

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:

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ
مَنْ الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ
ذَا
إِلَّا بِمَا وَسَّعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضِ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ (٢٥٥)
شَاءَ
{البقرة، ٢٥٥}

"Allaahu laa ilaaha illaa huwal-hayyul-qayyoom, laa ta'khudhuhoo sinatuw-walaa nawm, laahoo maa fis-samaawaati wa maa fil-ard, man dhal-ladhee yashfa'u 'indahoo illaa bi'idhnih, ya'lamu maa bayna aydeehim wa maa khalfahum, walaa yuheetoona bishay'im-min 'ilmihee illaa bimaa shaa', wasi'a kursiyuhus-samaawaati wal ard, walaa ya'ooduhoo hifdhuhumaa, wa huwal-'aliyyul-'adheem." (Al-Baqarah: 255)

"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)*

لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ وَإِنْ تُبَدُّوا مَا فِي أَنْفُسِكُمْ أَوْ تُخَفَوْهُ يُحَاسِبِكُمْ بِهِ اللَّهُ فَيَعْلَمُ
لِمَنْ يَشَاءُ
وَيَعْدِبُ مَنْ يَشَاءُ وَاللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ (٢٨٤) آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ
وَالْمُؤْمِنُونَ كُلُّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا تَفَرِّقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا
وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ (٢٨٥) لَا يَكْفُرُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا
مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا 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 (٢٨٦)
{البقرة، ٢٨٤-٢٨٦}

“Lillaahi maa fees-samaawaati wa maa fil-ard, wa in tubdoo maa fee anfusikum aw tukhfuhoo yuhaasibkum beehil-laah, fayaghfiru limay- yashaa’u wa yu’adhibu may-yashaa’u wAllaahu ‘alaa kulli shay’in qadeer.”

Aamanar-rasoolu bimaa unzila ilayhi mir-rabihi wal mu’minoona, kullun aamana billaahi wa malaa’ikatihi wa kutubihi wa rusulih, laa nufariqu bayna ahadin mir-rusulih, wa qaloo sami’naa wa ata’naa ghufraanaka rabbanaa wa ilaykal-maseer.

Laa yukaliful-llaahu nafsan illa wus’ahaa, lahaa maa kasabat wa ‘alayhaa maktasabat, rabbanaa laa tu’aakhidhnaa in-naseenaa aw akhta’naa, rabbanaa wa laa tahmil ‘alaynaa isran kamaa hamaltahu ‘alal-ladheena min qablinaa, rabbanaa wa laa tuhamilnaa maa laa taqaata lanaa bih, wa’fu ‘anna waghfir lanaa warhamnaa, anta mawlaanaa fansurnaa ‘al-alqawmil 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...” (قُلْ يَا أَيُّهَا الْكَافِرُونَ...)
)
- B) **AL-IKHLAAS (PURITY OF FAITH)** “Qul huwAllaahu ahad...” (قُلْ هُوَ اللَّهُ أَحَدٌ...)
- C) **AL-FALAQ (THE DAWN)** “Qul a’oodhu birabbil-falaq...” (قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ...)
)
- D) **AN-NAAS (MANKIND)** “Qul a’oodhu birabbin-naas...” (قُلْ أَعُوذُ بِرَبِّ النَّاسِ)
)

ONCE before sleeping

Thirty-three Times:

سُبْحَانَ اللَّهِ
 “SubhaanAllaah.”

“How Perfect Allaah is.”

Thirty-three Times:

الْحَمْدُ لِلَّهِ

“*Alḥamdulillaah.*”

“All praise is for Allaah.”

Thirty-four Times:

اللَّهُ أَكْبَرُ

“*Allaahu Akbar.*”

“Allaah is Greater.”

Before sleeping (page 137)*

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

“*Bismika Rabbee wada'tu jambee wabika arfa'uh, fa'in amsakta nafsee farḥamhaa, wa'in
arsaltahaa fahfadhhaa bimaa tahfadhu bihee 'ibaadakaṣ-saaliheen.*”

“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)*

اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَقَوَّضْتُ أَمْرِي إِلَيْكَ، وَأَلْجَأْتُ
ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مَنجَأَ مِنْكَ إِلَّا إِلَيْكَ، أَمَنْتُ بِكِتَابِكَ
الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ.

“*Allaahumma aslamtu nafsee ilayk, wawajjahtu wajhee ilayk, wafawwadtu amree ilayk,
wa'alja'tu dhahree ilayk, raghbatan wa rahbatan ilayk, laa malja'a walaa manjaa minka illaa
ilayk, aamantu bikitaabikal-ladhee anzalt, wabinabiyyikal-ladhee 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 Nabi 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:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ.

“*Alhamdu lillaahil-ladhee ahyaaanaa 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)*

الْحَمْدُ لِلَّهِ الَّذِي رَدَّ عَلَيَّ رُوحِي وَعَافَانِي فِي جَسَدِي وَأَذِنَ لِي بِذِكْرِهِ .

“*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 *Hijrul-Muslim* (Fortification of the Muslim through Remembrance and Supplication)

GUIDE TO READING TRANSLITERATION:

t - ت	h - هـ
ṭ - ط	ḥ - ح
dh - ذ	kh - خ
dḥ - ظ	gh - غ
z - ز	j - ج
s - س	tḥ - ث
ṣ - ص	k - ك
d - د	q - ق
ḍ - ض	' - ء
sh - ش	' - ع

Fathah- a
Dammah- u
Kasrah- I

Fathah with madd (long vowel)- aa
Dammah with madd (long vowel)- oo
Kasrah with madd (long vowel)- ee