





**Dua when  
waking up**

Dua-02

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

(Alhamdulillahil-ladhi Ahyana bada ma amatana wa ilaihin-nushur)

**Praise is to Allah Who gives us life after He has  
caused us to die and to Him is the return.**

(Sahih al-Bukhari, 6314)

**ATFAAL**  
by sondiaa





Dua before  
sleeping

Dua-01

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

(Allahumma bismika amutu wa ahya)

With Your name, O Allah, I die and I live.

(Sahih al-Bukhari, 6312)





**Dua before entering  
the bathroom**

Dua-03

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

(Allahumma inni auzubika minal khubusi wal khabais)

O Allah, I seek Refuge with You from all offensive and wicked things (evil deeds and evil spirits).

(Sahih al-Bukhari, 142)





Dua after leaving  
the bathroom

Dua-04

غُفْرَانَكَ

(Gofranaka)

Grant me Your forgiveness.

(Sunan Abi Dawud, 30)