

my  
**Bedtime**  
things to do



Make wudu'

Dust off the bed

Recite Ayat al Kursi

Recite Surah al Ikhlaas - 3 times

Recite Surah al Falaq - 3 times

Recite Surah al Naas - 3 times

Say the sleeping du'aa

Ask Allah to forgive me for anything  
wrong I may have done today

Sleep on the right side