Prayers at Bedtime and upon waking - Mafatih Bagayatus salehat - Pg1

**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 Ikhiass’ 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 wala hamdu lillahi wallallaahu wa laa ilaaha illallaahu walaahu 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 “Yafalallaho Mashao be qudrati wa yahkomo ma yurido be izzate”
- Recite 3 times foll: All praise be to Allah Who has exalted, thus dominated. All praise be to Allah Who has been immanent, thus known all things. All praise be to Allah Who has owned all things, thus had power over them all. All praise be to Allah Who gives life to the dead, causes the living to die, and He has power over all things.

- Recite Ayah al-Kursi and then say the following statement:

In the Name of Allah. I believe in Allah and disavow the false deity. O Allah, (please) safeguard me in my sleep and in my waking.

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

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

- Recite "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 Dhwahri Ilayka Wa Tawaqqaltu Ilayka Rahabatan Minka Wa Rahbatan Ilayka Laa Manjaa Walaa Malja’a Minka Ilaa Ilayka Aamantu Bi Kitaabikal-ladhee Anzalta Wa Bi Rasoolikal-Ladhee Arsalat.

http://www.Duas.org/bedtimedua.htm
When about to sleep say:

بِسْمِ اللَّهِ أَمُوتَ وَ أَحْيَا إِلَى اللَّهِ التَّحْتِي وَ إِلَيْهِ الْمَرْتُوبَ عَلَيْنِ ۚ أَنْتُمُ الْمَلِيهِمُّ وَ إِنَّنا لَنَحْضِرُ إِلَيْهِ

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 almightyness,
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.

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.

Recite- "Hasbiyar-Rabbi Minal Ibaadi, Hasbiyalladheeq Huwa Hasbee, Hasbee Mudhe Kuntu Hasbee, Hasbiyallaahu Wa Ni'amal Wakeel."
Say -"Alhamdulillahah ilayya ba'da maa amaata-naa wa ilaihiwnushuur".
All praise to Allah(Swt), Who revived us to life after giving us death & to him we shall return.

-Recite this supplication before you sleep to wake up at the time you want: Allahumma la tu'minni makraka wa lā tunsinī dhikraka wa lā taj' alnī min alghāfiīna 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)