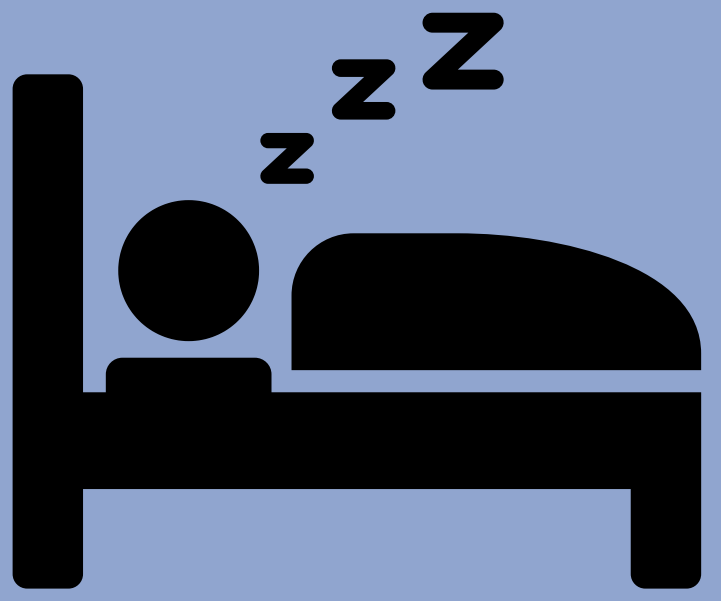
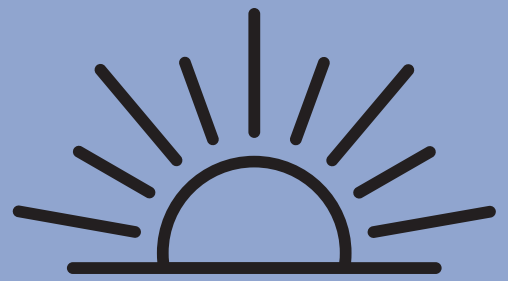


HOW TO GET A GOOD NIGHTS SLEEP...



When the Prophet (ﷺ) lay down for sleep at night... he would place his (right) hand under his (right) cheek and supplicate: "**Allahumma bismika amutu wa ahya** [O Allah, with Your Name will I die and live]."



And when he woke up "**Al-hamdu lillahil-ladhi ahyana ba'da ma amatana, wa ilaihin-nushur** (All praise is due to Allah, Who has brought us back to life after He has caused us to die, and to Him is the return)."

Source: Ṣaḥīḥ al-Bukhārī 7394

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