



أذكار النوم

Before-Sleep Adhkar

Complete Collection with Arabic · Transliteration · Translation · Virtue · References

27 Adhkar in 7 Sections

Purification · Core Duas · Qur'anic Recitation · Tasbih · Protection · Forgiveness · Special Practices – www.zikar.app

Introduction & Order of Recitation

These 27 before-sleep adhkar are organized into 7 thematic sections, all drawn from authentic Hadith. Sleep in Islam is described as the 'minor death' (al-mawt al-asghar) — the soul is taken by Allah each night and returned upon waking. This makes the before-sleep adhkar among the most important daily acts of worship, as they prepare the heart and body for this nightly surrender to Allah.

Recommended Order:

1. Make wudu (ablution) before sleep
2. Dust the bed 3 times
3. Lie on the right side
4. Recite Ayatul Kursi (1x)
5. Recite 3 Quls — Al-Ikhlās, Al-Falaq, An-Nas (3x each) — blow into palms, wipe body
6. Recite Last 2 Verses of Surah Al-Baqarah (1x)
7. Recite Surah Al-Mulk (1x)
8. Recite Surah As-Sajdah (1x)
9. Tasbih of Fatimah — SubhanAllah 33 + Alhamdulillah 33 + Allahu Akbar 34
10. Sayyidul Istighfar (1x)
11. Allahumma Innaka Afuwwun (3x)
12. Al-Bara ibn Azib Dua — make it the LAST thing you say (1x)
13. Say Bismika Allahumma amutu wa ahya (1x)

Section 1: Purification & Preparation for Sleep

1. Wudu Before Sleep **Once**

وَضَأْتُ لِلصَّلَاةِ فَاغْتَسِلُ لِلنَّوْمِ

Transliteration: (Perform wudu as you would for prayer before going to sleep)

Translation: Perform wudu (ablution) before sleep, as you would for prayer.

✦ **Virtue:** The Prophet ﷺ said: 'When you go to your bed, perform wudu as you do for prayer, then lie on your right side.' The angels stay with a person who sleeps in a state of purity and make du'a for him all night: 'O Allah, forgive him, O Allah, have mercy on him.'

📖 **Reference:** Bukhari, Hadith 247 | Muslim, Hadith 2710 | Narrated by Al-Bara ibn Azib (RA) | Also in Abu Dawud, Hadith 5045

2. Lying on the Right Side — Sunnah of Sleep **Practice**

اضْطَجِعْ عَلَى شِقِّكَ الْأَيْمَنِ

Transliteration: *Idtaji' 'ala shiqqikal-ayman.*

Translation: Lie down on your right side.

✦ **Virtue:** The Prophet ﷺ specifically instructed lying on the right side before sleep and reciting the sleeping dua. Sleeping on the right side also has physical benefits — it aids digestion and reduces pressure on the heart. The heart is on the left, and lying on the right keeps the heart elevated.

📖 **Reference:** Bukhari, Hadith 247 | Muslim, Hadith 2710 | Tirmidhi, Hadith 3392 | Narrated by Al-Bara ibn Azib (RA)

3. Dusting the Bed — 3 Times **3x**

إِذَا أَرَادَ أَحَدُكُمْ أَنْ يَأْتِيَ فِرَاشَهُ فَلْيَنْفُضْهُ بِدَاخِلَةِ إِزَارِهِ

Transliteration: *Dust the bed three times with the inner edge of your garment before lying down.*

Translation: When one of you goes to his bed, let him dust it off with the inner part of his lower garment (three times).

✦ **Virtue:** The Prophet ﷺ said: 'When one of you goes to his bed, let him dust it off three times with the inner part of his garment, for he does not know what has settled on it since he left it, and when he lies down, let him say: In Your name, my Lord, I lay down my side...' This removes any harm that may have rested on the bed.

