FREE BONUS

Bismillahir Rahmanir Raheem

Evening Wind-Down & Sleep Adhkar Routine

Your 15-Minute Path to Peaceful Sleep

Falah Shifa

falahos.my | Print & Keep By Your Bedside

■ Your 15-Minute Wind-Down Checklist

"He is the One Who has made the night for you as a cover, and sleep as a means of rest" — Quran 25:47

- ■ **Min 1-3:** Put your phone in another room or airplane mode. Dim the lights.
- ■ **Min 3-5:** Make wudu (ablution). The Prophet said: 'Purity is half of faith.'
- ■ **Min 5-10:** Complete the Evening Adhkar below. Read with presence, not speed.
- ■ **Min 10-13:** Open your journal. Write 3 gratitudes. Do your CBT reflection.
- ■ **Min 13-15:** Lie on your right side. Right hand under cheek. Recite sleep du'a.

■ Evening Adhkar Sequence

1x	**Ayatul Kursi (2:255)** *Allahu la ilaha illa Huwal-Hayyul-Qayyum...* Recite once. Allah sends a guardian angel for the night.
3x	**Surah Al-Ikhlas** *Qul huwa Allahu ahad. Allahus-samad...* Blow into palms after reciting, wipe over your body.
3x	**Surah Al-Falaq** *Qul a'udhu bi rabbil-falaq. Min sharri ma khalaq...* Protection from external harm.
3x	**Surah An-Nas** *Qul a'udhu bi rabbin-nas. Malikin-nas...* Protection from the whisperer who retreats.
33x	**SubhanAllah** *SubhanAllah (Glory be to Allah)* Release the day's burdens.
33x	**Alhamdulillah** *Alhamdulillah (All praise to Allah)* Gratitude for another day lived.
34x	**Allahu Akbar** *Allahu Akbar (Allah is Greatest)* Nothing you faced today is bigger than Him.

Sleep Du'a

Bismika Allahumma amutu wa ahya
"In Your name, O Allah, I die and I live."

Why This Routine Works (The Science)

• **Blue light cutoff:** Removing phone 15 min before bed reduces cortisol, allows melatonin production.

• **Wudu as ritual:** Warm water on extremities lowers core body temp — signals sleep readiness.

• **Repetitive dhikr:** Counting tasbih activates parasympathetic nervous system, like body scan meditation.

• **Right-side sleeping:** The Sunnah position is confirmed by sleep science to aid digestion and cardiac function.

• **Gratitude journaling:** 5 minutes of gratitude writing improves sleep quality by 25%.

Can't-Sleep Emergency Protocol

1. Don't fight it. Get up and make wudu again.
2. Pray 2 rak'ah of night prayer (Salatul-Layl).
3. Read Surah Al-Mulk.
4. Box breathing: Inhale 4 counts, Hold 4, Exhale 4, Hold 4. Repeat 4x.
5. Recite 'La hawla wa la quwwata illa billah' until your eyes feel heavy.
6. Return to bed on your right side. You are safe. Allah is awake.

Print this sheet and keep it by your bedside. Laminate it for daily use.
Build the habit for 21 days and it becomes second nature.

May Allah grant you restful sleep and wake you to a blessed morning. Ameen.