

Manner of Waking

Upon waking up

1. Rub both palms on the face and eyes

2. **Recite the following dua:**

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا
وَإِلَيْهِ النُّشُورُ

*Alhamdu lillaahillathee ahyaanaa ba'da
maa amaatanaa wa ilayhin nushoor.*

Praise be to Allah, who gives us life after he
has caused us to die and unto him is
the return.

3. Clean your teeth with a miswaq

Du'a after having a good dream:

Alhamdulillahilahi rabbil 'aalamin.

All praises be to Allah, the Cherisher and
Sustainer of the worlds.

Du'a after having a bad dream:

Audhu billahi mina shaytan nir rajjim.

I seek refuge of Allah from satan the accursed.

