

# **Remembrance before sleeping**

**‘When retiring to his bed every night, the Prophet (SAW) would hold his palms together, spit (A form of spitting comprising mainly of air with little spittle) in them, recite the last three chapters (Al-Ikhlās, Al-Falaq, An-Nas) of the Quran and then wipe over his entire body as much as possible with his hands, beginning with his head and face and then all parts of the body, he would do this three times.’**

# **Remembrance before sleeping**

**The Prophet (SAW) also said: ‘When you are about to sleep recite ayat-al-kursee (The verse of the foot-stool, chapter 2:255) till the end of the verse for there will remain over you a protection from Allah and no devil will draw near to you until morning.’**

**The Prophet (SAW ) also said: ‘Whoever recites the last two verses of Soorat Al-Baqarah at night, those two verses shall be sufficient for him (i.e. protect him from all that can cause him harm).’**

**[Al-Baqarah: 285-286]**

# Remembrance before sleeping

‘If one of you rises from his bed and then returns to it he should dust it with the edge of his garment three times for he does not know what has occurred in his absence and when he lies down he should supplicate:

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي ، وَبِكَ  
أَرْفَعُهُ ، فَإِنْ أُمْسَكْتَ نَفْسِي  
فَارْحَمْهَا ، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا  
بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

# **Remembrance before sleeping**

**Bismika rabbee wada-tu janbee  
wabika arfa-uh, fa-in amsakta  
nafsee farhamha, wa-in arsaltaha  
fahfathha bima tahfathu bihi  
ibadakas-saliheen**

**‘In Your name my Lord, I lie down  
and in Your name I rise, so if You  
should take my soul then have  
mercy upon it, and if You should  
return my soul then protect it in  
the manner You do so with Your  
righteous servants.’**

## Remembrance before sleeping

اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ  
تَوَفَّاهَا لَكَ مَمَاتُهَا وَمَحْيَاهَا ، إِنْ  
أَحْيَيْتَهَا فَاخْضُطْهَا ، وَإِنْ أَمَتَّهَا فَاغْفِرْ  
لَهَا . اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ

**Allahumma innaka khalaqta nafsee  
wa-anta tawaffaha, laka mamatuha  
wamahyaha in ahyaytaha  
fahfathha, wa-in amattaha faghfir  
laha. Allahumma innnee as-alukal-  
aafiyah**

# **Remembrance before sleeping**

**‘O Allah, verily You have created my soul and You shall take it’s life, to You belongs it’s life and death. If You should keep my soul alive then protect it, and if You should take it’s life then forgive it. O Allah, I ask You to grant me good health.’**

# Remembrance before sleeping

**The Prophet (SAW) would place his right hand under his cheek when about to sleep and supplicate:**

**اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ**

**Allahumma qinee athabaka yawma tab-athu ibadak. (three times).**

**‘O Allah, protect me from Your punishment on the day Your servants are resurrected.’ (three times)**

# Remembrance before sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

**Bismikal-lahumma amootu wa-ahya.**

**‘In Your name O Allah, I live and die.’**

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا، وَكَفَانَا،  
وَأَوَانَا، فَكَمْ مِمَّنْ لَا كَافِيَ لَهُ وَلَا مُؤْوِي

**Alhamdu lillahil-lathee atamana  
wasaqana, wakafana, wa-awana, fakam  
mimman la kafiya lahu wala muh-wee**

**‘All praise is for Allah, Who fed us and gave us  
drink, and Who is sufficient for us and has  
sheltered us, for how many have none to suffice  
them or shelter them.**



## Remembrance before sleeping

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ  
السَّمَاوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ  
وَمَلِيكَه، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ،  
أَعُوذُ بِكَ مِنْ شَرِّ  
نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكَه،  
وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءاً أَوْ  
أَجُرَّهُ إِلَى مُسْلِمٍ .