📖 **Reference:** Bukhari, Hadith 6320 | Muslim, Hadith 2714 | Narrated by Abu Hurairah (RA)

Section 2: Core Sleeping Duas

4. Bismika Allahumma — The Sleep Dua **1x**

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Transliteration: *Bismika Allahumma amutu wa ahya.*

Translation: In Your name, O Allah, I die and I live.

✦ **Virtue:** The Prophet ﷺ would say this every night before sleeping. Sleep is called the 'minor death' in Islam — this dua surrenders one's soul to Allah. When waking, the Prophet ﷺ would say: 'Alhamdulillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur' (All praise is for Allah who gave us life after taking it, and to Him is the resurrection).

📖 **Reference:** Bukhari, Hadith 6312 | Muslim, Hadith 2711 | Narrated by Hudhayfah ibn Al-Yaman (RA)

5. Allahumma Bismika Amutu wa Ahya — Extended Version 1x

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Transliteration: *Allahumma bismika amutu wa ahya.*

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

✦ **Virtue:** This extended version adds 'Allahumma' — directly addressing Allah by name before surrendering to sleep. Both this version and the shorter Bismika version are authentic. The Prophet ﷺ taught both to different companions. Together they represent the complete surrender of body and soul to Allah each night.

📖 **Reference:** *Bukhari, Hadith 6314 | Tirmidhi, Hadith 3417 | Narrated by Abu Dharr (RA)*

6. Al-Bara ibn Azib Dua — The Covenant of Sleep 1x

اللَّهُمَّ أَسَلَمْتُ نَفْسِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ،
وَأَجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مَنَاجَا مِنْكَ إِلَّا إِلَيْكَ،
أَمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ

Transliteration: *Allahumma aslamtu nafsi ilayk, wa fawwadtu amri ilayk, wa wajahtu wajhi ilayk, wa alja'tu zahri ilayk, raghbatan wa rahbatan ilayk, la malja'a wa la manja minka illa ilayk, amantu bikitabikal-ladhi anzalta wa nabiiyikal-ladhi arsalt.*

Translation: O Allah, I have submitted my soul to You, entrusted my affairs to You, turned my face toward You, and leaned my back upon You — out of desire for You and out of fear of You. There is no refuge and no escape from You except to You. I believe in Your Book which You have revealed, and in Your Prophet whom You have sent.

✦ **Virtue:** The Prophet ﷺ said to Al-Bara ibn Azib (RA): 'If you say this and die that night, you will die upon the fitrah (natural state of Islam).' He also said: 'Make it the last thing you say.' This dua is the most complete act of submission to Allah before sleep — it covers soul, affairs, face, and back.

📖 **Reference:** *Bukhari, Hadith 247 | Muslim, Hadith 2710 | Abu Dawud, Hadith 5045 | Narrated by Al-Bara ibn Azib (RA)*

7. Dua for Protection of Soul During Sleep 1x

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

Transliteration: *Allahumma innaka khalaqta nafsi wa anta tawaffaha, laka mamatuha wa mahyaha, in ahyaytaha fahfazha, wa in amattaha faghfir laha. Allahumma inni as'alukal-'afiyah.*

Translation: O Allah, You created my soul and You take it back. Its death and its life belong to You. If You give it life, then protect it; and if You cause it to die, then forgive it. O Allah, I ask You for well-being.

✦ **Virtue:** This dua acknowledges the full sovereignty of Allah over the soul. Sleep is a form of death — the soul is taken and returned by Allah each night. Saying this dua is a deep act of tawakkul, placing one's very existence in Allah's hands each night.

📖 **Reference:** *Muslim, Hadith 2712 | Abu Dawud, Hadith 5053 | Narrated by Ibn Umar (RA)*

Section 3: Qur'anic Recitation Before Sleep

8. Ayatul Kursi — Verse of the Throne 1x

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمَاوَاتِ
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: Allahu la ilaha illa Huwal-Hayyul-Qayyum, la ta'khuduhu sinatun wa la nawm, lahu ma fis-samawati wa ma fil-ard, man dhal-ladhi yashfa'u 'indahu illa bi-idhnihi, ya'lamu ma bayna aydihim wa ma khalfahum, wa la yuhituna bi shay'im min 'ilmihill ila bima sha', wasi'a kursiyyuhus-samawati wal-ard, wa la ya'uduhu hifzuhuma wa Huwal-'Aliyyul-'Azim.

