

ETIQUETTES-PART 1

ETIQUETTES OF SLEEPING



1. It is recommended to make wudhu before going to sleep.
2. It is from the Sunnah to dust your bed before you go to sleep.
3. Recite surah Ikhlaas, Falaq and Naas; blow into your palms and wipe it three times over as much of the body as possible- starting from the head, face and then the front of the body.

When the Prophet ﷺ went to bed every night, he would hold his hands together and blow into them, and recite into them Qul Huwa Allaahu Ahad, Qul a'oodhu bi rabb il-falaq and Qul a'oodhu bi rabb il-naas. Then he would wipe them over whatever he could of his body, starting with his head and face and the front of his body, and he would do that three times. [al-Bukhaari 5017]

4. Sleep on your right side, with your right hand under your cheek, as it is from the Sunnah.
5. Read the following dua before sleeping.

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيِي

Bismika Allahumma 'amootu wa ahyaoo

In Your name, O Allah, i die and i live

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6. Do not cover your face with the blanket.
7. Do not sleep on your tummy.

8. Go to bed early, and wake up early.
9. Read the following dua after waking up.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا،
وَإِلَيْهِ النُّشُورُ

All praise is for Allaah who gave us life
after having taken it from us and unto Him
is the resurrection

Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa
'amaatanaa wa'ilayhin-nushoor

10. It is from the Sunnah to rub your eyes after waking up.

ACTIVITY

I. Circle the correct answer.

1. I must sleep on my (tummy, right side).
2. I must not dust the bed before sleeping. (true, false)
3. It is recommended to make wudhu before sleeping. (true, false)
4. I should cover my face while sleeping. (true, false)
5. I should sleep on a (clean, unclean) bed.
6. I should go to bed early. (true, false)

II. Color green the Surahs that are to be recited before going to sleep.

Surah Kawthar

Surah Fatiha

Surah Naas

Surah Falaq

Surah Yaseen

Surah Ikhlāas

