

4. Du`aa before Eating:

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ ۝

(Bismillaahi wa' alaa barakatillaah)

In the name of Allaah and upon the blessings of Allaah.

5. Du`aa after Eating :

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ ۝

(Al-hamdu-lillaahil-lajee atta` amanaa wasaqaanaa waza' alanaa minal Muslimeen.)

All praises are due to Allaah, who has given us food and drink, and has made us Muslim.

6. Du`aa before Sleeping:

اللَّهُمَّ بِسْمِكَ أَمُوتُ وَأُحْيَى ۝

(Allaahumma bismika amuutu waahyaa)

O Allaah! With your name I die and I come to life.

7. Du`aa after having a good dream:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝

(Al-hamdu-lillaahi rabbil a`aalameen.

All praises due to Allaah, the Lord of world.

8. Du`aa after bad dream:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ۝

(Aa'uujubillaahi minash shaytwaanir razeeem.)

I seek protection in Allah from Shaytwaan, the rejected one.

9. Du`aa after waking up:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ ۝

(Al-hamdu-lillaahil-lajee ah-yaanaa b`ada-maaa amaa-tanaa wa-ilaihin-nushuur.)