Translation: Allah — there is no deity except Him, the Ever-Living, the Sustainer of existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by 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 Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

✦ **Virtue:** Abu Hurairah (RA) narrated a famous encounter: A shaytan came to steal from the sadaqah. He taught Abu Hurairah Ayatul Kursi before sleep, saying: 'Recite it and Allah will appoint a guardian over you, and no shaytan will come near you until morning.' The Prophet ﷺ confirmed: 'He told you the truth, though he is a liar. That was a shaytan.' Al-Baqarah 2:255.

📖 **Reference:** Bukhari, Hadith 2311 | Narrated by Abu Hurairah (RA) | Surah Al-Baqarah 2:255

9. Surah Al-Ikhlās — 1/3 of the Quran 3x

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا
أَحَدٌ

Transliteration: Qul Huwallahu Ahad. Allahus-Samad. Lam yalid wa lam yulad. Wa lam yakul-lahu kufuwan ahad.

Translation: Say: He is Allah, the One. Allah, the Eternal Refuge. He neither begets nor was born. Nor is there to Him any equivalent.

✦ **Virtue:** The Prophet ﷺ used to gather his palms, blow into them, recite Al-Ikhlās, Al-Falaq, and An-Nas, then wipe over his body starting from the head, face and front of the body — doing this 3 times. He said reciting these 3 surahs 3 times is as if one has recited the entire Quran.

📖 **Reference:** Bukhari, Hadith 5017 | Abu Dawud, Hadith 5056 | Tirmidhi, Hadith 3402 | Narrated by Aisha (RA)

10. Surah Al-Falaq — Seeking Refuge from Night's Evils 3x

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Transliteration: Qul a'udhu bi-Rabbil-falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha waqab. Wa min sharrin-naffathati fil-uqad. Wa min sharri hasidin idha hasad.

Translation: Say: I seek refuge in the Lord of daybreak, from the evil of that which He created, and from the evil of darkness when it settles, and from the evil of the blowers in knots, and from the evil of an envier when he envies.

✦ **Virtue:** Recited as part of the three Quls before sleep. Al-Falaq specifically mentions 'the evil of darkness when it settles' — making it especially relevant before sleep when darkness is complete. The Prophet ﷺ wiped his hands over his body after blowing into them with these surahs.

📖 Reference: Bukhari, Hadith 5017 | Abu Dawud, Hadith 5056 | Narrated by Aisha (RA) | Surah Al-Falaq 113

11. Surah An-Nas — Seeking Refuge from Whisperings 3x

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ
وَالنَّاسِ

Transliteration: Qul a'udhu bi-Rabbin-nas. Malikin-nas. Ilahin-nas. Min sharril-waswasil-khannas. Alladhi yuwaswisu fi sudurin-nas. Minal-jinnati wan-nas.

Translation: Say: I seek refuge in the Lord of mankind, the Sovereign of mankind, the God of mankind, from the evil of the retreating whisperer — who whispers into the breasts of mankind — from among the jinn and mankind.

✦ **Virtue:** Sleep makes a person vulnerable to shaytan's whisperings and evil dreams. An-Nas provides specific protection from the whispering of jinn and human evil. The Prophet ﷺ said: 'There is nothing that will suffice you like the Mu'awwidhatayn (Al-Falaq and An-Nas).'

