

TASBEEH FATIMA

33 • 33 • 34 — BETTER THAN A SERVANT

تسبیح فاطمہ — عربی، انگریزی، اردو اور ہندی ترجمے کے ساتھ

SAHIH MUSLIM 2727A • SAHIH AL-BUKHARI 5362 • TOTAL 100 • BEFORE
SLEEP & AFTER SALAH

QUICK ANSWER

- Tasbeeh Fatima is the bedtime dhikr the Prophet ﷺ taught his daughter Fatima (RA) and Ali (RA): SubhanAllah 33 times, Alhamdulillah 33 times, Allahu Akbar 34 times — 100 in total (Sahih Muslim 2727a).
- The same three phrases are also read after every obligatory prayer (Sahih Muslim 596a and 597a).
- He ﷺ called it “better for you than a servant.” Said slowly, it takes about three to four minutes.

THE THREE PHRASES — ARABIC, ENGLISH, URDU & HINDI

سُبْحَانَ اللَّهِ

SubhanAllah — 33 times

“Allah is free of every fault and defect”

اللہ ہر عیب اور کمی سے پاک ہے

अल्लाह हर ऐब और कमी से पाक है

الْحَمْدُ لِلَّهِ

Alhamdulillah — 33 times

“All praise belongs to Allah alone”

تمام تعریفیں اللہ ہی کے لیے ہیں

تمام تारीف اलلاہ ہی کے لیے ہے

اللَّهُ أَكْبَرُ

Allahu Akbar — 34 times

“Allah is Greater than everything”

اللہ سب سے بڑا ہے

اللاہ سب سے بڑا ہے

THE COUNTS, NARRATION BY NARRATION

WHEN	SUBHANALLAH	ALHAMDULILLAH	ALLAHU AKBAR	SOURCE
Before sleep (Tasbeeh Fatima)	33	33	34	Sahih Muslim 2727a
After every obligatory prayer	33	33	34	Sahih Muslim 596a
After every obligatory prayer	33	33	33 + completion to 100	Sahih Muslim 597a

Sahih al-Bukhari 6318 narrates the bedtime story with 33 of each phrase, and Ibn Sirin adds that SubhanAllah is said 34 times. Both forms are authentically narrated; the table keeps them separate rather than blending them.

WORD BY WORD — ENGLISH, URDU & HINDI

ARABIC	TRANSLITERATION	ENGLISH	اردو	HINDI
سُبْحَانَ	Subhana	Glory be to; free of all defect	پاک ہے، ہر عیب سے منزہ	पवित्र है, हर ऐब से पाक
اللَّهُ	Allah	Allah, God		अल्लाह
الْحَمْدُ	Al-hamdu	All praise and thanks	تمام تعریفیں	تمام तारीफ़

لله li-llah

Belong to Allah

اللہ ہی کے لیے اलلاہ ہی کے لیے

أكبر Akbar

The Greatest

سب سے بڑا سب سے بڑا

THE BETTER-THAN-A-SERVANT RESET — NIGHT CHECKLIST

Fatima (RA) asked for a servant because her hands were blistered from the hand-mill. The Prophet ﷺ came to her home that night and taught her this dhikr instead. Ali (RA) said he never missed it afterwards — not even on the night of the battle of Siffin (Sahih al-Bukhari 5362).

- ☐ 1 · Park the day. Name the day's heaviest thing silently and hand it to Allah.
- ☐ 2 · Praise in order. SubhanAllah 33, Alhamdulillah 33, Allahu Akbar 34 — slowly, on your fingers or a tasbeeh.
- ☐ 3 · Sleep on the count. When the count ends, stop. Phone down, day closed.

15-NIGHT TRACKER

NIGHT	SUBHANALLAH 33 ✓	ALHAMDULILLAH 33 ✓	ALLAHU AKBAR 34 ✓	SLEPT ON THE COUNT ✓
Night 1				
Night 2				
Night 3				
Night 4				
Night 5				
Night 6				
Night 7				
Night 8				
Night 9				
Night 10				
Night 11				
Night 12				
Night 13				
Night 14				
Night 15				

HONEST NOTE — READ BEFORE YOU FORWARD

The promises attached to this dhikr in the hadith are exactly two: after prayer, its keeper “will never be caused disappointment” (Sahih Muslim 596a), and with the completion to 100, sins are forgiven “even if they are as abundant as the foam of the sea” (Sahih Muslim 597a). At bedtime, the promise is the one Fatima heard: better than a servant. This dhikr is not a treatment for insomnia, tiredness, anxiety or

any medical condition. If poor sleep or low mood persists, see a doctor or a qualified counsellor — dua complements professional care; it never replaces it.

نوٹ: سونے سے پہلے کی تعداد صحیح مسلم (2727a) میں 33، 33، 34 ہے، جبکہ صحیح بخاری (6318) میں تینوں کلمات 33، 33، 33 بھی مروی ہیں؛ دونوں صورتیں ثابت شدہ ہیں۔ نماز کے بعد کی صورتیں صحیح مسلم (596a) اور (597a) میں مذکور ہیں۔ یہ ذکر نیند، تھکن یا کسی بیماری کا طبی علاج نہیں۔ صحت کے مسائل میں ڈاکٹر سے رجوع کریں؛ دعا پیشہ وارانہ علاج کے ساتھ چلتی ہے، اس کی جگہ نہیں لیتی۔

QUICK QUESTIONS

IS TASBEEH FATIMA READ AFTER NAMAZ OR BEFORE SLEEPING?

Both are authentically reported. The teaching to Fatima and Ali was for bedtime (Sahih Muslim 2727a); separate narrations place the counts after every obligatory prayer (Sahih Muslim 596a, 597a). Many Muslims do both.

HOW LONG DOES IT TAKE?

About three to four minutes at a calm pace. Ali (RA) kept it nightly for years, even on the night of a battle — it is a small, sustainable habit, not a long litany.

WHAT IF I FALL ASLEEP BEFORE FINISHING?

Say the count when you get into bed rather than after you are already drifting off, and simply return the next night. The habit is built by returning, not by never missing.

READ MORE ON CURRENTISLAM.COM

- Full article: [Tasbeeh Fatima — 33, 33, 34: Counts, Meaning & Hadith](#)
- [Dua After Salah — Full Adhkar Guide](#)
- [Raat Ko Sone Ki Dua — Dua Before Sleeping](#)
- [Morning and Evening Azkar](#)
- [Surah Hashr Last 3 Ayat — Huwallahu Lazi](#)

Sources & credits: Hadith texts and numbering checked on Sunnah.com — Sahih Muslim 2727a (bedtime teaching), 596a and 597a (after-prayer forms); Sahih al-Bukhari 6318 (bedtime story, 33 of each with Ibn Sirin's note) and 5362 (Ali's Siffin line). Quran 33:41–42: English, Dr. Mustafa Khattab, The Clear Quran; Urdu, Fateh Muhammad Jalandhari — both checked via Quran.com. The phrase meanings in Urdu and Hindi in this PDF are plain editorial renderings of the three phrases, and the Urdu honest note is a CurrentIslam editorial translation — have them read once before public distribution. Arabic and Urdu set in Jameel Noori Nastaleeq. Free to print and share for personal and teaching use with this credit line intact. © CurrentIslam.com