



Adhkar Before Sleep

With Arabic, Transliteration, Translation
and Virtues

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AYAT AL-KURSI: THE GREATEST PROTECTION

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ، لَا تَأْخُذُهُ
سِنَةٌ وَلَا نَوْمٌ ، لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ، مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ
إِلَّا بِإِذْنِهِ ، يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ، وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا
بِمَا شَاءَ ، وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ، وَلَا يَئُودُهُ حِفْظُهُمَا ، وَهُوَ الْعَلِيُّ
الْعَظِيمُ.

Transliteration: A'udhu bi-llahi mina-shayṭani-rajīm .Allahu laaa ilaaha illaa huwal haiyul qai-yoom laa taakhuzuhoo sinatunw wa laa nawm; lahoo maa fissamaawaati wa maa fil ard man zallazee yashfa'u indahooo illaa be iznih ya'lamu maa baina aideehim wa maa khalfahum wa laa yuheetoona beshai'in min 'ilmihee, illa be maashaaaa wasi'a kursiyyuhus samaa waati wal arda wa la ya'ooduho hifzuhumaa wa huwal aliyyul 'azeem

Translation: I seek the protection of Allah from the accursed Shaytan. Allah, there is no god worthy of worship but He, the Ever Living, The Sustainer of all. Neither drowsiness overtakes Him nor sleep. To Him Alone belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except with His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursī extends over the heavens and the earth, and their preservation does not tire Him. And He is the Most High, the Magnificent. (2:255)

AYAT AL-KURSI: THE GREATEST PROTECTION

Virtue:

Ubayy b. Ka‘b رضي الله عنه reported that he had a vessel in which he kept dates. He found that its quantity was decreasing. So he kept guard on it one night and saw a creature that resembled an adolescent boy. Ubayy greeted him and he returned his greeting. Ubayy then asked him, “What are you, a jinni or a human?” He replied, “A jinni.” So, he said to him, “Show me your hand.” So he showed him his hand, and it looked like a dog’s paw with dog’s fur. He said, “This is how the jinn are created. The jinn know that there is no one amongst them who is stronger than me.”

Ubayy asked him, “What caused you to do what you did?” He replied, “We heard that you are a man who loves charity, and we came to take our share from your food.” Ubayy asked him, “What will protect us from you?” He replied, “Reading Ayat-ul- Kursi from Surah al-Baqarah [i.e. the verse above]. If you read it in the morning, you will be protected from us till the evening. And if you read it in the evening, you will be protected from us till the morning.”

Ubayy said: “The following morning, I went to the Messenger of Allah ﷺ and told him about what had happened. The Messenger of Allah ﷺ said, “The evil one spoke the truth.” **[Hakim 2108]**

AYAT AL-KURSI: THE GREATEST PROTECTION

“Whoever reads Ayat-ul- Kursi at the end of (after) each mandatory prayer, nothing prevents him from entering paradise except death.” **[Sunan an-Nasai al-Kubra, no. 9848, and al-Tabarani, no. 7532]**

“Whoever says this when he rises in the morning will be protected from jinns until he retires in the evening, and whoever says it when retiring in the evening will be protected from them until he rises in the morning.” **[Al-Hakim 1 / 562, Al-Albani graded it as authentic in Sahihut-Targhib wat-Tarhib 1/273, and traces it to An-Nasa'i and At-Tabarani]**

SURAH AL-SAJDAH & SURAH AL-MULK

السَّجْدَةُ

Surah 32: The Prostration

Quran.com

Surah As-Sajdah - 1-30

Read and listen to Surah As-Sajdah. The Surah was revealed in Mecca, ordered 32 in the Quran. The Surah title means "The Prostration" in English and c...

Quran.com

الْمُلْكِ

Surah 67: The Sovereignty

Quran.com

Surah Al-Mulk - 1-30

Read and listen to Surah Al-Mulk. The Surah was revealed in Mecca, ordered 67 in the Quran. The Surah title means "The Sovereignty" in English and con...