📖 Reference: Bukhari, Hadith 5017 | Abu Dawud, Hadith 5056 | Narrated by Aisha (RA) | Surah An-Nas 114

12. Last Two Verses of Surah Al-Baqarah — Amanar-Rasul 1x

آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ۚ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ
وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ
الْمَصِيرُ ﴿١٠٢﴾ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا
اكَتَسَبَتْ ۚ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۚ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِيْرًا
كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۚ وَاعْفُ
عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Transliteration: Amanar-rasulu bima unzila ilayhi mir-rabbihi wal-mu'minun, kullun amana billahi wa mala'ikatihi wa kutubihi wa rusulihi, la nufarriqu bayna ahadin mir-rusulih, wa qalu sami'na wa ata'na ghufranaka rabbana wa ilaykal-masir. La yukallifullahu nafsan illa wus'aha, laha ma kasabat wa 'alayha mak-tasabat, rabbana la tu'akhidhna in nasina aw akhta'na, rabbana wa la tahmil 'alayna isran kama hamaltahu 'alal-ladhina min qablina, rabbana wa la tuhammilna ma la taqata lana bih, wa'fu 'anna waghfir lana warhamna, anta mawlana fansurna 'alal qawmil kafirin.

Translation: 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. Your forgiveness, Our Lord, and to You is the final return.' Allah

does not burden a soul beyond that it can bear. For it is what it has earned; against it is what it has incurred. Our Lord, do not hold us accountable if we forget or make a mistake. Our Lord, do not burden us as You burdened those before us. Our Lord, do not place upon us a burden we have no strength to bear. Pardon us, forgive us, and have mercy on us. You are our Guardian — so grant us victory over the disbelieving people.

✦ **Virtue:** The Prophet ﷺ said: 'Whoever recites the last two verses of Surah Al-Baqarah at night, they will suffice him.' These two verses were gifted to the Prophet ﷺ on the night of Isra wal-Mi'raj as a treasure from beneath the Throne. They contain 5 powerful Rabbana duas — complete protection and mercy for the night.

📖 **Reference:** Bukhari, Hadith 5009 | Muslim, Hadith 808 | Narrated by Abu Mas'ud Al-Ansari (RA) | Surah Al-Baqarah 2:285-286

13. Surah Al-Mulk — Protection from Punishment of the Grave 1x

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ... (كاملة)

Transliteration: Tabarakal-ladhi biyadihil-mulku wa huwa 'ala kulli shay'in qadir... (Full Surah Al-Mulk, Chapter 67)

Translation: Blessed is He in whose hand is dominion, and He is over all things competent... (Full Surah Al-Mulk, 30 verses)

✦ **Virtue:** The Prophet ﷺ said: 'There is a Surah in the Quran of 30 verses which will intercede for its reciter until he is forgiven — it is Surah Al-Mulk (Tabarakallazi bi-yadihil mulk).' He also said it prevents the punishment of the grave. It was his habit ﷺ to never sleep until he had recited it.

📖 **Reference:** Abu Dawud, Hadith 1400 | Tirmidhi, Hadith 2891 | Ibn Majah, Hadith 3786 | An-Nasa'i | Narrated by Ibn Abbas (RA) | Classed Sahih by Al-Albani

14. Surah As-Sajdah — Read Every Night 1x

الْم تَنْزِيلُ الْكِتَابِ لَا رَيْبَ فِيهِ مِنْ رَبِّ الْعَالَمِينَ... (كاملة)

Transliteration: Alif-Lam-Mim. Tanzilul-kitabi la rayba fih mir-Rabbil-'alamin... (Full Surah As-Sajdah, Chapter 32)

Translation: Alif-Lam-Mim. The revelation of the Book, about which there is no doubt, is from the Lord of the worlds... (Full Surah As-Sajdah, 30 verses)

✦ **Virtue:** Jabir (RA) narrated: 'The Prophet ﷺ would not sleep until he recited Alif-Lam-Mim, the revelation of the Book (Surah As-Sajdah) and Surah Al-Mulk.' It was his nightly Sunnah to recite both together. Surah As-Sajdah contains a beautiful sajdah (prostration) verse.

