



## Prophet Muhammad's ( ) Nighttime Routine: Recommended Surahs for Sleep and Protection

### Description

Bismillahi Wal Hamdullillah Was Salaatu Was Salaamu 'Alaa Rasoolillahi

Ammaa Ba'd:

Upon the authority of Irbaadh ibn Saariyah – Radhiyallahu 'Anhu – that *The prophet did not used to sleep until he recited the 'Musabihaat' (A reference to the surahs that begin with 'Sabbaha lillah..' or 'Yusabihu Lillah..' or 'Subhaan..' or 'Sabihi..' and they are seven surahs: Suratul Israa, Suratul Hadeed, Suratul Hasr, Suratus Saff, Suratul Jumu'ah', 'Suratut Taghaabun, Suratul A'laa) and he used to say 'In them is an Ayah that is better than a thousand verses!'*

(Collected by At Tirmidhi (3406) and declared 'Hasan' By Shaikh Al Albaani – Rahimahullah)

Upon the authority of Naufal Al Ashja'i – Radhiyallahu 'Anhu – who said that the prophet – Sallallahu 'alahi was Salaam – said to Naufal: **"Read 'Qul Yaa Aiyuhal Kaafiroon'then sleep when you have completed it for indeed it is a safeguard and freedom from shirk"**

(Collected by Abu Daawood( 5055) and declared Saheeh by sheikh Al Albaani)

Upon the authority of Aisha – Radhiyallahu ‘anhaa – who said: *“The prophet – Sallallahu alaihi wa Salam did not used to sleep until he recited: (Suratut) Az Zumar and (Surat)Bani Israa’eel (i.e Suratul Israa)*

(Collected by At Tirmidhi (3405) and declared ‘Saheeh’ By Shaikh Al Albaani –Rahimahullah)

Wallahu ta’alaa A’lam

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