



SUPPLICATION WHEN ONE IS STRUGGLING TO FALL ASLEEP

1

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ
وَمِنْ شَرِّ عِبَادِهِ وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ

I seek refuge in Allah's perfect words from his anger (and punishment), from the evil of his subjects, from the whisperings of the Shayaatin and from them coming (close) to me.

(Amal al-Yawm wal-Laylah by Ibn Sunni, hadeeth number 748)

SUPPLICATION UPON SEEING A GOOD DREAM

2

الْحَمْدُ لِلَّهِ

All praise is for Allah.

(Saheeh al-Bukhari, hadeeth number 6985)

SUPPLICATION UPON SEEING A BAD DREAM

3

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ X 3

I seek refuge with Allah from the devil. [Recite 3 Times]

(Saheeh al-Bukhari, hadeeth number 6985)