Walaa Malja'a Minka Illaa Ilayka Aamantu Bi Kitaabikal-ladhee Anzalta Wa Bi Rasoolikal-Ladhee Arsalat.*

7. When about to go to sleep say:

بِسْمِ اللَّهِ أَمُوتُ وَأَحْيَا وَإِلَى اللَّهِ الْمَصِيرُ. اللَّهُمَّ آمِنْ رَوْعَتِي وَاسْتُرْ عَوْرَتِي وَأَدِّعْنِي أَمَانَتِي

In the name of Allah do I die and live and to Allah is the return. O Allah! Dispel my fears and hide my faults and (help me to) return what has been entrusted to me.

8. Recite the following:

I pray the protection of Allāh's almightiness,	a'ūdhu bi'izzati allāhi	أَعُوذُ بِعِزَّةِ اللَّهِ
I pray the protection of Allāh's omnipotence,	wa a'ūdhu biqudrati allāhi	وَأَعُوذُ بِقُدْرَةِ اللَّهِ
I pray the protection of Allāh's majesty,	wa a'ūdhu bijalāli allāhi	وَأَعُوذُ بِجَلَالِ اللَّهِ
I pray the protection of Allāh's authority,	wa a'ūdhu bisulṭāni allāhi	وَأَعُوذُ بِسُلْطَانِ اللَّهِ
I pray the protection of Allāh's beauty,	wa a'ūdhu bijamāli allāhi	وَأَعُوذُ بِجَمَالِ اللَّهِ
I pray the protection of Allāh's defense,	wa a'ūdhu bidaf'i allāhi	وَأَعُوذُ بِدَفْعِ اللَّهِ
I pray the protection of Allāh's guard,	wa a'ūdhu biman'i allāhi	وَأَعُوذُ بِمَنْعِ اللَّهِ
I pray the protection of Allāh's wholeness,	wa a'ūdhu bijam'i allāhi	وَأَعُوذُ بِجَمْعِ اللَّهِ
I pray the protection of Allāh's control,	wa a'ūdhu bimulki allāhi	وَأَعُوذُ بِمُلْكِ اللَّهِ
I pray the protection of Allāh's face,	wa a'ūdhu biwajhi allāhi	وَأَعُوذُ بِوَجْهِ اللَّهِ
and I pray the protection of Allāh's Messenger,	wa a'ūdhu birasūli allāhi	وَأَعُوذُ بِرَسُولِ اللَّهِ
may Allāh bless him and his Household,	ṣallā allāhu 'alayhi wa ālihi	صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ
against the evil of whatever He has created, originated, and made	min sharri mā khalaqa wa bara'a wa dhara'a	مِنْ شَرِّ مَا خَلَقَ وَبَرَأَ وَذَرَأَ

When you wake up:

All glory be to Allāh the Lord of the prophets,	subhāna allāhi rabbi alnnabiyyīna	سُبْحَانَ اللَّهِ رَبِّ النَّبِيِّينَ
the God of the messengers,	wa ilāhi almursalīna	وَإِلَهِ الْمُرْسَلِينَ
and the Lord of the enfeebled ones.	wa rabbi almusta'afīna	وَرَبِّ الْمُسْتَضْعَفِينَ
All praise be to Allāh Who gives life to the dead	walḥamdu lillāhi alladhī yuḥyi alma'wta	وَالْحَمْدُ لِلَّهِ الَّذِي يُحْيِي الْمَوْتَى
and He has power over all things.	wa huwa 'alā kulli shay'in qadīr	وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

9. Recite the following supplication:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

All praise to Allah Who revived us to life after giving us death & to him we shall return.