

20 Daily Sunnan

1. Dua when waking up

The Dua for waking up:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

'Alhamdu lillahil-latheeh ahyana baAAda ma amatana wa-ilayhin-nushoor.'

All praise is for Allah who gave us life after having taken it from us and unto Him is the resurrection. [Bukhari & Muslim]

2. Start with the right

There are various ahadith on starting with the right [Bukhari, Muslim]. It is desirable to begin with right in every action which is connected with honour, adornment or cleanliness. Likewise, it is desirable to begin with the left in all those actions which are of the opposite category. [Imam Nawawi]

3. Dua for wearing clothes:

Recite بِسْمِ اللَّهِ when changing clothes [Tirmidhi]. Also recite:

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

'Alhamdu lillaahil-ladhee kasaanee haadhath-thawba wa razaqaneehi min ghayri ḥawlin minnee wa laa quwwah'

All Praise is for Allah who has clothed me with this garment and provided it for me, with no power nor might from myself. [Abu Dawud]

4. When looking in the mirror

اللَّهُمَّ أَنْتَ حَسَّنْتَ خَلْقِي فَحَسِّنْ خُلُقِي

'AlhamduLilahi Allahumma kama hassanta khalqi fahassin khuluqi'

Praise be to Allah. Oh Allah, as you have beautified me, beautify my character. [Al-Hisnul-Haseen]

5. Use the Siwak

The Messenger of Allah ﷺ said, "Were I not afraid that it would be hard on my followers, I would order them to use the siwak (as obligatory, for cleaning the teeth)." [Bukhari]

6. Read dua when leaving the house

بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

'Bismillaah, tawakkaltu `alal-laah, wa laa ḥawla wa laa quwwata illaa billaah'

In the name of Allah, I place my trust in Allah and there is no might nor power except with Allah.

OR

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ أَوْ أَزِلَّ أَوْ أُزِلَّ، أَوْ أَظْلِمَ أَوْ أَظْلَمَ أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

'allaahumma innee a`oodhu bika an aqilla aw uqalla, aw azilla aw uzalla, aw azlima aw uzlama, aw ajhala aw yujhala `alalayy'

O Allah, I seek refuge with You lest I should stray or be led astray, or slip (i.e. to commit a sin unintentionally) or be tripped, or oppress or be oppressed, or behave foolishly or be treated foolishly.

7. Having a pleasant smile always

Ibn Jaz reports: "I have not seen anyone who smiled more than the Messenger of Allah ﷺ [Tirmidhi]

8. Speaking good or keeping silent

The Messenger of Allah ﷺ said, "He who believes in Allah and the Hereafter, if he witnesses any matter he should talk in good terms about it or keep quiet." [Muslim]

9. Go to the masjid early for prayer

The Messenger of Allah ﷺ said, "If the people knew the reward for pronouncing the Adhan and for standing in the first row (in congregational prayers) and found no other way to get that except by drawing lots they would draw lots, and if they knew the reward of the Zuhr prayer (in the early moments of its stated time) they would race for it (go early) and if they knew the reward of 'Isha' and Fajr (morning) prayers in congregation, they would come to offer them even if they had to crawl." [Bukhari]

10. Give Salam when entering the house

The Messenger of Allah ﷺ said (to Anas ibn Maalik), 'O my son, when you enter upon your family and say salaam, it will be a blessing for you and the members of your household. [Tirmidhi]

11. Sleep soon after Isha

The Messenger of Allah ﷺ used to rest at night after the 'Ishā' prayer. He ﷺ disliked being engaged in (worldly) talk after the 'Ishā' prayer. [Muslim]

12. Lock up

Recite بِسْمِ اللَّهِ before closing the doors of the house, before covering utensils with food in them, switch off or turn off fires, light etc. [Bukhari] If one cannot find anything with which to cover the utensil then one should place a stick across the top of the utensil. [Muslim]

13. Clean bed

Before getting into the bed, dust the bed thrice with the corner of your clothes. [Bukhari]

14. Miswak before bed

Use Miswaak before retiring to bed even if one has already made it for Isha prayer. [Kitab Tahaarah]

15. Sleep in a state of Wudhu

The Messenger of Allah ﷺ said, "Whenever you go to bed, perform ablution like that for the prayer, and lie on your right side" [Muslim]

16. Recite the sleeping Dua

اللَّهُمَّ بِسْمِكَ أَمُوتُ وَأَحْيَا

*'Allah Humma Bi-ismika Amooto wa Ahya'
In Your name O Allah, I live and die [Muslim]*

17. Sleeping position

Sleep on the right side facing the Qibla with the right hand underneath the head just like a pillow with the knees slightly bent. [Bukhari]

18. Don't sleep on stomach

Abu Dharr رضي الله عنه narrates that when he was once lying down on his stomach, the Messenger of Allāh ﷺ was passing by him. He ﷺ touched him with his blessed foot and said, "O Jundub (This is the name of Sayyidunā Abū Dharr)! This is the way the dwellers of Hellfire lay down." [Ibn Majah]

19. Recitation of various Adhkar

- *Recite Surah Fatiha, Surah Ikhlas, Surah Al-Falak and Surah Al-Nas - 3 times then blow on your hands and rub on your whole body. [Bukhari]*
- *Ayat al-Kursi*
- *Istighfar x 70*
- *Surah Waaqi'a - saves one from hunger and poverty (Attargheeb)*
- *Recite Surah Mulk - protection from grave punishment*
- *Recite the last two Ayats of Surat Al-Baqarah*

20. Don't be excessive

The Messenger of Allah ﷺ said, "For a man he has a bed for himself, one for his wife, the third for a guest and the fourth is for Shaytan." i.e. to have more than necessary may lead to pride, arrogance and excessiveness. [Muslim]