



Woke up at night?

Start here.

Four steps from one authentic night in the life of the Prophet ﷺ. No made-up counts. No guilt. Just a gentle way to begin.

1

WIPE

Rub the sleep from your face, as the report describes.

2

RECITE

Read Al Imran 3:190–200. Tired tonight? Begin with 3:190–191.

3

WASH

Make wudu (ritual washing).

4

RISE

Pray. Two rakat is a good start.

إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِأُولِي الْأَلْبَابِ

Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding.

SURAH AL IMRAN · 3:190

*You do not need a perfect night.
You need one waking and one verse.*



The Midnight Reset *Card*

Surah Al Imran 3:190–200 · Based on Sahih Muslim 763



— Tick as you go



WIPE

Rub the sleep from your face



RECITE

3:190–191 (or 3:190–200)



WASH

Make wudu



RISE

Pray two rakat

— Start tonight: your first two verses

3:190

إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِأُولِي الْأَلْبَابِ

Inna fī khalqis-samāwāti wal-arḍi wakhtilāfil-layli wan-nahāri laāyātin li-ulil-albāb.

Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding.

3:191

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

Alladhīna yadhkurūnallāha qiyāman wa qu'ūdan wa 'alā junūbihim wa yatafakkarūna fī khalqis-samāwāti wal-arḍ, Rabbanā mā khalaqta hādha bāṭilā, subḥānaka faqinā 'adhāban-nār.

Who remember Allah while standing or sitting or [lying] on their sides and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire."

— Fact check

ESTABLISHED

Reciting these verses on waking at night (Sahih Muslim 763).

NO COUNT

The report gives no number of repetitions. Read once, slowly, with meaning.

CHECK

Special wazifas for money, marriage or cures need a named, graded source.

— 7-night habit loop

Mark a night when you did even one step.



Missed a night? Start again at the next waking. Fajr on time comes first; night prayer is voluntary.