# Remembrance before sleeping

**Allahumma alimal-ghaybi  
washshahadah, fatiras-samawati wal-  
ard, rabba kulli shayin wamaleekah,  
ashhadu an la ilaha illa ant, aoothu  
bika min sharri nafsee wamin  
sharrish-shaytani washirkih, wa-an  
aqtarifa AAala nafsee soo-an aw  
ajurrahu ila muslim.**

**‘O Allah, Knower of the seen and the unseen,  
Creator of the heavens and the earth, Lord and  
Sovereign of all things I bear witness that none  
has the right to be worshipped except You. I  
take refuge in You from the evil of my soul and  
from the evil and shirk of the devil, and from  
committing wrong against my soul or bringing  
such upon another Muslim.**

# Remembrance before sleeping

‘Shall I not direct you both (The Prophet was addressing Ali and Fatimah-may Allah be pleased with them- when they approached him for a servant) to something better than a servant? When you go to bed say:

سُبْحَانَ اللَّهِ (ثلاثاً وثلاثين)

Subhanal-lah. (thirty-three times)

الْحَمْدُ لِلَّهِ (ثلاثاً وثلاثين)

Alhamdu lillah. (thirty-three times)

اللَّهُ أَكْبَرُ (أربعاً وثلاثين)

Allahu akbar. (thirty-four times)

## Remembrance before sleeping

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَرَبَّ  
الْعَرْشِ الْعَظِيمِ ، رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ  
، فَالِقَ الْحَبِّ وَالنَّوَى ، وَمُنْزِلَ التَّوْرَةِ  
وَالْإِنْجِيلِ ، وَالْفُرْقَانِ ، أَعُوذُ بِكَ مِنْ  
شَرِّ كُلِّ شَيْءٍ أَنْتَ آخِذٌ بِنَاصِيَتِهِ .  
اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ ،  
وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ ، وَأَنْتَ  
الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ ، وَأَنْتَ  
الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ ، اقْضِ  
عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ

# Remembrance before sleeping

**Allahumma rabbas-samawatis-sab,  
warabbal-AAarshil-atheem, rabbana  
warabba kulli shay, faliqal-habbi  
wannawa, wamunazzilat-tawra, wal-  
injeel, walfurqan, aAAoothu bika min  
sharri kulli shayin anta akhithun  
binasiyatih. Allahumma antal-awwal,  
falaysa qablaka shay, wa-antal-akhir,  
falaysa ba-daka shay, wa-antath-thahir  
falaysa fawqaka shay, waantal-batin,  
falaysa doonaka shay, iqdi annad-  
dayna wa-aghnina minal-faqr.**

# **Remembrance before sleeping**

**‘O Allah, Lord of the seven heavens and the exalted throne, our Lord and Lord of all things, Splitter of the seed and the date stone, Revealer of the Tawrah, the Injeel and the Furqan, I take refuge in You from the evil of all things You shall seize by the forelock (i.e. You have total mastery over). O Allah, You are The First so there is nothing before You and You are The Last so there is nothing after You. You are Aththahir so there is nothing above You and You are Al-Batin so there is nothing closer than You. Settle our debt for us and spare us from poverty.’**

# **Remembrance before sleeping**

**‘The Prophet (SAW) never used to sleep until he had recited Soorat As-Sajdah (chapter 32) and Soorat Al-Mulk (chapter 67).**

# Remembrance before sleeping

‘If you take to your bed, then perform ablution,  
lie on your right side and then supplicate:

اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ،  
وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ  
وَجْهِي إِلَيْكَ، وَالْجَأْتُ ظَهْرِي  
إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ  
وَلَا مَنَاجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ  
بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي  
أَرْسَلْتَ



# **Remembrance before sleeping**

**Allahumma aslamtu nafsee ilayk,  
wafawwadtu amree ilayk, wawajjahtu  
wajhee ilayk, wa-alja-tu thahree  
ilayk, raghbatan warahbatan ilayk, la  
maljaa wala manja minka illa ilayk,  
amantu bikitabikal-lathee anzalt,  
wabinabiyyikal-lathee arsalt.**

**‘O Allah, I submit my soul unto You, and I  
entrust my affair unto You, and I turn my face  
towards You, and I totally rely on You, in hope  
and fear of You. Verily there is no refuge nor  
safe haven from You except with You. I believe  
in Your Book which You have revealed and in  
Your Prophet whom You have sent.**