Quran.com

Virtue:

Jabir reported: The Prophet ﷺ would not go to sleep until he had recited the chapters, "The revelation of the Book, in which there is no doubt, from the Lord of the worlds," (32:1) and, "Blessed is He in whose hand is the dominion, and has power over all things," (67:1).

Tawus said, "They both have seventy more virtues than every other chapter of the Quran."

[Sunan al-Tirmidhī 2892]

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ said regarding Surah Mulk: "A Surah containing thirty verses which will intercede on behalf of it's reciter until he is forgiven." **[Sunan Tirmidhi 2891, Abu Dawud 1395]**

3 QULS: BE SUFFICED IN ALL YOUR MATTERS (3X)

SURAH IKHLAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. قُلْ هُوَ اللَّهُ أَحَدٌ، اللَّهُ الصَّمَدُ، لَمْ يَلِدْ وَلَمْ يُولَدْ ،
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ.

Transliteration: Bismi-Ilāhi-r-Raḥmāni-r-Raḥīm. Qul Huwa-Ilāhu Aḥad. Allāhu-ṣ-Ṣamad. Lam yalid wa lam yūlad. Wa lam yakul-lahū kufuwan aḥad.

Translation: In the name of Allah, the All-Merciful, the Very Merciful. Say, He is Allah, the One, the Self-Sufficient Master, Who has not given birth and was not born, and to Whom no one is equal

Virtue:

Abdullah bin Khubaib رضي الله عنه reported: The Messenger of Allah ﷺ said to me, "Recite Surat Al-Ikhlās and Al-Mu'awwidhatain (Surat Al-Falaq and Surat An-Nas) three times at dawn and dusk. It will suffice you in all respects."

[Abu Dawud and At-Tirmidhi]. 'It will suffice you in all respects' means it will protect you from all evil.

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ said, "Surat Ikhlas is equivalent to one-third of the Qur'an." **[Muslim]**

3 QULS: BE SUFFICED IN ALL YOUR MATTERS (3X)

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ, "Whoever recites ten times, 'Say: He is Allah, the One,' a palace will be built for him in Paradise. Whoever recites it twenty times, two palaces will be built for him. Whoever recites it thirty times, three palaces will be built for him." **[Sahih according to Al-Albani, al-Mu'jam al-Awsat lil-Tabarani 281]**

Anas رضي الله عنه reported :A man said: "O Messenger of Allah! I love Surat-Al-Ikhlās." He ﷺ said, "Your love for it will admit you to Jannah." **[At-Tirmidhi]**

SURAH FALAQ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ . قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ، مِنْ شَرِّ مَا خَلَقَ ، وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ ، وَمِنْ شَرِّ النَّفَّٰثَاتِ فِي الْعُقَدِ ، وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ .

Transliteration: Bismi-llāhi-r-Raḥmāni-r-Raḥīm. Qul a'ūdhu bi-Rabbi-l-falaq. Min sharri mā khalaq. Wa min sharri ghāsiqin idhā waqab. Wa min sharri-n-naffāthāti fi-l-'uqad. Wa min sharri ḥāsidi idhā ḥasad.

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ said, "Surat Ikhlās is equivalent to one-third of the Qur'an." **[Muslim]**

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Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ, "Whoever recites ten times, 'Say: He is Allah, the One,' a palace will be built for him in Paradise. Whoever recites it twenty times, two palaces will be built for him. Whoever recites it thirty times, three palaces will be built for him." **[Sahih according to Al-Albani, al-Mu'jam al-Awsat lil-Tabarani 281]**

Anas رضي الله عنه reported :A man said: "O Messenger of Allah! I love Surat-Al-Ikhlās." He ﷺ said, "Your love for it will admit you to Jannah." **[At-Tirmidhi]**

SURAH NAAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. قُلْ اِغْوِذْ بِرَبِّ النَّاسِ ، مَلِكِ النَّاسِ ، إِلَهِ النَّاسِ ،
مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ، الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ، مِنَ الْجِنَّةِ
وَالنَّاسِ .

