

BEFORE YOU GO TO SLEEP.



Do Wudhu

Subhan'Allah 33 times **سُبْحَانَ اللَّهِ**

Alhamdulillah 33 times **الْحَمْدُ لِلَّهِ**

Allahu Akbar 34 times **اللَّهُ أَكْبَرُ**

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