

# Bedtime

## CHECKLIST

- Dust bed thrice
- Recite the last 3 surahs of the Quran 3 times
- Recite Ayat Al-Kursi
- Recite last two verses of Surat al-Baqarah
- Recite Surat al-Kaafiroon
- Recite tasbih
- Reflect on your deeds for the day and seek forgiveness
- Make dua
- Sleep the Sunnah way: on the right side with legs slightly bent

## DUA BEFORE SLEEPING

Allahumma bismika amootu wa-ahya.  
(O Allah, in Your name I live and die)