

1 Remembrance Before Sleeping

Arabic Du'a	English Du'a	Transliteration of Dua
<p>﴿ قُلْ هُوَ اللَّهُ أَحْسَدُ ﴿ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿ قُلْ أَعُوذُ بِرَبِّ النَّاسِ</p>	<p>When retiring to his bed every night, the Prophet (S) would hold his palms together, spit in them, recite the last three chapters of the Qur'aan 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.'</p>	<p>Qul Huwa Al-Lahu 'Ahsadun Qul 'A'udhu Birabbi Al-Falaqi Qul 'A'udhu Birabbi An-Nasi</p>
<p>﴿ اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ﴿ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ</p>	<p>The Prophet (S) also said: 'When you are about to sleep recite aayat-ul-kursiyy till the end of the verse for there will remain over you a protection from Allaah and no devil will draw near to you until morning.'</p>	<p>Allahu La 'Ilāha 'Illā Huwa Al-Ḥayyu Al-Qayyūmu Lā Ta'khuduhu Sinatun Wa Lā Nawmun</p>
<p>﴿ آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ</p>	<p>The Prophet (S) also said: 'Whoever recites the last two verses of Suurah Al-Baqarah at night, those two verses shall be sufficient for him.' [Al-Baqarah (2): 285-286]</p>	<p>'Āmana Ar-Rasūlu Bimā 'Unzila 'Ilayhi Min Rabbihi Wa Al-Mu'uminūna</p>
<p>بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، فَإِنْ أَمْسَكَتَ نَفْسِي فَارْحَمْهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ.</p>	<p>'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: '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.'</p>	<p>Biāsmika Rabbī Waḍa'tu Janbī Wa Bika 'Arfa'u uhu Fa'in 'Amsakta Nafsi Fārhamhā Wa 'In 'Arsaltahā Fāḥfazhā Bimā Tahfazū Bihi 'Ibādaka Aṣ-Ṣāliḥīna.</p>
<p>اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَفَّاها لَكَ مَمَاتُهَا وَمَحَابِلُهَا. إِنَّ أَخْيَرَتَهَا فَاحْفَظْهَا، وَإِنْ أَمَاتَهَا فَافْعَرْ لَهَا. اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ.</p>	<p>'O Allaah, verily You have created my soul and You shall take its life. To You belongs its life and death. If You should keep my soul alive then protect it, and if You should take its life then forgive it. O Allaah, I ask You to grant me good health.'</p>	<p>Allahumma 'Innaka Khalaqta Nafsi Wa 'Anta Tawaffahā Laka Mamātuhā Wa Maḥābilhā 'In 'Ahyaytahā Fāḥfazhā Wa 'In 'Amattahā Fāghfir Lahā. Al-Lahumma 'Inni 'As'aluka Al-'Āfiyata.</p>
<p>اللَّهُمَّ قِي عَذَابِي يَوْمَ تَبْعُثُ عِبَادَكَ. (ثلاثا)</p>	<p>The Prophet (S) would place his right hand under his cheek when about to sleep and supplicate: 'O Allaah, protect me from Your punishment on the day Your servants are resurrected.' (three times)</p>	<p>Allahumma Qini 'Adhābaka Yawma Tab' athu 'Ibādaka. (3 times)</p>
<p>بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأُحْيَا.</p>	<p>'In Your name O Allaah, I live and die.'</p>	<p>Biāsmika Al-Lahumma 'Amūtu Wa 'Aḥyā.</p>
<p>سُبْحَانَ اللَّهِ (ثلاثا) وَتَعَالَى الحَمْدُ لِلَّهِ (ثلاثا) وَتَعَالَى اللهُ أَكْبَرُ (أربعاً) وَتَعَالَى</p>	<p>'Shall I not direct you both to something better than a servant? When you go to bed say: (i) 'How Perfect Allaah is.' (thirty-three times) (ii) All praise is for Allaah.' (thirty-three times) (iii) 'Allaah is the greatest.' (thirty-four times) ...for that is indeed better for you both than a servant.'</p>	<p>Subḥāna Al-Lhi. (33 times) Al-Ḥamdu Lhi. (33 times) Allāhu 'Akbaru (34 times)</p>
<p>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.</p>	<p>'O Allaah, 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 Towraah, the Injeel and the Furqaan, I take refuge in You from the evil of all things You shall seize by the forelock. O Allaah, You are The First so there is nothing before You and You are The Last so there is nothing after You. You are Ath-Thaahir so there is nothing above You and You are Al-Baatin so there is nothing closer than You. Settle our debt for us and spare us from poverty.'</p>	<p>Allahumma Rabba As-Samawāti As-Sab'i Wa Rabba Al-'Arshi Al-'Aẓīmi Rabbanā Wa Rabba Kulli Shay'in Fāliqa Al-Ḥabbi Wa An-Nawā Wa Munazzila At-Tawrāati Wa Al-'Injīli Wa Al-Furqāni 'A'udhu Bika Min Sharri Kulli Shay'in 'Anta 'Ākhidhun Bināsiyatihi. Al-Lahumma 'Anta Al-'Awwalu Falaysa Qablaka Shay'un Wa 'Anta Al-'Ākhiru Falaysa Ba'daka Shay'un Wa 'Anta Aẓ-Ẓāhiru Falaysa Fawqaka Shay'un Wa 'Anta Al-Bāṭinu Falaysa Dūnaka Shay'un Aqdi 'Annā Ad-Dayna Wa 'Aghninā Mina Al-Faqri.</p>
<p>الحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا، وَكَفَّلَنَا، وَأَوَانَ، فَكَمْ مِنْ لَا كَافِيَ لَهُ وَلَا مُؤَيِّي.</p>	<p>'All praise is for Allaah, 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.'</p>	<p>Al-Ḥamdu Lillāhi Al-Ladhī 'Aṭ' amanā Wa Saqānā Wa Kafānā Wa 'Awānā Fakam Mimman Lā Kāfiya Lahu Wa Lā Mu'uwī.</p>
<p>اللَّهُمَّ عَالَمُ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيكُهُ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكَ، وَأَنْ أَقْرَفَ عَلَى نَفْسِي سُوءًا أَوْ أَجْرُهُ إِلَى مُسْلِمٍ.</p>	<p>'O Allaah, 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.'</p>	<p>Allahumma 'Ālima Al-Ghaybi Wa Ash-Shahādati Fāṭira As-Samāwāti Wa Al-'Ardi Rabba Kulli Shay'in Wa Malīkahu 'Ash/hadu 'An Lā 'Ilāha 'Illā 'Anta 'A'udhu Bika Min Sharri Nafsi Wa Min Sharri Ash-Shayṭāni Wa Shirkihi Wa 'An 'Aqtarifa 'Alā Nafsi Sū'āan 'Aw 'Ajjurahu 'Ilā Muslimin</p>
<p>"يَقْرَأُ سُورَةَ الشُّجَرَةِ {الم، ي، وَسُورَةَ الْمُلْكِ {تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ}"</p>	<p>'The Prophet (S) never used to sleep until he had recited Suurah As-Sajdah and Suurah Al-Mulk.'</p>	
<p>اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَفَوَضْتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مُنْجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبَيْنَيْكَ الَّذِي أَرْسَلْتَ.</p>	<p>'If you take to your bed, then perform ablution, lie on your right side and then supplicate: 'O Allaah, 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.' ... If you then die, you will die upon the fitrah.'</p>	<p>Allahumma 'Aslamtu Nafsi 'Ilayka Wa Fawwadtu 'Amri 'Ilayka Wa Wajjahtu Wajhi 'Ilayka Wa 'Alja'tu Zahri 'Ilayka Raghbatan Wa Rahbatan 'Ilayka Lā Malja'a Wa Lā Manjā Minka 'Illā 'Ilayka 'Āmantu Bikitābika Al-Ladhī 'Anzalta Wa Binabiyyika Al-Ladhī 'Arsalt.</p>