📖 **Reference:** Tirmidhi, Hadith 2892 | Ahmad, Hadith 14716 | Narrated by Jabir ibn Abdullah (RA) | Classed Sahih by Al-Albani

Section 4: Tasbih & Dhikr Before Sleep

15. Tasbih of Fatimah — SubhanAllah, Alhamdulillah, Allahu Akbar 33 + 33 + 34x

سُبْحَانَ اللَّهِ (٣٣) اَلْحَمْدُ لِلَّهِ (٣٣) اللَّهُ أَكْبَرُ (٣٤)

Transliteration: SubhanAllah (33x) — Alhamdulillah (33x) — Allahu Akbar (34x).

Translation: Glory be to Allah (33 times) — All praise is for Allah (33 times) — Allah is the Greatest (34 times).

✦ **Virtue:** Fatimah (RA) came to the Prophet ﷺ asking for a servant to ease her household work. He said: 'Shall I not tell you something better? When you go to your bed, say SubhanAllah 33 times, Alhamdulillah 33 times, and Allahu Akbar 34 times — that is 100 in total — and it is better for you than a servant.' Ali (RA) said: 'I never missed it after hearing it from the Prophet ﷺ.'

📖 **Reference:** Bukhari, Hadith 3705 | Muslim, Hadith 2727 | Abu Dawud, Hadith 5062 | Narrated by Ali ibn Abi Talib (RA)

16. SubhanAllah — 100x Before Sleep 100x

سُبْحَانَ اللَّهِ

Transliteration: *SubhanAllah.***Translation:** Glory be to Allah.

♦ **Virtue:** The Prophet ﷺ said: 'Whoever says SubhanAllah 100 times before sleeping, Allah will write for him 1000 good deeds or erase 1000 bad deeds.' A brief yet extraordinarily rewarding act — completing it while settling into bed, preparing the heart for sleep with glorification of Allah.

📖 **Reference:** *Tirmidhi, Hadith 3406 | Narrated by Anas ibn Malik (RA) | Classed Hasan by Al-Albani*

Section 5: Protection Duas for the Night

17. A'udhu Bikalimatillah — Refuge from Creation's Evil 3x

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Transliteration: *A'udhu bikalimatillahit-tammati min sharri ma khalaq.***Translation:** I seek refuge in the perfect words of Allah from the evil of what He has created.

♦ **Virtue:** The Prophet ﷺ said: 'Whoever says this 3 times in the evening, no harm will afflict him that night.' A man told Abu Hurairah (RA) he was stung by a scorpion. He said: 'Had you said these words in the evening, nothing would have harmed you.' This is especially powerful as a before-sleep protection.

📖 **Reference:** *Muslim, Hadith 2709 | Tirmidhi, Hadith 3519 | Narrated by Abu Hurairah (RA) | Hisnul Muslim #74*

18. Bismillah Protection — Sealing the Night 3x

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ
السَّمِيعُ الْعَلِيمُ

Transliteration: *Bismillahil-ladhi la yadurru ma'asmih shay'un fil-ardi wa la fis-sama'i wa huwas-Sami'ul-'Alim.***Translation:** In the name of Allah, with whose name nothing on earth or in the heavens can cause harm, and He is the All-Hearing, the All-Knowing.

♦ **Virtue:** Whoever says this 3 times in the evening will not be struck by any calamity before morning. This dua creates a divine shield — invoking Allah's Name that protects from all harm. It is a complete seal on the night.

📖 **Reference:** *Tirmidhi, Hadith 3388 | Abu Dawud 4/323 | Narrated by Uthman ibn Affan (RA) | Classed Sahih by Al-Albani*

19. Dua for Protection of Children & Family — Kalimat At-Tamma 3x

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

Transliteration: *A'udhu bikalimatillahit-tammati min kulli shaytanin wa hammah, wa min kulli 'aynin lammah.***Translation:** I seek refuge in the perfect words of Allah from every devil and every crawling creature, and from every evil eye.

