

# BEDTIME CHECKLIST

## 1. Go to the toilet

Imam Ali (as) said to his son Imam Hassan (as), "...and before you sleep go and relieve yourself. If you do these you will be needless of medicine." Al- Khisal, p. 229, no. 67

## 2. Brush your teeth

It is narrated in Bihar Al-Anwar that the Prophet (saw) used to brush his teeth thrice every night: once before going to bed, once when he would wake up for his night worship, and once before going out to perform the dawn prayer. Bihar Al-Anwar, v. 76, p. 135, no. 47

## 3. Do wudhoo

The Prophet (saw) said, "One who sleeps in a state of purity is as if he is praying (night prayers) and fasting". Kanz al-'Ummal, no. 25999

## 4. Read Tasbih of Bibi Fatima (as)

You are protected from Shaytan and you are given the reward of staying awake and praying the whole night.

## 5. Recite Surah Ikhlas

The Prophet (saw) said, "Whoever recites Sura Ikhlas when he retires to bed, Allah will forgive 50 years of his sins." Amali al-Suduq, p. 64, no. 27

## 6. Recite Surah Takathur

The Prophet (saw) said, "Whoever recites Sura Takathur when going to sleep will be protected from the trials of the grave." Bihar al-Anwar, v. 76, p. 196, no. 12

## 7. Recite Surah Falaq (113)

Whoso recites, even from early age, every night 3 times surah al Falaq, 3 times surah al Nas, and 100 or 50 times surah al Ikhlas, Allah would keep him safe from every evil-eye, all ailments that afflict children, all stomach ailments, low and high blood pressure.

## 8. Recite Surah Nas (114)

Whoso recites this surah before going to sleep, remains in the protection of Allah till morning.

## 9. Recite the following dua

The Prophet (saw) said, "When any of you retires to bed...he should say: O Allah, if You take my soul while I am sleeping then forgive it, and if you send it back to me, then protect it as You protect Your righteous servants." 'Ilal al-Shara', p. 589, no. 34

Here is a bedtime checklist that you can cut out and stick next to your bed. If you laminate it or cover it with sticky back plastic you can tick them as you do them with a felt tip and then rub them out the next day.