Morning, Evening & Sleep Adhkar

Selected morning, evening and bedtime adhkar — A short selection of authentic remembrances with their sources. This is not an exhaustive collection.

Morning

Surah Al-Ikhlas · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُن لَّهُ كُفُوًا أَحَدٌ ﴿٤﴾

Say: He is Allah, the One; Allah, the Self-Sufficient on whom all depend. He does not beget, nor was He begotten, and there is none comparable to Him.

Qur'an 112 · Sunan Abi Dawud 5082 (graded Hasan by Al-Albani) · Hisn al-Muslim (sunnah.com/hisn/77)

Surah Al-Falaq · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِن شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِن شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Say: I seek refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness when it settles, from the evil of those who blow on knots, and from the evil of an envier when he envies.

Qur'an 113 · Sunan Abi Dawud 5082 (graded Hasan by Al-Albani) · Hisn al-Muslim (sunnah.com/hisn/77)

Surah An-Nas · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَٰهِ النَّاسِ ﴿٣﴾ مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Say: I seek refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the retreating whisperer who whispers into the hearts of people, from among jinn and mankind.

Qur'an 114 · Sunan Abi Dawud 5082 (graded Hasan by Al-Albani) · Hisn al-Muslim (sunnah.com/hisn/77)

Repeat: once

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي، فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

O Allah, You are my Lord; there is no god but You. You created me and I am Your servant. I keep Your covenant and promise as far as I am able. I seek refuge in You from the evil of what I have done. I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for none forgives sins except You.

Sahih al-Bukhari 6306

Repeat: 3 times

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ

In the name of Allah, with whose name nothing on earth or in the heavens can cause harm, and He is the All-Hearing, the All-Knowing.

Sunan Abi Dawud 5088 (graded Sahih by Al-Albani)

Repeat: once

اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ

O Allah, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the resurrection.

Sunan Abi Dawud 5068

Repeat: 100 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Glory be to Allah, and praise be to Him.

Sahih Muslim 2692

Evening

Surah Al-Ikhlas · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُن لَّهُ كُفُوًا أَحَدٌ ﴿٤﴾

Say: He is Allah, the One; Allah, the Self-Sufficient on whom all depend. He does not beget, nor was He begotten, and there is none comparable to Him.

Qur'an 112 · Sunan Abi Dawud 5082 (graded Hasan by Al-Albani) · Hisn al-Muslim (sunnah.com/hisn/77)

Surah Al-Falaq · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِن شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِن شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Say: I seek refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness when it settles, from the evil of those who blow on knots, and from the evil of an envier when he envies.

Qur'an 113 · Sunan Abi Dawud 5082 (graded Hasan by Al-Albani) · Hisn al-Muslim (sunnah.com/hisn/77)

Surah An-Nas · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَٰهِ النَّاسِ ﴿٣﴾ مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Say: I seek refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the retreating whisperer who whispers into the hearts of people, from among jinn and mankind.

Qur'an 114 · Sunan Abi Dawud 5082 (graded Hasan by Al-Albani) · Hisn al-Muslim (sunnah.com/hisn/77)

Repeat: once

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي، فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

O Allah, You are my Lord; there is no god but You. You created me and I am Your servant. I keep Your covenant and promise as far as I am able. I seek refuge in You from the evil of what I have done. I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for none forgives sins except You.

Sahih al-Bukhari 6306

Repeat: 3 times

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ

In the name of Allah, with whose name nothing on earth or in the heavens can cause harm, and He is the All-Hearing, the All-Knowing.

Sunan Abi Dawud 5088 (graded Sahih by Al-Albani)

Repeat: once

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ

O Allah, by You we enter the evening, by You we live and by You we die, and to You is the resurrection.

Sunan Abi Dawud 5068

Repeat: 100 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Glory be to Allah, and praise be to Him.

Sahih Muslim 2692

Before sleep

Repeat: once

اللَّهُ لَا إِلَٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ ۚ لَّهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۗ مَن ذَا الَّذِي يَشْفَعُ عِندَهُ إِلَّا بِإِذْنِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۖ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ۖ وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

Allah — there is no god but Him, the Ever-Living, the Sustainer of all. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and the earth. Who can intercede with Him except by His permission? He knows what is before them and what is behind them, and they encompass nothing of His knowledge except what He wills. His Kursi extends over the heavens and the earth, and preserving them does not tire Him. He is the Most High, the Most Great.

Qur'an 2:255 · Sahih al-Bukhari 2311 (reciting Ayat al-Kursi on going to bed)

Surah Al-Ikhlas · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُن لَّهُ كُفُوًا أَحَدٌ ﴿٤﴾

Say: He is Allah, the One; Allah, the Self-Sufficient on whom all depend. He does not beget, nor was He begotten, and there is none comparable to Him.

Qur'an 112 · Sahih al-Bukhari 5017 (recite, blow into the palms and wipe the body, three times)

Surah Al-Falaq · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِن شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِن شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Say: I seek refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness when it settles, from the evil of those who blow on knots, and from the evil of an envier when he envies.

Qur'an 113 · Sahih al-Bukhari 5017 (recite, blow into the palms and wipe the body, three times)

Surah An-Nas · Repeat: 3 times

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَٰهِ النَّاسِ ﴿٣﴾ مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Say: I seek refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the retreating whisperer who whispers into the hearts of people, from among jinn and mankind.

Qur'an 114 · Sahih al-Bukhari 5017 (recite, blow into the palms and wipe the body, three times)

Repeat: once

بِاسْمِكَ أَمُوتُ وَأَحْيَا

In Your name I die and I live.

Sahih al-Bukhari 6312

Repeat: 33 times

سُبْحَانَ اللَّهِ

Glory be to Allah.

Sahih al-Bukhari 5361

Repeat: 33 times

الْحَمْدُ لِلَّهِ

All praise is for Allah.

Sahih al-Bukhari 5361

Repeat: 34 times

اللَّهُ أَكْبَرُ

Allah is the Greatest.

Sahih al-Bukhari 5361