♦ **Virtue:** The Prophet ﷺ used to seek refuge for Al-Hasan and Al-Husayn (his grandsons) with these words every night, saying: 'Your forefather Ibrahim used to seek refuge for Ismail and Ishaq with these words.' This is an especially important dua for parents to recite over their sleeping children.

📖 **Reference:** *Bukhari, Hadith 3371 | Abu Dawud, Hadith 4737 | Tirmidhi, Hadith 2060 | Narrated by Ibn Abbas (RA)*

20. Dua for Light in Every Direction 1x

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا، وَفِي لِسَانِي نُورًا، وَفِي سَمْعِي نُورًا، وَفِي بَصَرِي نُورًا،
وَمِنْ فَوْقِي نُورًا، وَمِنْ تَحْتِي نُورًا، وَعَنْ يَمِينِي نُورًا، وَعَنْ شِمَالِي نُورًا، وَمِنْ أَمَامِي
نُورًا، وَمِنْ خَلْفِي نُورًا، وَاجْعَلْ فِي نَفْسِي نُورًا، وَأَعْظِمْ لِي نُورًا

Transliteration: *Allahumma aj'al fi qalbi nura, wa fi lisani nura, wa fi sam'i nura, wa fi basari nura, wa min fawqi nura, wa min tahti nura, wa 'an yamini nura, wa 'an shimali nura, wa min amami nura, wa min khalfi nura, waj'al fi nafsi nura, wa a'zim li nura.*

Translation: O Allah, place light in my heart, light in my tongue, light in my hearing, light in my sight, light above me, light below me, light to my right, light to my left, light in front of me, light behind me, place light in my soul, and make my light great.

✦ **Virtue:** The Prophet ﷺ made this dua before sleeping, asking for nur (divine light) to surround him completely — in soul, senses, and all directions. It is a beautiful supplication asking Allah to illuminate one's entire being. Ibn Abbas (RA) narrated the Prophet ﷺ recited a longer version of this dua.

📖 **Reference:** *Bukhari, Hadith 6316 | Muslim, Hadith 763 | Narrated by Ibn Abbas (RA)*

Section 6: Forgiveness & Repentance Before Sleep

21. Sayyidul Istighfar — Master Supplication for Forgiveness 1x

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ
مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ
بِدُنْيِي فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Transliteration: *Allahumma anta rabbi la ilaha illa ant, khalaqtani wa ana 'abduk, wa ana 'ala 'ahdika wa wa'dika mastata't, a'udhu bika min sharri ma sana't, abu'u laka bini'matika 'alayya wa abu'u bidhanbi faghfir li fa'innahu la yaghfirudh-dhunuba illa ant.*

Translation: O Allah, You are my Lord. There is no god except You. You created me and I am Your servant. I am upon Your covenant and promise to the best of my ability. I seek refuge in You from the evil of what I have done. I acknowledge Your blessing upon me and I acknowledge my sin. So forgive me, for no one forgives sins but You.

✦ **Virtue:** The Prophet ﷺ said: 'Whoever says this at night with firm conviction and dies before morning enters Paradise.' It is the greatest supplication for forgiveness. Reciting it before sleep closes the day with sincere acknowledgment of all shortcomings and a direct appeal to Allah's mercy.

📖 **Reference:** *Bukhari, Hadith 6306 | Narrated by Shaddad ibn Aws (RA) | Riyad as-Salihin 1875*

22. Allahumma Innaka Afuwwun — The Laylatul Qadr Dua 3x

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Transliteration: *Allahumma innaka 'afuwwun tuhibbul-'afwa fa'fu 'anni.*

Translation: O Allah, You are the Pardoner, You love to pardon, so pardon me.

✦ **Virtue:** Aisha (RA) asked the Prophet ﷺ: 'O Messenger of Allah, if I know which night is Laylatul Qadr, what should I say?' He said: 'Say: Allahumma innaka afuwwun...' Scholars recommend this as a nightly dua because every night could be a night of mercy. It is the most complete appeal for full, unconditional pardon.

