

**Upon experiencing unrest, fear,
apprehensiveness and
the like during sleep**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ
غَضَبِهِ وَعِقَابِهِ ، وَشَرِّ عِبَادِهِ وَمِنْ
هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونَ

**aoothu bikalimatil-lahit-tammat
min ghadabih,waiqabih, washarri
ibadih, wamin hamazatish-
shayateen, wa-an yahduroon**

**‘I take refuge in the perfect words of Allah
from His anger and punishment, and from
the evil of His servants, and from the
madness and appearance of devils.’**