

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

-Perform **Wudhoo** before going to sleep. -Lie down on the right side.- Recite the **Tasbeeh** e Zehra .-Take Account of all deeds of the past day. -Do **Istighfaar**

-4 Recitations 1) Recite 'Sura Ikhlass' 3 times = Reciting full Quran 2) Recite 'Salwaat' - gets intercession 3) Seek Forgiveness for all believers "*Allahuma maghfir le momineen wal moninaat*" = Make all believers happy & 4) Recite *Subhaanallaahi wa'l hamdu lillaahi wa laa ilaaha illallaahu wallaahu Akbar*. Glory be to God, and praise be to God; there is no god but Allah, and Allah is Greater = doing Haj & Umra

-Recite 3 times "*Yafalollaho Mashao be qudrati wa yahkomo ma yurido be izzate*"

-Recite 3 times foll:-

All praise be to Allah Who has exalted, thus dominated.	alḥamdu lillāhi alladhī `alā faqahara	الْحَمْدُ لِلَّهِ الَّذِي عَلَا فَقَهَرَ
All praise be to Allah Who has been immanent, thus known all things.	walḥamdu lillāhi alladhī baṭana fakhabara	وَالْحَمْدُ لِلَّهِ الَّذِي بَطَّنَ فَخَبَرَ
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 فَقَدَرَ
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	بَيْتُ الْإِئَاءِ
and He has power over all things.	wa huwa `alā kulli shay'in qadīrun	وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

-Recite **Āyah al-Kursī** and then say the following statement:

In the Name of Allah.	bismillāhi	بِسْمِ اللَّهِ
I believe in Allah	āmantu billāhi	آمَنْتُ بِاللَّهِ
and disavow the false deity.	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 أَحْفَظْنِي فِي مَنَامِي وَفِي يَقَظَتِي

-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.

-Recite **اللَّهُمَّ بِاسْمِكَ أُمُوتُ وَ أَحْيَا.** "*Allahumma bismika amuutu wa ahyaa*". O Allah ! With your name I die and I live.

-Recite – *Bismillaahi Innee Aslamtu Nafsee Ilayka Wa Wajjahtu Wajhiya Ilayka Wa Fawwadhtu Amri Ilayka Wa Al'ja'atu Dhawahri 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.*

Contd..

When about to sleep say:

بِسْمِ اللَّهِ أَمُوتُ وَأُحْيَا 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.

-Pray for protection of the following **eleven items**.

I pray the protection of Allah's
almightiness,
protection of Allah's omnipotence
protection of Allah's majesty,
protection of Allah's authority,
protection of Allah's beauty
the protection of Allah's defense,
the protection of Allah's guard,
the protection of Allah's
wholeness,
the protection of Allah's control,
the protection of Allah's face,
the protection of Allah's
Messenger,
may Allah bless him and his
Household,
against the evil of whatever He
has created, originated, & made.

a`ūdhu bi`izzati allāhi
wa a`ūdhu biqudrati allāhi
wa a`ūdhu bijalāli allāhi
wa a`ūdhu bisulṭāni allāhi
wa a`ūdhu bijamāli allāhi
wa a`ūdhu bidaf`i allāhi

عُوذُ بِرِجَّةِ الشُّوَذْرِ قُدْرَةَ اللَّهِ
عُوذُ بِرِجَالِ الشُّوَذْرِ لَمَطَانَ اللَّهِ
عُوذُ بِرِجَالِ الشُّوَذْرِ فَخَمِ اللَّهِ

wa a`ūdhu biman`i allāhi
wa a`ūdhu bijam`i allāhi
wa a`ūdhu bimulki allāhi
wa a`ūdhu biwajhi allāhi
wa a`ūdhu birasūli allāhi
ṣallā allāhu `alayhi wa ālihi
min sharri mā khalaqa wa
bara'a wa dhara'a

عُوذُ بِرِجَالِ الشُّوَذْرِ بِعَمِ اللَّهِ
عُوذُ بِرِجَالِ الشُّوَذْرِ بِوَجْهِ اللَّهِ
عُوذُ بِرِجَالِ الشُّوَذْرِ بِرَسُولِ اللَّهِ
عُوذُ بِرِجَالِ الشُّوَذْرِ بِوَالَيْهِ
نُشْرٍ مَا خَلَقَ وَبَرَأَ ذَرَاةً

<<When you wake up>> :-

All glory be to Allah the Lord of
the prophets,
the God of the messengers,
and the Lord of the enfeebled
ones.
All praise be to Allah Who gives
life to the dead
and He has power over all things.

subḥāna allāhi rabbi alnnabiyyīna
wa ilāhi almursalīna
wa rabbi almustaḍ`afīna
walḥamdu lillāhi alladhī yuḥyī
almawtā
wa huwa `alā kulli shay'in qadīr

سُبْحَانَ اللَّهِ رَبِّ النَّبِيِّينَ
وَالِهِ الْمُرْسَلِينَ
وَرَبِّ الْمُسْتَضْعَفِينَ
وَالْحَمْدُ لِلَّهِ الَّذِي يُحْيِي الْمَوْتَى
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Recite- "Hasbiyar-Rabbu Minal Ibaadi, Hasbiyalladhee Huwa Hasbee, Hasbee Mudh Kuntu Hasbee, Hasbiyallaahu Wa Ni'amal Wakeel."

Say -Alhamdulillahillazi ahyanaa ba'da maa amaata-naa wa ilaihnushuur".

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

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ
النُّشُورُ.

-Recite this supplication before you sleep **to wake up at the time you want**: Allāhumma lā tu'minnī makraka wa lā tunsinī dhikraka wa lā taj`alnī min alghāfilīna aqūmu sā`ata..."O my Lord, do not make me forget Your mention, do not make me feel safe from Your affliction, and do not make me one of the indifferent! wake up at ..(time)

ذُو مِثْقَلِ مَكْرُوكٌ يَدِينِي ذِكْرُكَ كَمَا لَمُنِي مِنَ الْغَافِلِينَ أَسْأَلُكَ