

When Going to Bed Say:

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيِي

Bismika Allahumma amutu wa ahya

In Your Name, Oh Allah, I die and live.



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 amatana; 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 Resurrection)." Saheeh Bukhari, Book of Invocations, Vol. 8, Hadith # 336

