

# 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