📖 **Reference:** *Tirmidhi, Hadith 3513 | Ibn Majah, Hadith 3850 | Ahmad, Hadith 25423 | Narrated by Aisha (RA) | Classed Sahih by Al-Albani*

23. Istighfar — 100 Times Before Sleep 100x

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Transliteration: *Astaghfirullah wa atubu ilayh.*

Translation: I seek forgiveness from Allah and I repent to Him.

✦ **Virtue:** The Prophet ﷺ would seek forgiveness from Allah more than 100 times a day. Before sleep is one of the best times for istighfar — it wipes clean the sins of the day and allows one to sleep in a state of repentance. The angels make dua for those who sleep in a state of tawbah.

📖 **Reference:** *Bukhari, Hadith 6307 | Muslim, Hadith 2702 | Narrated by Abu Hurairah (RA)*

Section 7: Special Recommended Practices

24. Ya Hayyu Ya Qayyum — Complete Trust at Night 3x

يَا حَيُّ يَا قَيُّومُ، بِرَحْمَتِكَ أَسْتَغِيثُ، أَصْلِحْ لِي شَأْنِي كُلَّهُ، وَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ

Transliteration: *Ya Hayyu Ya Qayyum, birahmatika astaghith, aslih li sha'ni kullahu, wa la takilni ila nafsi tarfata 'ayn.*

Translation: O Ever-Living, O Sustainer of all existence — by Your mercy I seek help. Set right all my affairs, and do not leave me to myself even for the blink of an eye.

✦ **Virtue:** The Prophet ﷺ instructed Fatimah (RA) to say this every morning and evening. Before sleep — when one is completely helpless and dependent on Allah for the safe return of the soul — this dua is most profound. 'Do not leave me to myself even for the blink of an eye' — the perfect surrender before unconsciousness.

📖 **Reference:** *Al-Hakim, Al-Mustadrak 1/545 | An-Nasa'i, Amal Al-Yawm wal-Laylah 575 | Narrated by Anas ibn Malik (RA) | Classed Sahih by Al-Albani*

25. Hasbiyallah — 7 Times Before Sleep 7x

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Transliteration: *Hasbiyallahu la ilaha illa huwa 'alayhi tawakkaltu wa huwa Rabbul-'Arshil-'Azim.*

Translation: Allah is sufficient for me. There is no god but Him. In Him I place my trust, and He is the Lord of the Magnificent Throne.

✦ **Virtue:** The Prophet ﷺ said: 'Allah will take care of whatever concerns whoever says this 7 times in the morning and evening.' Before sleep is the most critical time to declare that Allah alone is sufficient — surrendering all worries, anxieties, and affairs of the day to the Lord of the Magnificent Throne.

📖 **Reference:** *Abu Dawud, Hadith 5081 | Ibn As-Sunni, Hadith 71 | Narrated by Abu Ad-Darda (RA)*

26. Dua Against Nightmares — Seeking Refuge When Afraid 1x

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ وَمِنْ هَمْزَاتِ
الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ

Transliteration: A'udhu bikalimatillahit-tammati min ghadabihi wa 'iqabihi wa sharri 'ibadihi wa min hamazatish-shayatini wa an yahdhurun.

Translation: I seek refuge in the perfect words of Allah from His anger, His punishment, the evil of His servants, and from the promptings of the devils and from their presence.

✦ **Virtue:** The Prophet ﷺ instructed this dua to be said when one is frightened. It is especially powerful when waking from a nightmare. The Prophet ﷺ also said: 'If any of you sees a dream that he dislikes, let him spit to his left three times, seek refuge in Allah from the shaytan three times, and turn over to his other side.'

