# The Sleeping Of Rasoolullah - Sunnah.com - Sayings and Teachings of Prophet Muhammad (صلى الله عليه و سلم)

Al-Bara’ ibn 'Azib said:“When the Prophet (Allah bless him and give him peace) lay down to sleep, he placed the palm of his right hand under his right cheek and said: ‘O my Lord, preserve me from Your torment on the day when You resurrect Your servants!'”

حَدَّثَنَا مُحَمَّدُ بْنُ الْمُثَنَّى، قَالَ‏:‏ حَدَّثَنَا عَبْدُ الرَّحْمَنِ بْنُ مَهْدِيٍّ، قَالَ‏:‏ حَدَّثَنَا إِسْرَائِيلُ، عَنْ أَبِي إِسْحَاقَ، عَنْ عَبْدِ اللهِ بْنِ يَزِيدَ، عَنِ الْبَرَاءِ بْنِ عَازِبٍ، أَنَّ النَّبِيَّ صلى الله عليه وسلم، كَانَ إِذَا أَخَذَ مَضْجَعَهُ وَضَعَ كَفَّهُ الْيُمْنَى تَحْتَ خَدِّهِ الأَيْمَنِ، وَقَالَ‏:‏ رَبِّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ‏.‏  
  
حَدَّثَنَا مُحَمَّدُ بْنُ الْمُثَنَّى، قَالَ‏:‏ حَدَّثَنَا عَبْدُ الرَّحْمَنِ، قَالَ‏:‏ حَدَّثَنَا إِسْرَائِيلُ، عَنْ أَبِي إِسْحَاقَ، عَنْ أَبِي عُبَيْدَةَ، عَنْ عَبْدِ اللهِ، مِثْلَهُ وَقَالَ‏:‏ يَوْمَ تَجْمَعُ عِبَادَكَ‏.‏

Grade: Sahih (Zubair `Aliza'i)Reference : Ash-Shama'il Al-Muhammadiyah 253, 254In-book reference : Book 39, Hadith 1Report Error | Share | Copy ▼

----------------------------------------

Hudhaifa said:“When the Prophet (Allah bless him and give him peace) went to his mattress, he would say: ‘O Allah, in Your Name I shall die and live,’ and when he woke up, he would say:  
‘Praise be to Allah, who has revived us after He caused us to die, and to Him is the resurrection!'”

حَدَّثَنَا مَحْمُودُ بْنُ غَيْلانَ، قَالَ‏:‏ حَدَّثَنَا عَبْدُ الرَّزَّاقِ، قَالَ‏:‏ حَدَّثَنَا سُفْيَانُ، عَنْ عَبْدِ الْمَلِكِ بْنِ عُمَيْرٍ، عَنْ رِبْعِيِّ بْنِ حِرَاشٍ، عَنْ حُذَيْفَةَ، قَالَ‏:‏ كَانَ النَّبِيُّ صلى الله عليه وسلم إِذَا أَوَى إِلَى فِرَاشِهِ، قَالَ‏:‏ اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا، وَإِذَا اسْتَيْقَظَ، قَالَ‏:‏ الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانًا بَعْدَمَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ‏.‏

Grade: Sahih (Zubair `Aliza'i)Reference : Ash-Shama'il Al-Muhammadiyah 255In-book reference : Book 39, Hadith 2Report Error | Share | Copy ▼

----------------------------------------

'A’isha said:"When Allah’s Messenger (Allah bless him and give him peace) went to his mattress each night, he joined the palms of his hands, then breathed into them and recited into them: “Say: ‘He is Allah, One [qul Huwa'llahu Ahad]!' (Al-Qur'an;112:1), and: “Say: ‘I take refuge with the Lord of the Daybreak [qul a'udhu bi-Rabbil-falaq]!' (Al-Qur'an;113:1), and: “Say: ‘I take refuge with the Lord of humankind [qul a'udhu bi-Rabbi’n-nas]!' (Al-Qur'an;114:1), Then he passed them over as much of his body as he could, beginning with his head and his face and the front of his body, doing that three times.”

حَدَّثَنَا قُتَيْبَةُ بْنُ سَعِيدٍ، قَالَ‏:‏ حَدَّثَنَا الْمُفَضَّلُ بْنُ فَضَالَةَ، عَنْ عُقَيْلٍ، أُرَاهُ عَنِ الزُّهْرِيِّ، عَنْ عُرْوَةَ، عَنْ عَائِشَةَ، قَالَتْ‏:‏ كَانَ رَسُولُ اللهِ صلى الله عليه وسلم، إِذَا أَوَى إِلَى فِرَاشِهِ كُلَّ لَيْلَةٍ جَمَعَ كَفَّيْهِ فَنَفَثَ فِيهِمَا، وَقَرَأَ فِيهِمَا‏:‏ قُلْ هُوَ اللَّهُ أَحَدٌ وَ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ وَ قُلْ أَعُوذُ بِرَبِّ النَّاسِ، ثُمَّ مَسَحَ بِهِمَا مَا اسْتَطَاعَ مِنْ جَسَدِهِ، يَبْدَأُ بِهِمَا رَأْسَهُ وَوَجْهَهُ وَمَا أَقْبَلَ مِنْ جَسَدِهِ، يَصْنَعُ ذَلِكَ ثَلاثَ مَرَّاتٍ‏.‏

