
Recite:

Subhanallah 33 times, Alhamdulillah 33 times, Allahu Akbar 34 times

Sleep on the right side

Do not sleep on your stomach



Adaab of sleeping

If you have a nightmare then read أعوذ بالله من الشيطان الرجيم

Dust the bed before you lie down

Pray the sleeping dua اللَّهُمَّ بِسْمِكَ أُمُوتُ وَ أْحْيَ

Sleep with your right hand under your right cheek

Say بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ before you drink

Drink in three sips

Say الْحَمْدُ لِلَّهِ when you finish

Adaab of drinking



Do not breathe into the cup

Drink whilst you are seated

Drink from a cup and not directly from a large bottle

Wash both hands up to the wrist

Lick your fingers: it is a sunnah

Eat with your right hand

Finish the food on your plate

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ

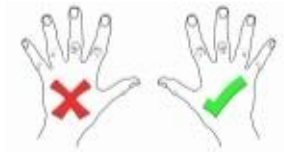
Pray the eating duas

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ



Adaab of eating



Do not eat hot food, let it cool down

Remove your shoes before eating

It's best to use three fingers while eating

Sit on the floor to eat

Do not find faults in the food

Rub your palms on your eyes to wipe the sleep away

Recite the dua **الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ**

Adaab of Waking up



Brush your teeth

Make sure you wash your hands before doing anything else

Enter with your left foot, leave with right foot

Recite the duas

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبَيْثِ وَالْخُبَائِثِ

غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

Sit and use the toilet, you should not stand

Wash with your left hand



Adaab of Using the Washroom

Clean yourself with toilet paper first and then water

Do not face your front or back towards the Qiblah

Wash your hands with soap

Do not talk when using the toilet

