

ADHKĀR OF SLEEP

أذكار النوم

THE ETIQUETTES OF SLEEP

SLEEP EARLY	The Messenger of Allah ﷺ disliked sleeping before 'Ishā' salāh, and talking after it. (Bukhārī)
SLEEP WITH WUDHŪ	The angels remain in the company of the one who sleeps with wudhū and say: "O Allah, forgive your such and such servant for he slept in the state of purity." (Ibn Hibbān)
SLEEP ON YOUR RIGHT SIDE	The Messenger of Allah ﷺ would sleep on his right side and place his right hand under his right cheek. (Bukhārī)
DON'T SLEEP ON YOUR STOMACH	Abū Dharr ؓ said: "The Messenger of Allah ﷺ passed by me and I was lying on my stomach. He nudged me with his foot and said: 'Junaydib! This is how the people of Hell lie.'" (Ibn Mājah) He ﷺ also said: "Allah dislikes that one sleeps in this manner." (Abū Dāwūd)
COVER VESSELS & SAY 'BISMILLAH'	"Close the doors and mention the name of Allah, for Shaytān does not open a closed door. Tie up your waterskins and mention the name of Allah. Cover your vessels, even if you only put something over them, and extinguish your lamps." (Bukhārī)
RECITE QUR'ĀN BEFORE SLEEPING	"If anyone recites 10 verses at night regularly, he will not be recorded among the negligent. If anyone recites 100 verses at night, he will be recorded among those who are obedient to Allah. And if anyone recites 1,000 verses at night, he will be recorded amongst those who receive huge rewards." (Abū Dāwūd)

ADHKĀR BEFORE SLEEPING

1 المّ تَنْزِيلٌ... (سورة السجدة) & تَبَارَكَ الَّذِي... (سورة الملك)

The Messenger of Allah ﷺ would not sleep until he had recited [the above two Sūrah]. (Tirmidhī)

The Messenger of Allah ﷺ said: “A Sūrah from the Qurʾān containing 30 verses will intercede for a man until he is forgiven. It is Sūrah al-Mulk.” (Tirmidhī)

ʿAbdullāh ibn Masʿūd ؓ narrated that whoever reads Sūrah al-Mulk every night, Allah will protect him from the punishment of the grave. He said: “At the time of the Messenger of Allah ﷺ, we used to call it ‘al-māniʾah’ (the protector). Indeed there is a Sūrah in the Book of Allah [i.e. this Sūrah]; whoever recites it every night has done very well.” (Nasāʾī)

2 اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ... (آية الكرسي)

Abū Hurayrah ؓ reports: “The Messenger of Allah ﷺ put me in charge of watching over the donations of food collected at the end of Ramadhān. Then someone came and snatched some food, and I grabbed him. He said: ‘Let me go. I shall do it no more...’” And he went on to recount the hadīth, saying: “The third time he said to me: ‘I shall teach you some words by which Allah will benefit you. When you lie down in your bed, recite Āyah al-Kursī from beginning to end; a guardian angel will stay by you and no devil will approach you, until you wake up in the morning.’ I tried his method, and when I

awoke in the morning, I told the Messenger of Allah ﷺ what he had said, and he ﷺ said to me: 'Even though he is a liar, he spoke the truth. Do you know who you were talking to Abū Hurayrah?' I

said: 'No.' He ﷺ said: "That was Shaytān." (Bukhārī)
(See p. 52 & 136.)

"A guardian angel will stay by you and no devil will approach you, until you wake up in the morning."

3 آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ، كُلٌّ آمَنَ
بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ ، لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ
رُسُلِهِ ، وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ .
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ، لَهَا مَا كَسَبَتْ وَعَلَيْهَا
مَا اكْتَسَبَتْ ، رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ، رَبَّنَا
وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ،
رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ، وَاعْفُ عَنَّا وَاعْفِرْ لَنَا
وَارْحَمْنَا ، أَنْتَ مَوْلَانَا ، فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ .

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah, His angels, His books and His messengers, [saying], "We make no distinction between any of His Messengers." And they

say, "We hear and we obey. We seek Your forgiveness, our Lord, and to You is the final destination." Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people." (2:285-6)

The Messenger of Allah ﷺ said: "Whoever recites the last two verses of Sūrah al-Baqarah at night, they will suffice him." (Bukhārī) (See p. 136.)

4 قُلْ يَا أَيُّهَا الْكَافِرُونَ، لَا أَعْبُدُ مَا تَعْبُدُونَ، وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ، وَلَا أَنَا عَابِدٌ مَّا عَبَدْتُمْ، وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ، لَكُمْ دِينُكُمْ وَلِيَ دِينِ.

Say: O disbelievers, I worship not that which you worship. And nor do you worship that which I worship. And I shall not worship that which you worship. Nor will you worship that which I worship.