Transliteration: Bismi-llāhi-r-Raḥmāni-r-Raḥīm. Qul a‘ūdhu bi-Rabbi-n-nās. Maliki-n-nās. llāh-hin-nās. Min sharri-l-waswāsi-l-khannās. Al-ladhī yuwaswisu fī ṣudūri-n-nās. Mina-l-jinnati wa-n-nās.

3 QULS: BE SUFFICED IN ALL YOUR MATTERS (3X)

Translation: In the name of Allah, the All-Merciful, the Very Merciful. Say, I seek protection of the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the hearts of mankind, whether they be Jinn or people

Virtue:

Ibn Kathir رَحِمَهُ اللهُ writes, 'The most beneficial cure for magic is what Allah ﷻ revealed to His Messenger ﷺ as a cure: Surah al-Falaq and al-Nas. The Messenger of Allah ﷺ said, "No seeker has sought protection with anything like them"' **[Abu Dawud]**

Anas رضي الله عنه said "The Messenger of Allah ﷺ used to seek refuge in Allah from the jinn and the human evil eye until the Mu'awwidhatayn (Surah al-Falaq and al-Nas) were revealed. When they were revealed, he adopted them and abandoned everything else" **[Tirmidhi]**

He ﷺ also said, "Shall I inform you of the best words with which you can seek Allah's protection?" I said: "Yes." He ﷺ said, "Surah al-Falaq and al-Nas" **[Ahmad]**

SURAH AL-KAFIRUN

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. 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.

Transliteration: Bismi-llāhi-r-Raḥmāni-r-Raḥīm. Qul yā ayyuha-l-kāfirūn, lā aʿbudu mā taʿbudūn, wa lā antum ʿābidūna mā aʿbud, wa lā ana ʿābidūm-mā ʿabat-tum, wa lā antum ʿābidūna mā aʿbud, lakum dīnukum waliya dīn.

Translation: In the name of Allah, the All-Merciful, the Very Merciful. 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.

Virtue:

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.”
[Tirmidhi 3403]

LAST TWO AYAHS OF SURAH AL-BAQARAH

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. أَمِنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ
وَالْمُؤْمِنُونَ، كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ، لَا نَعْرِقُ بَيْنَهُمْ أَحَدٌ مِّنْ
رَّبِّهِ، وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ. لَا يُكَلِّفُ اللَّهُ
نَفْسًا إِلَّا وُسْعَهَا، لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ، رَبَّنَا لَا يَأْخُذْنَا إِن
نَبَسْنَا أَوْ أَخْطَأْنَا، رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن
قَبْلِنَا، رَبَّنَا وَلَا تَحْمِلْنَا مَا لَإِطَاقَةَ لَنَا بِهِ، وَاعْفُ عَنَّا وَارْحَمْنَا،
أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ.

Transliteration: A'ūdhu bi-llāhi mina-sh-Shayṭāni-r-rajīm.
Āmana-r-rasūlu bimā unzila ilayhi mi-r-rabbiḥī wa-l-
mu'minūn, kullun āmana bi-l-llāhi wa malā'ikatihī wa kutubihī
wa rusulih, lā nufarriqu bayna aḥadim-mi-r-rusulih, wa qālū
samī'nā wa aṭa'nā ghufrānaka Rabbanā wa ilayka-l-maṣīr. Lā
yukallifu-l-llāhu nafsan illā wus'ahā, lahā mā kasabat wa
'alayhā ma-ktasabat, Rabbanā lā tuākhidhnā i-n-nasīnā aw
akhṭa'nā, Rabbanā walā taḥmil 'alaynā iṣran kamā ḥamaltahū
'ala-l-ladhīna min qablinā, Rabbanā wa lā tuḥammilnā mā lā
ṭāqata lanā bih, wa'fu 'annā wa-ghfir lanā war-ḥamnā, Anta
Mawlānā fan-ṣurnā 'ala-l-qawmi-l-kāfirīn.