2 Supplication When Turning Over During The Night

Arabic Du'a	English Du'a	Transliteration of Dua
لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَّارُ، رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا، الْعَزِيزُ الْغَفَّارُ	'AAa-isha narrated that the Messenger of Allah used to say at night if he turned during sleep: '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.'	Lā 'Ilāha 'Illā Allāhu Al-Wāḥidu Al-Qahhāru Rabbu As-Samawāti Wa Al-'Arḍi Wa Mā Baynahumā Al-'Azīzu Al-Ghaffāru.
أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ، وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ.	'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.'	'A`ūdhu Bikalimāti Allāhi At-Tāmmāti Min Ghadaḃihi Wa `Iqāḃihi Wa Sharri `Ibāḃihi Wa Min Hamazāti Ash-Shayāṭīni Wa `An Yaḥḍurūna.

3 When Waking Up

Arabic Du'a	English Du'a	Transliteration of Dua
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.'	Al-Ḥamdu Lillāhi Al-Ladhī `Aḥyānā Ba`damā `Amātanā Wa `Ilayhi An-Nushūru.
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ وَالله أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.	The Prophet (S) said: 'Whoever awakes at night and then says: [du'a (a)] 'None has the right to be worshipped except Allaah, alone without associate, to Him belongs sovereignty and praise and He is over all things wholly capable. How perfect Allaah is, and all praise is for Allaah, and none has the right to be worshipped except Allaah, Allaah is the greatest and there is no power nor might except with Allaah. The Most High, The Supreme. ...and then supplicates: [du'a (b)] 'O my Lord forgive me.' ...will be forgiven' Al-Waleed said, 'or he (S) said: ' and then asks, he will be answered. If he then performs ablution and prays, his prayer will be accepted'.	Lā 'Ilāha 'Illā Allāhu Waḥdahū Lā Sharīka Lahu, Lahu Al-Mulku Wa Lahu Al-Ḥamdu Wa Huwa `Alā Kulli Shay`in Qadīrun, Subḥāna Allāhi, Wa Al-Ḥamdu Lillāhi, Wa Lā 'Ilāha 'Illā Allāhu, Wallahu `Akbaru Wa Lā Ḥawla Wa Lā Qūwata `Illā Billāhi . Rabbi Aghfir Lī.