

Ādāb of Going to Bed

- 1) Relieve oneself before going to bed.
- 2) Refrain from sleeping on a full stomach.
- 3) Do Wudhū: It is reported¹ that Imam Ja‘far al-Sādiq (a) said: One who performs wudhū and then goes to bed, his bed is like a place of prayer.
- 4) Sleep on your right side facing *qiblah*.
- 5) Evaluate the actions you have carried out during the day, and to ask; “Have I committed any sins?” and “Have I carried out my duties and made the best use of my time”? In the case where sins were committed, you should ask for forgiveness and make an intention to change for the better. In the case where duties were carried out, you should thank Allah (*subhānahu wata‘ālā*).
- 6) Recite the Du‘ā from Imam al-Sādiq (a)² for when lights are turned off

اللَّهُمَّ أَخْرِجْنَا مِنَ الظُّلُمَاتِ إِلَى النُّورِ

O Allah, remove us from darkness into light

- 7) Recite the last verse of Sūrat al-Kahf³ (18:110)
According to the Holy Prophet (s), whoever recites the last verse of Sūrat al-Kahf before sleeping, a light emits for him up to Masjid al-Harām. In that light are angels who seek forgiveness for him.
A Hadith of Imam Ja‘far as-Sādiq (a) also says that whoever recites this verse will be able to awaken at whatever time he intends.

قُلْ إِنَّمَا أَنَا بَشَرٌ مِّثْلُكُمْ يُوحَىٰ إِلَيَّ أَنَّمَا إِلَهُكُمُ اللَّهُ وَاحِدٌ ۖ فَمَنْ كَانَ يَرْجُوا لِقَاءَ رَبِّهِ فَلْيَعْمَلْ

عَمَلًا صَالِحًا وَلَا يُشْرِكْ بِعِبَادَةِ رَبِّهِ أَحَدًا ﴿١١٠﴾

¹ *Al-Kafī*, v. 3, p. 468

² *Makārim al-Akhlāq*, p. 288

³ *Tahajjud Salāt*, pp. 11 & 12

18:110 Say: I am only a mortal like you; it is revealed to me that your god is one Allah, therefore whoever hopes to meet his Lord, he should do good deeds, and not join anyone in the service of his Lord.

8) Carry out the Etiquette of Bibi Fātima (a)⁴

It has been reported by Bibi Fātima (a) who said: Once my father, the Messenger of Allah (swt) came to my place at a time when had prepared to go to bed.

He (s) said: O Fātima, do not go to sleep until you have performed four deeds:

- a) Complete recitation of the Qur’an
- b) Make the Prophets your intercessors
- c) Make the believers pleased with you, and
- d) Perform *hajj* and *‘umrah*

So, I said, “O Messenger of Allah (a), you instructed me to do four things which I cannot complete in this hour.

So, the Messenger of Allah smiled and said:

- a) If you recite Sūrat al-Ikhlās⁵ three times, it is as if you have completed reciting the entire Quran.
- b) If you send Salawāt on me and the Prophets before me we will be your intercessors on the Day of Judgment.

[You can say]:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِهِ وَعَلَى جَمِيعِ أَنْبِيَائِكَ وَرُسُلِكَ

O Allah, bless Muhammad and his family,

And all Your Prophets and Your Messengers

c) When you seek forgiveness for the believers then all of them will be pleased with you.

[You can say]:

اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ

O Allah, forgive the believing men and the believing women

d) And, if you say:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Glory be to Allah, all Praise is for Allah
there is no god but Allah and Allah is Great

It will be as if you have performed *hajj* and *‘umrah*.

⁴ *Khulāsatul Adbkār* pg. 94

⁵ That is sūrat *Qul huwallāhu Abad*, (Sūrah No. 112 of the Qur’an)