To you be your religion, and to me my religion. (109)

The Messenger of Allah ﷺ said: “Recite [the above] then go to sleep at the end of it, for it is a disavowal of polytheism.” (Tirmidhī)

5 قُلْ هُوَ اللَّهُ أَحَدٌ... قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ...
قُلْ أَعُوذُ بِرَبِّ النَّاسِ... (3x)

‘Ā’ishah ؓ narrated that when the Messenger of Allah ﷺ retired to bed every night, he would hold his hands together and then blow into them. He would recite [the above Sūrah] into them. Then he would wipe them over whatever he could of his body, starting with his head and face and the front of his body, and he would do that three times. (Bukhārī)
(See p. 54 & 137.)

6 سُبْحَانَ اللَّهِ (33x) ، اَلْحَمْدُ لِلَّهِ (33x) ، اَللَّهُ اَكْبَرُ (34x).

Allah is free from imperfection. All praise is for Allah.
Allah is the Greatest.

Fātimah ؓ came to the Messenger of Allah ﷺ and asked him for a servant. He ﷺ said: “Shall I not tell you of something that is better for you than that? When you go to sleep, say: ‘Subhānallah 33 times, Alhamdulillah 33 times, and Allahu Akbar 34 times.’” (Bukhārī) (See p. 16-19 for the meaning and virtues of tasbīh, tahmīd and takbīr.)

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

In Your Name my Lord, I lie down, and in Your Name, I rise. If You take my soul away then have mercy upon it, and if You return my soul then protect it with what you protect Your righteous servants with. (Bukhārī)

8 اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ. (3x)

O Allah, protect me from Your punishment on the day You resurrect Your servants. (Bukhārī)

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

All praise is for Allah, Who provided us food and drink and Who sufficed us and has sheltered us; for how many have none to suffice them or shelter them. (Muslim)

10 اللَّهُمَّ عَالِمِ الْغَيْبِ وَالشَّهَادَةِ ، فَاطِرِ السَّمَوَاتِ وَالْأَرْضِ

رَبِّ كُلِّ شَيْءٍ وَمَلِيكِهِ ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ، أَعُوذُ
بِكَ مِنْ شَرِّ نَفْسِي ، وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكِهِ ، وَأَنْ
أَقْتَرِفَ عَلَى نَفْسِي سُوءًا ، أَوْ أُجْرَهُ إِلَى مُسْلِمٍ .

O Allah, Knower of the unseen and the seen, Creator of the heavens and the earth, Lord and Sovereign of everything; I bear witness that there is no god but You. I seek Your protection from the evil of my own self, from the evil of Shaytān and from the evil of polytheism to which he calls, and from inflicting evil on myself, or bringing it upon a Muslim. (Tirmidhī)

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

O Allah, Lord of the seven heavens, Lord of the

Magnificent Throne, our Lord and Lord of all things, Splitter of the seed and the date stone, Revealer of the Torah, the Bible and the Criterion (Qur'an); I seek Your protection from the evil of every thing You hold by the forehead. You are the First and there is nothing before You. You are the Last and there is nothing after You. You are the Most High and there is nothing above You. You are the Most Near and nothing is closer than You; settle our debts for us and spare us from poverty. (Muslim)

12 اللَّهُمَّ إِنِّي أَعُوذُ بِوَجْهِكَ الْكَرِيمِ ، وَكَلِمَاتِكَ التَّامَّةِ مِنْ شَرِّ مَا أَنْتَ آخِذٌ بِنَاصِيَتِهِ ، اللَّهُمَّ أَنْتَ تَكْشِفُ الْمَغْرَمَ وَالْمَأْتَمَ ، اللَّهُمَّ لَا يُهْزَمُ جُنْدُكَ ، وَلَا يُخْلَفُ وَعْدُكَ ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجُدُّ ، سُبْحَانَكَ وَبِحَمْدِكَ .

O Allah, I seek protection by Your Noble Countenance and by Your perfect words from the evil of all that You hold by the forehead. O Allah, it is You who removes debt and sin. O Allah, Your army is never defeated and Your promise is never broken. The wealth of the wealthy does not avail them against You. You are free from imperfection, and to You belongs all praise. (Abū Dāwūd)

13 اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَقَّأَهَا ، لَكَ مَمَاتُهَا
وَمَحْيَاهَا ، إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا ، وَإِنْ أَمَتَهَا فَاغْفِرْ لَهَا ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ.

O Allah, verily You have created my soul and You shall take its life. To You Alone belongs its life and death. If You keep my soul alive then protect it, and if You take it away, then forgive it. O Allah, I ask You to grant me well-being. (Muslim)

14 بِسْمِ اللَّهِ وَصَعْتُ جَنْبِي ، اللَّهُمَّ اغْفِرْ لِي ذَنْبِي ، وَأَخْسِئْ
شَيْطَانِي ، وَفُكَّ رِهَانِي ، وَاجْعَلْنِي فِي التَّدْيِّ الْأَعْلَى.

