

# Prayers Before Sleeping & Upon Awakening

## Before Sleeping

When intending to sleep, lie on your right side with your right palm under your right cheek and recite:

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

O Allāh! With Your Name I die, and I live. (Al-Bukhārī)

Also recite the following three times:

اللَّهُمَّ قِنِي عَذَابَكَ ، يَوْمَ تَبْعَثُ عِبَادَكَ

O Allāh! Save me from Your Punishment on the day You resurrect Your Servants (from their graves). (Abū Dāwūd)

## Upon Awakening

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا ، وَإِلَيْهِ النُّشُورُ

All praise is for Allāh who gave us life after having given us death, and to Him is the resurrection (Al-Bukhari)

**Note:** Death and life refer to sleeping and awakening.