

Bedtime Sunnahs

Before sleeping:

- 1) Prepare yourself as if for death by repenting sincerely
 - a. What did you do today? (*muḥāsabah*)
 - i. Recall all your good deeds, and thank Allah for them
 - ii. Recall all your bad deeds and ask Allah to forgive you and protect you for doing them again
- 2) Recite *sūrat al-ikhlāṣ*
- 3) Recite *sūrat al-takāthur*
- 4) Recite *āyat al-kursī* (all three verses)
- 5) Recite *tasbīḥ al-zabrā'*
- 6) If you are afraid of insects, recite this supplication, for Imam al-Ṣādiq has guaranteed safety from them until morning:

<i>I seek refuge through God's perfect words—which neither the good nor the evil can transgress—from the evil of what he has created and from the evil of every creature of whom he is the master. My lord is on the straight path.</i>	أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهَا بَرٌّ وَلَا فَاجِرٌ مِنْ شَرِّ مَا ذَرَأَ وَمِنْ شَرِّ مَا بَرَأَ وَمِنْ شَرِّ كُلِّ دَابَّةٍ هُوَ آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ
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- 7) Recite the last verse of *sūrat al-kahf* and decide when you wish to wake up, for Imam al-Ṣādiq has promised that you will wake up at that time:

<i>Say: "I am but a mortal like you to whom it is revealed that your god is one. Therefore, whoever hopes to meet his lord should do good deeds, and not associate partners with his lord in worship."</i>	قُلْ إِنَّمَا أَنَا بَشَرٌ مِثْلُكُمْ يُوحَىٰ إِلَيَّ أَنَّمَا إِلَهُكُمُ إِلَٰهُ وَاحِدٌ فَمَنْ كَانَ يَرْجُوا لِقَاءَ رَبِّهِ فَلْيَعْمَلْ عَمَلًا صَالِحًا وَلَا يُشْرِكْ بِعِبَادَةِ رَبِّهِ أَحَدًا
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- 8) Say the following prayer:

<i>In the name of God. I believe in God, and I reject all false gods. O God! protect me in my sleep and when I am awake.</i>	بِسْمِ اللَّهِ آمَنْتُ بِاللَّهِ وَكَفَرْتُ بِالطَّاغُوتِ اللَّهُمَّ احْفَظْنِي فِي مَنَامِي وَفِي يَقَظَتِي
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- 9) Say the following prayer:

<i>O God! By your name do I live, and by your name do I die.</i>	اللَّهُمَّ بِاسْمِكَ أَحْيَاوْ بِاسْمِكَ أَمُوتُ
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- 10) Sleep on your right side, facing the *qiblah*

If you see a nightmare:

- 1) Say what the Prophet used to say when he saw a nightmare:

<i>He is God for whom there are no partners</i>	هُوَ اللَّهُ الَّذِي لَا شَرِيكَ لَهُ
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When you wake up:

- 1) Prostrate (do *sajdah*) and say the following:

<i>Praise is for God who gave me life after having caused my death. And to him is the final return.</i>	الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانِي بَعْدَ مَا أَمَاتَنِي وَإِلَيْهِ النُّشُورُ
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