

## Islam in practice - Night-Time Habits

- Try to learn this simple Dua to say before you go to sleep every night:

“Bismika- Allaahumma amootu wa-ahyaa”

- Try to learn to say the 3 QULS before you go to sleep:

Recite the “3 QULS”  
(Surat Al-Ikhlās, Al-  
Falaq, Al-Naas) three  
times each

SURAT AL-IKHLAS

SURAT AL-NAAS

SURAT AL-FALAQ