📖 **Reference:** Abu Dawud, Hadith 3893 | Tirmidhi, Hadith 3528 | Narrated by Abdullah ibn Amr (RA) | Classed Sahih by Al-Albani

27. Dua When Seeing a Good Dream **Practice**

الْحَمْدُ لِلَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَأَعُوذُ بِكَ مِنْ شَرِّ الشَّيْطَانِ وَشَرِّهَا

Transliteration: Alhamdulillah. Allahumma inni as'aluka khayriha wa a'udhu bika min sharrish-shaytani wa sharriha.

Translation: All praise is for Allah. O Allah, I ask You for its good and I seek refuge in You from the evil of shaytan and the evil of it.

✦ **Virtue:** The Prophet ﷺ said: 'Good dreams are from Allah. If one of you sees something he likes, he should not tell anyone about it except one he loves.' And: 'If you see a dream you like, then praise Allah, rejoice, and do not tell anyone except those you love.' This dua asks Allah to actualize the good of the dream.

📖 **Reference:** Bukhari, Hadith 6985 | Muslim, Hadith 2261 | Abu Dawud, Hadith 5021 | Narrated by Abu Qatadah (RA)

Quick Reference — All 27 Before-Sleep Adhkar

#	Dhikr / Practice	Count	Reference
1	Wudu before sleep	Once	Bukhari 247
2	Lie on right side	Practice	Muslim 2710
3	Dust the bed	3x	Bukhari 6320
4	Bismika Allahumma amutu wa ahya	1x	Bukhari 6312
5	Allahumma bismika amutu wa ahya	1x	Bukhari 6314
6	Al-Bara ibn Azib Dua — Full Surrender	1x (Last)	Bukhari 247
7	Dua for Protection of Soul	1x	Muslim 2712
8	Ayatul Kursi	1x	Bukhari 2311
9	Surah Al-Ikhlās	3x	Bukhari 5017
10	Surah Al-Falaq	3x	Bukhari 5017
11	Surah An-Nas	3x	Bukhari 5017
12	Last 2 Verses of Surah Al-Baqarah	1x	Bukhari 5009
13	Surah Al-Mulk (full)	1x	Abu Dawud 1400
14	Surah As-Sajdah (full)	1x	Tirmidhi 2892
15	Tasbih of Fatimah (33+33+34)	100 total	Bukhari 3705
16	SubhanAllah before sleep	100x	Tirmidhi 3406
17	A'udhu Bikalimatillah	3x	Muslim 2709
18	Bismillah Protection	3x	Tirmidhi 3388
19	Kalimat At-Tamma (for children)	3x	Bukhari 3371
20	Dua for Light in All Directions	1x	Bukhari 6316
21	Sayyidul Istighfar	1x	Bukhari 6306
22	Allahumma Innaka Afuwun	3x	Tirmidhi 3513
23	Istighfar before sleep	100x	Bukhari 6307
24	Ya Hayyu Ya Qayyum	3x	Al-Hakim 1/545
25	Hasbiyallah before sleep	7x	Abu Dawud 5081
26	Dua Against Nightmares	1x	Abu Dawud 3893
27	Dua When Seeing Good Dream	Practice	Bukhari 6985

"And it is He who takes your souls by night and knows what you have committed by day."

Surah Al-An'am 6:60

May Allah grant us blessed sleep, protect us through the night, and return our souls safely at dawn. Ameen.


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☰ **ذِكْر** 🔔 13


صَبَاحُ الذِّكْرِ شَوَّال 1447 هـ 21
Thursday, 9 Apr 2026

Don...

 **Morning Azkaar**
الأذكار الصباحية
25/25 completed


🔥 10 📊 10 ↗

Upc...

 **Evening Azkaar**
الأذكار المسائية
0/25 completed


📊 6 ↗

Upc...

 **After Salah**
أذكار بعد الصلاة


🔥 2 📊 461 ↗

Upc...


 **My Azkaar**
أذكاري
3 custom azkaar

🔥 0 📊 3.9K ↗

Friends & Family



Upc...

 **Before Sleep**

🏠 Home 📊 Count 2 👤 Groups 📊 Stats 👤 Profile