ADHKAAR BEFORE SLEEPING AND UPON WAKING UP

(Please refer to page 4 for transliteration key)

Whatever we recite of these adhkaar, we must firmly believe and be struggling to attain, lest we be lying.

- Be in Tahaarah
- Renew your Tawbah
- Lie on your right side

BEFORE SLEEPING:

الله لا إله إلا هو الحَيُّ الْقَيّمُ لا تَأخُذُهُ سَنَةٌ وَلا نَومٌ لَّهُ ما في السَّمَاوَاتِ وَمَا في الأرْضِ مَنْ الَّذِي يَشْفَعُ عَنْهُ إِلا بِذِيَاثٍ يَعْلُمُ مَا بَينَ يَدَيْهِ وَمَا خَلَفَهُمْ وَلَا يَحْيَاهُمُّ بَشَيْءٍ مِنْ عِلْمِهِ ذَا إِلا بِمَا وَسَعَ كَرْسيَتُهُ السَّمَاوَاتِ وَالأرْضِ وَلَا يُؤْوِدُهُ حَفْظُهُمْ وَهُوَ الْعَلِيُّ الْعَظِيمُ (٥٥)

شَاء {٢٥٥}

البقرة


“Allaah! None has the right to be worshipped but He, The Living, The Self-Subsisting, The Eternal. No slumber nor sleep can seize Him. His are all things in the heavens and earth. Who is there that can intercede in His presence except as He permits? He knows what (appears to his creatures as) before or after or behind them. Nor shall they encompass anything of His knowledge except as He wills. His throne’s footstool extends over the heavens and earth, and He feels no fatigue in guarding and preserving them, for He is The Most High, The Supreme.” (The Cow: 255)

ONCE before sleeping (page 133)*

٥٥

{٢٥٥}

البقرة

1
“لَيْلَةِ الْهَيْلِ”

“Amanur-rasoolu bimaa unzila ilayhi mir-rabihi wal mu'minoon, kullun aamana billaahi wa malaa’ikathihi wa kutubhihi wa rusulihi, laa nufariqu bayna ahadin mir-rusulihi, wa qaaloo sami’naa wa ata’ ‘naa ghufranaka rabbanaka wa ilaykal-maseer.

Laa yukaliful-llaahu nafaan illa wus’ahaa, lahaa maa kasabat wa ‘alayhaa maktasabat, rabbanaa laa tu’aakhiidhnaa in-naseenaa aw akhta’naa, rabbanaa wa laa tahnil ‘alaynaa isran kamaa hamsaltahu ‘alal-ladheena min qablinaa, rabbanaa laa laa tuhamilnaa maa laa taaqata lanaa bihi, wa’fu’ ‘anna waghfur lanaa warhamnaa, anta mawlaanaa fan suraana ‘al-alquwamil kaafireen.” (Al-Baqarah: 284-286)

“To Allaah belongs all that is in the heavens and on earth. Whether you show what is in your minds or conceal it, Allaah calls you to account for it. He forgives whom He pleases, and punishes whom He pleases, for Allaah hath power over all things.

The Messenger believes in what hath been revealed to him from his Lord, as do the men of faith. Each one (of them) believes in Allaah, His angels, His books, and His messengers. 'We make no distinction (they say) between one and another of His messengers.’ And they say: ‘We hear, and we obey: (We seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys.’

On no soul does Allaah place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) ‘Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden like that which you did lay on those before us; Our Lord! lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. You are our Protector; help us against those who stand against faith.” (The Cow: 284-286)

ONCE before sleeping (page 133)*

A) AL-KAAFIROON (UNBELIEVERS)

“Qul yaa ayyuhal-kaafiroon…”

B) AL-IKHLAA (PURITY OF FAITH)

“Qul huwAllaahu aqad…”

C) AL-FALAQ (THE DAWN)

“Qul a’oodhu birabbil-falaq…”

D) AN-NAAS (MANKIND)

“Qul a’oodhu birabin-naas…”

ONCE before sleeping

Thirty-three Times:

“SubhaanAllaah.”

“How Perfect Allaah is.”
Thirty-three Times:

الحمد لله

“Alhamdulillah.”

“All praise is for Allaah.”

Thirty-four Times:

الله أكبر

“Allaahu Akbar.”

“Allaah is Greater.”

Before sleeping (page 137)*

Bismika Rabbee wa da’tu jambee wabika arfa’uh, fa’in amsakta nafsee farhamhaa, wa’in arsaltaahaa tahfadhhaa bimaa tahfadhu bihee ‘ibaadakas-saalihineen.”

“In Your name Ô Allaah, I lay my side and in Your name I raise it. If you keep my soul, give it (Your Loving) Mercy, and if You release it, care for it as You care for Your righteous servants.”

ONCE before sleeping (page 134)*

Allaahumma askamtu nafsee ilayk, wawajjahtu wajhe ilayk, waalfaa’tu dhahhe ilayk, raghabatan wa rahbatan ilayk, laa malja’a wala manjaa minka illaa ilayk, aamantu bikitaabikal-ladhhe anzalt, wabinabiyyikal-ladhhe arsalt.”

“Ô Allaah, I have surrendered my self to You, and I have oriented my face (heart) to You, and I have submitted (all matter of my life for decision) to You, and I have turned my back for refuge, in desire and in fear, towards You. There is no refuge and no escape from You except to You. I have believed Your book which You have revealed, and in Your Nabiyy which You have sent.”

ONCE before sleeping (page 143)*

(This is to be the very last dhikr that one recites before sleeping, while lying on one’s right side.)

UPON WAKING UP:
الحمد لله الذي أحياءنا بعد ما أماتنا وإليه التّشوع.

"Alhamdu lillaahil-ladhee ahyaanaa ba’da maa amaataanaa wa’ilayhin-nushoor."

“All praise is due to Allaah who has given life after causing us to die, and to Him is (our) resurrection.”

ONCE upon waking up (page 30)*

الحمد لله الذي ردّ علّي روحي وعافاني في جسدي وآذن لي يذكره.

"Alhamdu lillaahil-ladhee radda ‘alayya roohee, wa ‘aafaanee fee jasadee, wa’adhina lee bidhikrih."

“All praise is due to Allaah who has returned upon me my soul, has given me wellness in my body and has permitted me to be in dhikr of Him.”

ONCE upon waking up (page 32)*

* Page references correspond to Hīsn-ul-Muslim (Fortification of the Muslim through Remembrance and Supplication)

GUIDE TO READING TRANSLITERATION:

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Fatḥah- a | Fatḥah with madd (long vowel)- aa
Dammah- u | Dammah with madd (long vowel)- oo
Kasrah- i | Kasrah with madd (long vowel)- ee