LAST TWO AYAHS OF SURAH AL-BAQARAH

Translation: I seek the protection of Allah from the accursed Shayṭān. 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)

Virtue:

Messenger of Allah ﷺ said "Whoever recites the last two verses of Sūrah al-Baqarah at night, they will suffice him."

[Bukhari 4008,807]

TASBIH, TAHMID AND TAKBIR

سُبْحَانَ اللَّهِ - X33
الْحَمْدُ لِلَّهِ - X33
اللَّهُ أَكْبَرُ - X34

Transliteration: : Subhāna-llāh. Alḥamdu li-llāh, Allāhu akbar.

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

Virtue:

Fatimah رَضِيَ اللَّهُ عَنْهَا 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, Alḥamdulillah 33 times, and Allahu Akbar 34 times.'" **[Bukhari 3705]**

MERCY & PROTECTION

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

Transliteration: Bismika Rabbī waḍaʿtu jambī, wa bika arfaʿuh, in amsakta nafsī fa-r-ḥamhā, wa in arsaltahā, fa-ḥ-fazhā bimā taḥfaẓu bihī ʿibādaka-s-sāliḥīn.

Translation: 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.

Virtue:

Abu Hurairah رضي الله عنه narrates that the Prophet ﷺ said: “When any of you goes to bed, he should shake out his bed with the inside of his waist sheet, for he does not know what has come on to it after him, and then he should say: [the above].” **[Bukhari 6320]**

PROTECTION FROM PUNISHMENT X3

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ.

Transliteration: Allāhumma qinī ‘adhābaka yawma tab‘athu ‘ibādak.

Translation: O Allah, protect me from Your punishment on the day You resurrect Your servants.

Virtue:

Hafsah رضي الله عنه narrates that when the Prophet ﷺ wanted to go to sleep, he put his right hand under his cheek and would then say [the above] three times. **[Abu Dawud 5045]**

THANK ALLAH FOR BLESSING YOU

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا ، وَكَفَانَا ، وَآوَانَا ، فَكَمْ مَمَّنْ لَا كَافِيَ لَهُ وَلَا مُؤْوِي.

Transliteration: Al-ḥamdu li-llāhi-l-ladhī aṭ‘amanā wa saqānā, wa kafānā, wa āwānā, fakam-mim-man lā kāfiya lahū walā mu‘wiy.

Translation: 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.

Virtue:

Anas رضي الله عنه narrates that when the Messenger of Allah ﷺ would retire to bed, he would say [the above]. **[Muslim 2715]**

PROTECT YOURSELF FROM THE 4 EVILS

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ، رَبَّ كُلِّ شَيْءٍ
وَمَلِيكَهُ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ
الشَّيْطَانِ وَشَرِّكَه، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا، أَوْ أَجْرِدَهُ إِلَى مُسْلِمٍ.

Transliteration: Allāhumma ‘ālima-l-ghaybi wa-sh-shahādah, fāṭir-as-samāwāti wa-l-arḍi, rabba kulli shay’iw-wa malīkah, ash-hadu al-lā ilāha illā Anta, a’ūdhu bika min sharri nafsī wa min sharri-sh-shayṭāni wa shirkihī wa an aqtarifa ‘alā nafsī sū’an aw ajurrahū ilā muslim.

Translation: 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.

Virtue:

Abu Hurairah رضي الله عنه narrates that Abu Bakr رضي الله عنه said “ O Messenger of Allah ﷺ command me with something that I may say in the morning and evening.’ He ﷺ said: ‘Say: [the above].’ He said: ‘Say it in the morning, and evening, and when you retire to bed.” [Tirmidhi 3392, 3529, Musnad Ahmad 82]

PROTECTION FROM EVIL AND SETTLING OF DEBTS

اللَّهُمَّ رَبَّ السَّمَوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ الْعَرْشِ الْعَظِيمِ ، رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ ، فَالِقَ الْحَبِّ وَالنَّوَى ، وَمُنزِلَ 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 ، إقْضِ عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ .

Transliteration: Allāhumma Rabb-as-samāwāti wa Rabba-l-arḍi wa Rabba-l-‘Arshi-l-‘aẓīm, Rabbanā wa Rabba kulli shay’, fāliqa-l-ḥabbi wa-n-nawā, wa munzila-t-tawrāti wa-l-injīli wa-l-furqān, a‘ūdhu bika min sharri kulli shay’in Anta ākhidhun bi-nāṣiyatih, Allāhumma Anta-l-Awwalu fa-laysa qablaka shay’, wa Anta-l-Ākhiru fa-laysa ba’daka shay’, wa Anta-ẓ-Ẓāhiru fa-laysa fawqaka shay’, wa Anta-l-Bāṭinu fa-laysa dūnaka shay’, iqḍi ‘anna-d-dayna wa aghninā mina-l-faqr.

Translation: O Allah, Lord of the 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 Injil and the Criterion (Qur’ān); 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.

PROTECTION FROM EVIL AND SETTLING OF DEBTS

Virtue:

Suhail reported that Abu Salih used to command us (in these words):

When any one of you intends to go to sleep, he should lie on the bed on his right side and then say:" O Allah. the Lord of the Heavens and the Lord of the Earth and Lord of the Magnificent Throne, our Lord, and the Lord of evervthina, the Splitter of the grain of corn and the datestone (or fruit kernal), the Revealer of Torah and Injil (Bible) and Criterion (the Holy Qur'an), I seek refuge in Thee from the evil of everything Thou art to sieze by the forelock (Thou hast perfect control over it). O Allah, Thou art the First, there is naught before Thee, and Thou art the Last and there is naught after Thee, and Thou art Evident and there is nothing above Thee, and Thou art Innermost and there is nothing beyond Thee. Remove the burden of debt from us and relieve us from want." Abu Salih used to narrate it from Abu Huraira who narrated it from Allah's Apostle (ﷺ).

[Muslim 2713]

ASK ALLAH TO PROTECT YOU FROM EVIL

اللَّهُمَّ إِنِّي أَعُوذُ بِوَجْهِكَ الْكَرِيمِ ، وَكَلِمَاتِكَ الْتَّامَّةِ مِنْ شَرِّ مَا أَنْتَ
أَجِدُ بِنَاصِيَتِهِ ، اللَّهُمَّ أَنْتَ تَكْشِفُ الْمَغْرَمَ وَالْمَأْتَمَ ، اللَّهُمَّ لَا يُهْرَمُ
جُنْدُكَ ، وَلَا يُخْلَفُ وَعْدُكَ ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ ، سُبْحَانَكَ
وَبِحَمْدِكَ.

Transliteration: Allāhumma innī a‘ūdhu bi wajhika-l-karīm, wa kalimātika-t-tāmmati min sharri mā Anta ākhidhun bi nāṣiyatih, Allāhumma Anta takshifu-l-maghrama wa-l-ma‘tham, Allāhumma lā yuhzamu junduk, wa lā yukhlafu wa‘duk, wa lā yanfa‘u dha-l-jaddi minka-l-jadd, subḥānaka wa bi-ḥamdik.

Translation: 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.

Virtue:

Ali B Abi Talib رضي الله عنه narrates that the Messenger of Allah ﷺ sed to say [the above] when he retired to bed. **[Abu Dawud**

5052]

PROTECTION, WELL-BEING AND FORGIVENESS

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

Transliteration: Allāhumma innaka khalaqta nafsī wa Anta tawaffāhā, laka mamātuhā wa maḥyāhā, in aḥyaytahā fa-ḥfaẓhā, wa in amattahā fa-ghfir lahā, Allāhumma innī as'aluka-l-āfiyah.

