Adkhaar
For Going to Bed
And Getting Up in the Night

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Table of Contents

Etiquette for Retiring for the Night ................................................................. 3
When Going to Sleep ................................................................................. 4
Getting Up from Bed at Night and Then Returning to It ......................... 14
When Turning Over at Night ................................................................. 16
Upon Hearing Dogs at Night ................................................................. 17
Upon Having a Good or Bad Dream .................................................... 17

ETIQUETTE FOR RETIRING FOR THE NIGHT

‘When night falls [i.e., at al-Maghrib], restrain your children [from going out] because at such time the devils spread about. After a period of time has passed, let them be. Shut your doors and mention Allaah’s name, for verily the devil does not open a shut door, tie up your water-skins and mention Allaah’s name, cover your vessels with anything and mention Allaah’s name and put out your lamps.’

O Allaah, send peace and blessings upon our Prophet Muhammad, his companions, and his family and all those who follow them in righteousness till the Day of Reckoning.

WHEN GOING TO SLEEP

When retiring to his bed every night, The Prophet (sal-Allaahu ‘alayhe wa sallam) would hold his palms together, and (whilst blowing - would) lightly 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.’

The Prophet (sal-Allaahu ‘alayhe wa sallam) also said: ‘When you are about to sleep recite Aayah-ul-Kursee till the end of the Aayah for there will remain over you a protection from Allaah and no devil will draw near to you until morning.’
The Prophet (sal-Allaahu 'alayhe wa sallam) also said: 'Whoever recites the last two Aayahs of Soorah al-Baqarah at night, those two Aayahs shall be sufficient for him.'

[Soorah al-Baqarah, Aayahs 285-286]

The Prophet (sal-Allaahu 'alayhe wa sallam) would place his right hand under his cheek when about to sleep and supplicate:

اللهم قني عذابك يوم تبعث عبادك

[ثلاثاء]

'O Allaah, protect me from Your punishment on the day Your servants are resurrected.' [three times]

باَسْمَالِ اللَّهِ رَبِّ الْعَالَمِينَ وَ أَحَبَّا

'In Your name O Allaah, I live and die.'

'Shall I not direct you both to something better than a servant? When you go to bed say:

سبحان الله

[ثلاثاء و ثلاثين]

How Perfect Allaah is.' [thirty-three times]

الحمد لله

[ثلاثاء و ثلاثين]

‘All praise is for Allaah.’ [thirty-three times]

الله أใหญ

[أربعاء و ثلاثين]

‘Allaah is the greatest.’ [thirty-four times]

...for that is indeed better for you both than a servant.'
'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 Towraat, the Injeel and the Furquaan, 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.'

'al-hamdu lillah al-adii a'tumma wa سقان،
와 كفانا و آوانا
فَكِمْ مِمَّنْ لا كافِي لِهُ وَ لا مؤؤوی

‘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.’

‘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.’

‘The Prophet (sal-Allaahu 'alayhe wa sallam) never used to sleep until he had recited Soorah as-Sajdah (32) and Soorah al-Mulk (67).’
’If you take to your bed, then perform ablution, lie on your right side and then supplicate:

اللَّهُمَّ أَسْلَمُتْ نَفْسِي إِلَيْكَ،
وَفَوْقَتْ أَمْرِي إِلَيْكَ،
وَوَجَهْتُ وَجَهَيْتُ إِلَيْكَ،
وَأَلْحَانَتُ طَهَّرْيِ إِلَيْكَ،
رَغْنِيَّةٌ وَرِضْعَةٌ إِلَيْكَ لا مَلَحَأٌ وَلا مُتَنَحَا
مَنْكَ إِلَيْكَ، أَمْتُ بِكَابِكَ الَّذِي أُرَسَلْتَ
أَنْتَ لَ وَبِتَابِكَ الَّذِي أُرَسَلْتُ

‘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.’

GETTING UP FROM BED AT NIGHT AND THEN RETURNING TO IT

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:

باَسْمَكَ رَبِّي وَضَعْتُ جَنِينِ وَبَكَ أَرْفَعُهُ إِنَّ أَمْسَكْتُ نَفْسِي فَأَرْحَمْهَا وَ إِنْ أُرَسَلْتُها فَأَفْحَفْهَا بِمَا تَحْفَظُ بِهِ عِبَادُكَ الصَّالِحِينَ

‘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.’

HYPHENATION

WHEN TURNING OVER AT NIGHT

‘Aa.ishah (radhi-yAllaahu ‘Anhaa) narrated that the Messenger of Allaah (sal-Allaahu ‘alayhe wa sallam) used to say at night if he turned during sleep:

لاَ إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَارُ
رَبُّ السَّمَوَاتِ وَالأَرْضِ
وَمَا بَيْنَ هَثَا العَزِيزِ الْعَظَمَارُ

‘None has the right to be worshipped except Allaah, The One, al-Qahhaar . Lord of the heavens and the Earth and all between them, The Exalted in Might, The Oft-Forgiving.’
UPON HEARING DOGS AT NIGHT

‘If you hear the barking of dogs or the braying of asses at night, seek refuge in Allaah for they see what you do not.’

UPON HAVING A GOOD OR BAD DREAM

‘The righteous dream is from Allaah and the bad dream is from the devil, so if anyone sees something which pleases him then he should only relate it to one whom he loves...’

Summary of what to do upon having a bad dream:

• spit on your left three times.
• Seek refuge in Allaah from Shaytaan and the evil of what you saw three times.
• Do not relate it to anyone.
• Turn and sleep on the opposite side to which you were sleeping on previously.
• Get up and pray if you so desire.