

- Before sleeping

### DUA'AA FOR BEFORE GOING TO SLEEP

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

*Bismika Allahumma amootu wa ahya*

*In Your name O Allah, I live and die*

*Al-Bukhari with Al-Fath 11/113 and Muslim 4/2083.*

- When waking up

WHEN WAKING UP

الحمد لله الذي أحيانا بعدما أماتنا بالشور

Alhamdu lillahi- allathi  
ahyana ba'dama amaataana  
wa ilayhi-nmushoor

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

- Entering the washroom

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْحَبْثِ وَالْحَبَائِثِ

الدخول بالرجل اليسرى

I Seek refuge in Allah  
from filth and  
filthy things

*(While entering with the left leg)*

Allahumma inni  
a'outhu bika  
men'al khubthi  
w'al khaba'eth

*(While entering with the left leg)*