

# Supplication when turning over during the night

Aisha رضي الله عنها narrated that the Messenger of Allah (SAW) used to say at night if he turned during sleep:

لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَّارُ رَبُّ  
السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا ،  
الْعَزِيزُ الْغَفَّارُ

La ilaha illal-lahul-wahidul-qahhar,  
rabbus-samawati wama baynahuma,  
alazeezul-ghaffar.

‘None has the right to be worshipped except Allah, The One, AL-Qahhar.Lord of the heavens and the Earth and all between them, The Exalted in Might, The Oft-Forgiving.