

My Bedtime Routine & Du'a

Five cosy steps, then my sleep du'a. Goodnight!



 When I lie down to sleep, I say:

بِسْمِكَ اللَّهُمَّ أُمُوتُ وَأُحْيَا

Bismika Allāhumma amūtu wa ahyā

Meaning: In Your name, O Allah, I sleep and I wake up.

Al-Bukhari 6324 · Hisn al-Muslim 105

Getting ready for bed

1



Brush my teeth

Clean and sparkly for the night.

2



Make wudu

Wash up just like for salah.

3



The 3 Quls

Read, blow in my hands, wipe my body.

3 times

4



Ayat al-Kursi

Allah keeps me safe all night long.

5



Right side

Lie on my right side and say my du'a.



The 3 Quls are Al-Ikhlās, Al-Falaq and An-Nas. Let's do them together!



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Small details differ between schools of thought. Follow your teacher.

Watch & sing

"Big Yawn,

Little Hand"

