# Our Bedtime Dua

*with Zara and Zaki*



**BEFORE SLEEP**

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

*Bismika Allahumma amutu wa ahya*

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

**WHEN I WAKE UP**

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ

*Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur*

All praise is for Allah, who gave us life after making us sleep, and to Him we return.

Both duas: Sahih al-Bukhari 6324

**Colour a star each night you say it**

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