

# The Aadaab of sleeping

1. Do Miswaak or brush your teeth before sleeping
2. It is Mustahab (desirable) to sleep in the state of Wudhu
3. Change your clothes before sleeping
4. Dust your bed three times before sleeping
5. If it is possible, sleep on your right side with your head towards the Qiblah, placing your hand underneath your right cheek, keeping your knees slightly bent
6. Pray Ayat-ul-Kursi and 4 Quls (Surah-e-Kafiroon, Ikhlaas, Falaq, Naas)
7. Pray the Masnoon Dua before sleeping and after waking up
8. Do not sleep on your stomach
9. If you see a bad dream, then make a spitting noise on your left three times. Pray Ta'awwuz and change your sleeping position. Do not mention your bad dream to anyone
10. It is Sunnah to rub your eyes after waking up

