

Upon Waking Up Say:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا
وإِلَيْهِ النُّشُورُ.

Al-hamdu lilahil-ladhi
ahyana ba'da ma amaataana;
wa ilayhin-nushuur

All praise is for Allah who has given us life after causing
us to die (sleep) and unto Him is the Resurrection



Narrated by Hudhaifa (radi Allahu anhu):
Whenever the Prophet (salla Allahu alayhi wa
sallam) intended to go to bed, he would recite:
"Bismika Allahumma amutu wa ahya (With
Your name, O Allah, I die and I live)." And
when he woke up from his sleep, he would say:
"[Al-hamdu lil-lahil-ladhi ahyana ba'da ma ama-
tana; wa ilaihi an-nushur](#) (All the Praises are
for Allah Who has made us alive after He made
us die (sleep) and unto Him is the Resurrec-
tion)." Saheeh Bukhari, Book of Invocations,
Vol. 8, Hadith # 336

