

## Dua if any one unable to sleep

If a person is anxious due to his inability to sleep, he/she should recite this Dua (Supplication). If Allah wills, the anxiety will disappear and the reciter will sleep.

"اللَّهُمَّ غَارَتِ النُّجُومُ، وَهَدَّاتِ الْعُيُونُ، وَأَنْتَ حَيٌّ قَيُّومٌ، لَا تَأْخُذُكَ سِنَّةٌ وَلَا نَوْمٌ، يَا حَيُّ يَا قَيُّومُ، أَهْدِئْ لَيْلِي، وَأَنْمِ عَيْنِي" (عمل اليوم واليلة لابن السني)

Allahumma Gharatin Nujoomu, wa'hada'atil oyouno, Wa'anta Hayyou Qaiyyumun, La ta'khozoka senatun wala naumun, Ya Haiyyu Ya Qaiyyum, Ahdi leyali, wa'anim aiyni.

Translation: "O Allah! the stars have gone far away and the eyes are rested. You are Alive and Infinite, You do not slumber nor does sleep overtake You. Oh Alive and the Everlasting One, grant me rest tonight and let my eyes sleep (close).

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