

BEFORE YOU GO TO SLEEP.



Do Wudhu

Subhan'Allah **سُبْحَانَ اللَّهِ**
33 times

Alhamdulillah **الْحَمْدُ لِلَّهِ**
33 times

Allahu Akbar **اللَّهُ أَكْبَرُ**
34 times

Pray Tasbeeh



Pray
Ayat Al-Kursi

Qul ya ayyuhal-Kafiroun
Qul Huwa-Ilahu 'Ahad
Qul 'A'udhu Bi-Rabbil-Falaq
Qul 'A'udhu Bi-Rabbin-Nas

Pray
Four Quls



Forgive &
Forget

اللَّهُمَّ بِاسْمِكَ
أَمُوتُ وَ أَحْيَا

Pray
Sleeping Dua



Sleep on your
right side



Pray Kalimah