Translation: 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.

Virtue:

Abdullah b. Umar رضي الله عنه narrates that he instructed a man to say [the above] when going to sleep. The man asked him: 'Did you hear this from 'Umar?' He replied: 'Someone better than 'Umar; From the Messenger of Allah ﷺ [Ahmad 5502]

FORGIVENESS & PROTECTION

بِسْمِ اللَّهِ وَصَعْتُ جَنِّي ، اللَّهُمَّ اغْفِرْ لِي ذَنْبِي ، وَأَخْسِرْ شَيْطَانِي ، وَفُكِّ رَهَائِي ، وَاجْعَلْنِي فِي
الْتَدْيِ الْأَعْلَى.

Transliteration: Bismillāhi waḍa'tu jambī, Allāhumma-ghfir lī
dhambī, wa akhsi' shayṭānī, wa fukka rihānī, wa-j'alnī fi-n-
Nadiyyi-l-A'lā.

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

Virtue: Abū al-Azhar al-Anmārī رضي الله عنه narrates that when
the Messenger of Allah ﷺ retired to bed at night, he would say
[the above] **[Abu Dawud 5054]**

SLEEP IN THE NAME OF YOUR LORD

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا.

Transliteration: Allāhumma bismika amūtu wa aḥyā.

Translation: O Allah, solely in Your Name I die and I live.

Virtue: Abu Dhar رضي الله عنه narrates that whenever the
Prophet ﷺ lay on his bed, he used to say: [the above], and
when he woke up he would say: 'All praise is for Allah Who
gave us life after having taken it from us and unto Him is the
resurrection.' **[Bukhari 6325]**

PRAISE ALLAH WITH THE PRAISES OF THE ENTIRE CREATION

الْحَمْدُ لِلَّهِ الَّذِي كَفَانِي وَآوَانِي ، الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي وَسَقَانِي ، الْحَمْدُ لِلَّهِ الَّذِي مَنَّ عَلَيَّ
فَأَفْضَلَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ بِعِزَّتِكَ أَنْ تَنْجِيَنِي مِنَ النَّارِ .

Transliteration: Al-ḥamdu li-llāhi-lladhī kafānī wa āwānī, al-ḥamdu li-llāhi-lladhī aṭ‘amanī wa saqānī, al-ḥamdu li-llāhi-l-ladhī manna ‘alayya fa-afḍal, allāhumma innī as‘aluka bi ‘izzatika an tunajjiyanī min-an-nār.

Translation: 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.

Virtue:

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.” **[Hakim 2001]**

GET FORGIVEN BEFORE GOING TO SLEEP

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 .

Transliteration: Lā ilāha illā-l-lāhu waḥdahu lā sharīka lah, lahu-l-mulku wa lahu-l-ḥamd, wa Huwa ‘alā kulli shay’in qadīr, wa lā ḥawla wa lā quwwata illā billāh, subḥāna-llāhi wa-l-ḥamdu lillāhi wa lā ilāha illā Allāhu wa-l-Allāhu akbar

Translation: 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.

Virtue:

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.”**[Nasai]**

DIE UPON THE FITRAH

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 .

Transliteration: Allāhumma aslamtu nafsī ilayk, wa fawwaḍtu amrī ilayk, wa wajjahtu wajhī ilayk, wa alja'tu zahrī ilayk, raghbatan wa rahbatan ilayk, lā malja'a wa lā manjā minka illā ilayk, āmantu bi kitābika-l-ladhī anzalt, wa bi Nabiiyika-lladhī arsalt.

Translation: 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.

Virtue:

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)."

[Bukhari 6313]

In another narration the Messenger of Allah ﷺ said: "Let the aforesaid words be your last utterance (before sleep)."

[Bukhari 247]