

SUNNATS AT THE TIME OF WAKING FROM SLEEP

1. Immediately upon waking from sleep, rub the face and the eyes with both hands so that the effects of sleep and tiredness goes away.

(Shamaa'il-e-Tirmizi)

2. Then read this du'aa:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا
وإِلَيْهِ النُّشُورُ.

Al'hamdu lillaahil lazi a'hyaanaa ba'damaa amaataanaa wa ilayhin nushoor

All Praise be to **Allah** Who gave us life after having given us death and (our) final return (on the Day of Judgment) is to **Him**.

(Bukhari, Abu Dawud, Nasa'i)

3. Whenever you get up from sleep, use **Miswaak**.

(Musnad Ahmad, Abu Dawud)

Note: **Miswaak** will be used a second time during **wudhu**. To use **Miswaak** immediately upon waking from sleep is a separate **Sunnah**.

4. When you put on your trousers, put it in your right leg first and then the left. When putting on the shirt, start with the right hand and then the left. **Same is the case with wearing any article of clothing**. Likewise, the shoes; first put on the right and then the left. When you take (anything) off, then first take off the left side and then the right. This is the Masnoon method of taking off anything worn on the body.

SUNNATS AT THE TIME OF GOING TO THE TOILET

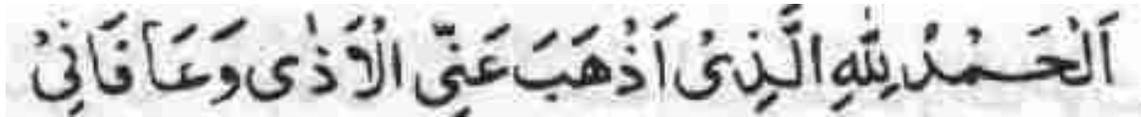
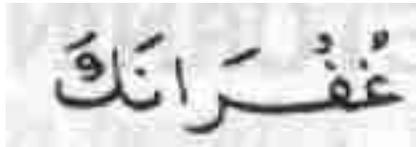
1. Take both - water and tissue paper - for **istinjaa**. **If these are already in the toilet, then one does not need to take them.**
2. **Rasulullah** sallallahu alayhi wasallam used to go to the toilet with his feet and head covered. (Zaad-ul-Ma'aad)
3. Read this du'a before entering the toilet:

(بِسْمِ اللَّهِ) اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ .

Bismillaah, Allaahumma innee a'oozu bika minal khubuthi wal khabaa'ith

O **Allah!** I seek refuge in **You** from the male and female devils (Shayateen).
(Mishkaat)

4. Note: Due to the barakah of this du'aa, a veil is created between the reader of the dua and the shayateen in the toilet which prevents them from looking at the private parts. (Mirqaat Vol., 1 Page 361)
5. **When entering the toilet**, first enter with the left foot, and **when coming out**, exit with the right foot. (Zaad-ul-Ma'aad)
6. When uncovering the body, the more one can lower his body the better. (Tirmizi, Abu Dawud)
7. **When coming out of the toilet**, step out with the right foot and recite (outside):



Ghufraanaka... Al'hamdu lillaahillazi azhaba annil azaa wa 'aafaani

O **Allah!** I seek Your Forgiveness... All Praise is due to **Allah** who has removed me the harm and has given me sound health. (Mishkaat)

8. A ring or any other item with a visible inscription of a verse from the Qur'an or the blessed name of **Rasulullaah** (sallallahu alaihi wa sallam) should be taken off

and left outside the toilet. **After coming out of the toilet, it can be worn again.** (Nasa'i)

9. **While relieving oneself**, one should neither face the Qiblah nor have his back towards it. (Tirmizi)
10. **While relieving oneself**, one should not talk unless it is necessary. Similarly, do not engage in the remembrance of Allah verbally. (Mishkaat)
11. **While urinating or during istinja**, do not touch the private parts with the right hand. Use the left hand. (Bukhari, Muslim)
12. **Safeguard yourself from** the drops / splashes / sprinkling of urine **because** the punishment in the grave is brought about due to not remaining safe from the drops of urine. (Tirmizi)
13. **Where toilet facility is not available**, one should relieve himself in a place where he is out of people's sight. (Abu Dawud)
14. **Locate soft ground for urinating** so that the urine does not splash and the ground absorbs it. (Tirmizi)
15. **Urinate sitting down**. Do not urinate standing. (Tirmizi)