Five reasons to sleep with wudu

Among the many Sunnats that relate to sleeping, making wudu before going to bed is one that yields much gain.

There are many incentives for practicing this Sunnah of Rasulullah (sallallahu 'alayhi wasallam). Here under are a few of the incentives for one who sleeps with wudu:

1. The du'a of the Angels.

Sayyiduna Ibn ‘Abbas (radiyallahu ’anhumu) reported that Nabi (sallallahu 'alayhi wasallam) said:

'Purify these bodies and Allah will purify you, for any slave who goes to sleep in a state of purity has an Angel that spends the night with him. Every time he turns over, **[the Angel] says, ‘O Allah! Forgive Your slave, for he went to bed in a state of purity.'**

(Al-Mu’jamul Awsat of Tabarani, Hadith: 5087)

‘Allamahs: Mundhiri and Dimyati (rahimahumallah) have declared the chain as good (Jayyid).

2. The soul will make sajdah under the 'Arsh (Throne) of Allah Ta'ala.

Sayyiduna Abud Darda (radiyallahu ’anhu) has said:

'When a person sleeps, his soul (ruh) rises to the throne ('Arsh) of Allah. **If he slept with wudu, the soul is permitted to make sajdah (by the 'Arsh of Allah)**. If he slept in the state of impurity, permission for sajdah is refused.'

(Kitabuz Zud of Ibnul Mubarak, Hadith: 1245. Also see: Fathul Bari, Hadith: 1149)

3. The reward of engaging in salah and dhikr the entire night.

Imam Abu Murayah Al ‘Ijli (rahimahullah) said:

'Whoever retires to bed in the state of wudu and falls off to sleep while engaging in the dhikr of Allah Ta’ala, his bed will be regarded as a Masjid. **He will receive the reward of being in salah and dhikr until he awakens**.'

The narration is suitable to quote as reported.

(Musannaf ‘Abdur Razzaq, Hadith: 19837 and Fathul Bari, Hadith: 6311)

4. Be raised on the day of Qiyamah with Wudu

The 'Ulama state that one of the primary reasons for sleeping with wudu is to prepare for death.

Sayyiduna Ibn 'Abbas (radiyallahu'anhuma) advised:

'Ensure that you spend the nights in wudu, for the souls will be raised in the condition [of purity] that they were taken in.'

(Musannaf 'Abdur Razzaq, see Fathul Bari, Hadith: 6312 and 'Umdatul Qari, Hadith: 247)

5. Protection from nightmares.

Hafiz Ibn Hajar (rahimahullah) writes:

'One who sleeps with wudu will see better dreams.'

(Fathul Bari, Hadith: 6311)

Shaykhul Hadith Moulana Muhammad Zakariyya Kandehlawi (rahimahullah) says:

'One who sleeps with wudu is saved from bad dreams.'

(Taqrir Bukhari 2/78)

Let's take advantage of these super benefits of sleeping with wudu. A simple, yet so beneficial deed. In so doing, we won't lose as we snooze!

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