In the Name of Allah, I lie down. O Allah, forgive my sins, ward off from me my shaytān, free me from my obligations (to others) and enter me into the loftiest assembly (of angels). (Abū Dāwūd)

15 الْحَمْدُ لِلَّهِ الَّذِي كَفَانِي وَأَوَانِي ، الْحَمْدُ لِلَّهِ الَّذِي
أَطْعَمَنِي وَسَقَانِي ، الْحَمْدُ لِلَّهِ الَّذِي مَنَّ عَلَيَّ فَأَفْضَلَ ، اللَّهُمَّ
إِنِّي أَسْأَلُكَ بِعِزَّتِكَ أَنْ تُنَجِّبَنِي مِنَ النَّارِ.

All praise is for Allah Who has sufficed me and given

me refuge. All praise is for Allah Who has fed me and given me drink. All praise is for Allah Who has been gracious to me and showered favours on me. O Allah, I ask You by Your Glory, save me from the Hell-Fire. (Abū Dāwūd)

The Messenger of Allah ﷺ said: "Whoever says [the above] when retiring to bed has praised Allah with all the praises of His entire creation." (Hākim)

16 أَللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا.

O Allah, solely in Your Name I die and I live. (Bukhārī)

17 لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ،
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ،
سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ .

There is no god but Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful. There is no power (in averting evil) or strength (in attaining good) except through Allah. Allah is free from imperfection, and all praise is for Allah. There is no god but Allah and Allah is the Greatest.

The Messenger of Allah ﷺ said: “Whoever says [the above] when retiring to bed, all of his sins will be forgiven, even if they are as abundant as the foam of the sea.”
 (Nasā’i)

“all of his sins will be forgiven...”

18 اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ ،
 وَوَجَّهْتُ وَجْهِي إِلَيْكَ ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ ، رَغْبَةً
 وَرَهْبَةً إِلَيْكَ ، لَا مَلْجَأَ وَلَا مَنْجَا مِنْكَ إِلَّا إِلَيْكَ ، آمَنْتُ
 بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ .

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 or safe haven from You except with You. I believe in Your Book which You have revealed and in Your Prophet whom You have sent.

The Messenger of Allah ﷺ said: “Before you go to bed, perform wudhū as you would for prayer, then lie down on your right side and say [the above]. Whoever says this and dies in his sleep, will die upon the ‘fitrah’ (natural monotheism).” (Bukhārī)

AFTER A NIGHTMARE

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ ، وَشَرِّ

عِبَادِهِ ، وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ .

I seek protection in the perfect words of Allah from His anger and punishment, and from the evil of His servants, and from the evil suggestions of the devils and from them appearing to me. (Tirmidhī)

The Messenger of Allah ﷺ said: "A good dream is from Allah, so if anyone of you sees a dream which pleases him, he should not tell anybody about it except to the one whom he loves. And if he sees a dream which he dislikes, then he should seek Allah's protection from its evil and from the evil of Shaytān. He should spit three times on his left and should not tell anybody about it, lest it might harm him." (Bukhārī)

WHEN ONE WAKES UP AT NIGHT

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ ، وَلَهُ الْحَمْدُ ،
 وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ، الْحَمْدُ لِلَّهِ ، وَسُبْحَانَ اللَّهِ ، وَلَا
 إِلَهَ إِلَّا اللَّهُ ، وَاللَّهُ أَكْبَرُ ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ،
 اللَّهُمَّ اغْفِرْ لِي .

There is no god but Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful. All praise be to Allah and Allah is free

from imperfection. There is no god but Allah. Allah is the Greatest. There is no power (in averting evil) or strength (in attaining good) except through Allah. O Allah, forgive me.

The Messenger of Allah ﷺ said: “Whoever gets up at night and says [the above] and then says: ‘O Allah, forgive me’ or makes du‘ā, it will be accepted. If he performs wudhū and prays, his prayer will be accepted.” (Bukhārī)

In another narration, upon waking at night, he ﷺ used to recite the last ten verses of Sūrah Āl ‘Imrān (3:190-200). (Bukhārī)

WHEN ONE WAKES UP

① الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي ، وَرَدَّ عَلَيَّ رُوحِي ،
وَأَذِنَ لِي بِذِكْرِهِ .

All praise is for Allah Who granted me well-being in my body, and returned my soul to me and has allowed me to remember Him. (Tirmidhī)

② الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ .

All praise is for Allah Who gave us life after having taken it from us and unto Him is the resurrection. (Bukhārī)