

TRANSCRIPT**Module 4: Physical Productivity – Physical Energy – Managing Sleep**

Lesson 8: How to Sleep (Socially)

Finally we'll go to social solutions to sleep, how to put sleep from a social perspective. Sleep again is a ritual, and sometimes if you try to sleep and you have anger or envy or jealousy or these negative emotions inside you it's very difficult to sleep.

Try to sleep with a clean heart. Every night you go to sleep ask yourself who have I wronged today? Who can I forgive today? Who am I upset with today? Who am I jealous or envious of today? And just try to have a clean heart. Scrub your heart clean and you'll find your sleep quality is much much better compared to sleep while you're angry, or trying to sleep when you have negative emotions.

Forgive those who wronged you. As I said, imagine tonight is your last night. Imagine you do not wake up. Sleep is the sister of death. Imagine if it is the last night. And use Ramadan as a great excuse to forgive. Sometimes you don't want to forgive somebody. They really wronged you, or you feel bad about it, you feel really angry at somebody.

But Ramadan comes and it is a great excuse to break the ice and say hey, you know what, it's Ramadan, I just want to say I'm sorry, I didn't mean to, please forgive me, I just want to say I'm sorry,

and just forgive the person and you will find that your sleep is much much better. If it's too late for you to talk about your emotions, you know, or let's say if you had a fight with your spouse, you don't want to resolve it late at night, then at least write it down. And if you're angry, make sure you follow the sunnah (the Prophet's tradition) of overcoming anger which is to make wuduu', to remember Allah Subhanahu wa-Ta'ala, and to pray, or to sort of to lie down, or to stand up, or to change your position.

If you're standing, sit down; if you're sitting, lie down, so that you could calm yourself down and approach sleep much much more comfortably.