Grade: Sahih (Zubair `Aliza'i)Reference : Ash-Shama'il Al-Muhammadiyah 256In-book reference : Book 39, Hadith 3Report Error | Share | Copy ▼

----------------------------------------

Ibn 'Abbas said:“Allah’s Messenger (Allah bless him and give him peace) slept until he gasped for breath, and he had gasped for breath while he was sleeping, so Bilal came to him and called him  
to the ritual prayer, whereupon he got up and performed the ritual prayer, and he did not perform the minor ritual ablution. And there is a story behind this tradition."

حَدَّثَنَا مُحَمَّدُ بْنُ بَشَّارٍ، قَالَ‏:‏ حَدَّثَنَا عَبْدُ الرَّحْمَنِ بْنُ مَهْدِيٍّ، قَالَ‏:‏ حَدَّثَنَا سُفْيَانُ، عَنْ سَلَمَةَ بْنِ كُهَيلٍ، عَنْ كُرَيْبٍ، عَنِ ابْنِ عَبَّاسٍ‏:‏ أَنَّ رَسُولَ اللهِ صلى الله عليه وسلم، نَامَ حَتَّى نَفَخَ، وَكَانَ إِذَا نَامَ نَفَخَ، فَأَتَاهُ بِلالٌ فَآذَنَهُ بِالصَّلاةِ، فَقَامَ وَصَلَّى وَلَمْ يَتَوَضَّأْ وَفِي الْحَدِيثِ قِصَّةٌ‏.‏

Grade: Sahih (Zubair `Aliza'i)Reference : Ash-Shama'il Al-Muhammadiyah 257In-book reference : Book 39, Hadith 4Report Error | Share | Copy ▼

----------------------------------------

Anas ibn Malik said:“When Allah’s Messenger (Allah bless him and give him peace) went to his mattress, he would say: ‘Praise be to Allah, who has fed us and quenched our thirst, and has sufficed us  
and sheltered us, for how many there are without a provider of sufficiency and without a provider of shelter!'”

حَدَّثَنَا إِسْحَاقُ بْنُ مَنْصُورٍ، قَالَ‏:‏ حَدَّثَنَا عَفَّانُ، قَالَ‏:‏ حَدَّثَنَا حَمَّادُ بْنُ سَلَمَةَ، عَنْ ثَابِتٍ، عَنْ أَنَسِ بْنِ مَالِكٍ، أَنَّ رَسُولَ اللهِ صلى الله عليه وسلم، كَانَ إِذَا أَوَى إِلَى فِرَاشِهِ، قَالَ‏:‏ الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَكَفَانَا وَآوَانَا، فَكَمْ مِمَّنْ لا كَافِيَ لَهُ وَلا مُؤْوِي‏.‏

Grade: Sahih Isnād (Zubair `Aliza'i)Reference : Ash-Shama'il Al-Muhammadiyah 258In-book reference : Book 39, Hadith 5Report Error | Share | Copy ▼

----------------------------------------

Abu Qatada said:“When the Prophet (Allah bless him and give him peace) alighted for rest at night, he would recline on his right side, and when he alighted for rest shortly before the morning, he would raise his forearm and place his head on the palm of his hand.”

حَدَّثَنَا الْحُسَيْنُ بْنُ مُحَمَّدٍ الْجُرَيْرِيُّ، قَالَ‏:‏ حَدَّثَنَا سُلَيْمَانُ بْنُ حَرْبٍ، قَالَ‏:‏ حَدَّثَنَا حَمَّادُ بْنُ سَلَمَةَ، عَنْ حُمَيْدٍ، عَنْ بَكْرِ بْنِ عَبْدِ اللهِ الْمُزَنِيِّ، عَنْ عَبْدِ اللهِ بْنِ رَبَاحٍ، عَنْ أَبِي قَتَادَةَ‏:‏ أَنَّ النَّبِيَّ صلى الله عليه وسلم، كَانَ إِذَا عَرَّسَ بِلَيْلٍ اضْطَجَعَ عَلَى شِقِّهِ الأَيْمَنِ، وَإِذَا عَرَّسَ قُبَيْلَ الصُّبْحِ نَصَبَ ذِرَاعَهُ، وَوَضَعَ رَأْسَهُ عَلَى كَفِّهِ‏.‏

Grade: Sahih (Zubair `Aliza'i)Reference : Ash-Shama'il Al-Muhammadiyah 259In-book reference : Book 39, Hadith 6Report Error | Share | Copy ▼

----------------------------------------