



SunnahPanda

Sunnah Bedtime Routine Chart

Follow the sunnah bedtime routine every night. Colour a moon for each step you do.

Name _____

Date _____



Goodnight, the sunnah way!



(M) (T) (W) (T) (F) (S) (S)

1

Make wudu

Go to bed clean and fresh with wudu



2

Dust off my bed

Shake out the covers before lying down



3

Read the three Quls

Surah Al-Ikhlās, Al-Falaq and An-Nas



4

SubhanAllah 33, Alhamdulillah 33, Allahu Akbar 34

Count them on my fingers



5

Lie on my right side

Just like the Prophet ﷺ did



6

Say my sleeping du'a

"Bismika Allahumma amutu wa ahya"



These are all things the Prophet ﷺ did or taught at bedtime. Sweet dreams, in sha Allah!