

## ETIQUETTES OF BEDTIME

When you wish to go to bed, you must prepare yourself for meeting death. You must be in a state of ceremonial purity, repent from sinning, evacuate your heart from worldly affairs, bring to mind the end of your lifetime and the time when you will lie alone in your grave without having anyone to entertain you, put your last will under your pillow, and determine to wake up for offering the Night Prayer, which is the pride of the true faithful believer and its adornment in this world as well as the Hereafter. Before sleeping, you may recite Surah al-Tawheed, Surah al-Takathur, and Ayah al-Kursi. You may also repeat the following doxology (zikr) three times:

الْحَمْدُ لِلَّهِ الَّذِي عَلَّافَقَهَرَ وَالْحَمْدُ لِلَّهِ الَّذِي بَطَّنَ فِجَبَرَ  
وَالْحَمْدُ لِلَّهِ الَّذِي مَلَكَ فَقْدَارَ وَالْحَمْدُ لِلَّهِ الَّذِي يُحْيِي  
الْمَوْتَى وَيُيَبِّتُ الْأَحْيَاءَ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ-

You may then say Tasbih al-Zahra' and sleep on your right side, just like the dead in their graves. About sleeping like the moribund, our mentor Shaykh al-Nuri has said in his book of Dar al-Salam, "We could not find any report or tradition recommending so except something mentioned by al-Ghazzali. Of course, accuracy lies in opposing him."

If you intend to wake up for offering the Night Prayer or another thing but you fear lest sleep overcomes you, you may recite the last holy verse of Surah al-Kahf (No. 18):

قُلْ إِنَّمَا أَنَا بَشَرٌ مِّثْلُكُمْ يُوحَىٰ إِلَىٰ أَنَّمَا إِلَهُمُ اللَّهُ وَاحِدٌ  
فَمَن كَانَ يَرْجُوا لِقَاءَ رَبِّهِ فَلْيَعْمَلْ عَمَلًا صَالِحًا وَلَا يُشْرِكْ  
بِعِبَادَةِ رَبِّهِ أَحَدًا۔

Imam al-Sadiq(a.s.) is reported to have said that whoever recites this holy verse at sleeping will certainly wake up at the very time he wants.