

# Sleep Hygiene Worksheet

*Restful Sleep, Honoured Worship, and the Sunnah of the Night*

## Sleep as a Sign of Allah's Mercy

وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا

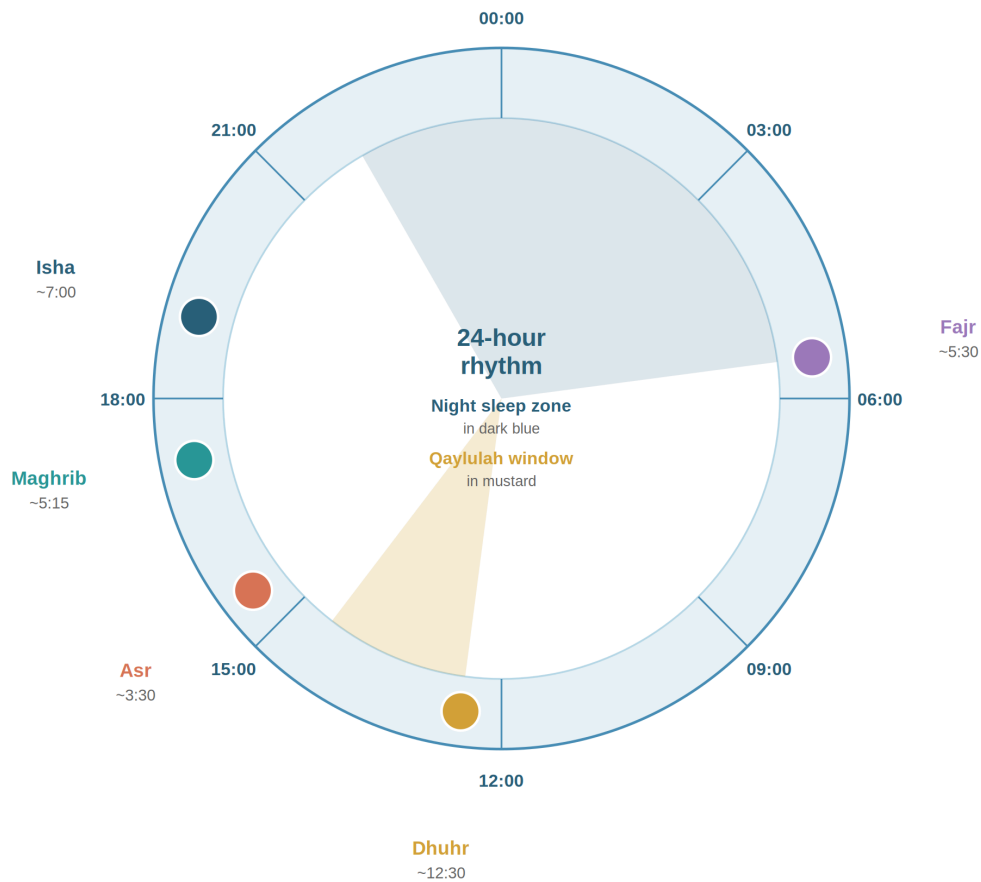
*“And We made your sleep [a means for] rest.”*

*Qur'an, Surah An-Naba, 78:9.*

## Your body's daily rhythm, anchored by the prayers

### The Body's Daily Rhythm and the Prayer Times

*Sleep, wakefulness, and worship anchored across 24 hours*



Prayer times shown are illustrative. Your actual times will vary by location and season.  
Consistent wake at Fajr is the single strongest anchor for the body's circadian rhythm.

Restful sleep supports clarity in worship, patience in family life, and steadiness in work. The Prophetic rhythm of night and morning is both spiritual and practical.

## Section 1: Current Sleep Pattern

Day	Time to bed	Time asleep	Wake-ups	Time awake	Fajr prayed (Y/N)	Quality (1-10)

## Section 2: Building a Wind-Down Routine

### 60 minutes before bed

- Dim lights and reduce screen brightness
- Stop work and stimulating conversation
- Avoid caffeine after early afternoon

### 30 minutes before bed

- Phone away or in another room
- Pray Isha if not already prayed
- Recite a portion of Qur'an
- Make wudu before bed

### At bedtime: the Sunnah of sleep

- Sleep in a state of wudu
- Sleep on the right side
- Recite the last two verses of Surah Al-Baqarah
- Recite Ayat al-Kursi (Qur'an 2:255)
- Recite Surah Al-Ikhlās, Al-Falaq, An-Nas (three times)

*“Whoever recites Ayat al-Kursi when he goes to bed, Allah will appoint a guard over him.”*

*Sahih al-Bukhari 2311.*

## Section 3: The Sleep Environment

Element	What I have now	One change I will make

## Section 4: When Sleep Does Not Come

If sleep does not come within 20 minutes: get out of bed, go to a dimly lit room, engage in something calm (dhikr, soft recitation), return when sleepy.

## Section 5: My Sleep Goals

<b>Target bedtime</b>	
<b>Target wake time (Fajr)</b>	
<b>One change this week</b>	
<b>How I will know it is working</b>	