

'Mid-Day Sleep and Sleeping Etiquettes'

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَ صَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ آلِهِ الطَّاهِرِينَ، وَسَلَّمْ تَسْلِيمًا.

In the Name of Allah^{-azwj} the Beneficent, the Merciful. The Praise is for Allah^{-azwj} Lord^{-azwj} of the Worlds, and Blessing be upon our Chief Muhammad^{-saww} and his^{-saww} Purified Progeny^{-asws}, and greetings with abundant greetings.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَعَجِّلْ فَرَجَهُمْ وَالْعَنِ أَعْدَاءَهُمْ أَجْمَعِينَ

‘Mid-Day Sleep and Sleeping Etiquettes’

The Midday Nap

قرب الإسناد عن هارون عن ابن صدقة عن الصادق عن أبيه ع قال: إِنَّ أُعْرَابِيًّا أَتَى النَّبِيَّ ص فَقَالَ يَا رَسُولَ اللَّهِ ص - إِي كُنْتُ رَجُلًا دَكُورًا فَصِرْتُ نَسِيًّا

(The book) ‘Qurb Al Asnaad’ – from Haroun, from Ibn Sadaqah,

‘From Al-Sadiq^{-asws}, from his^{-asws} father^{-asws} having said: ‘A Bedouin came to the Prophet^{-saww}. He said, ‘O Rasool-Allah^{-saww} said: ‘I used to be a remembering person, then I have become forgetful’.

فَقَالَ لَهُ النَّبِيُّ ص لَعَلَّكَ اغْتَدْتَ الْفَائِلَةَ فَتَرَكْتَهَا

The Prophet^{-saww} said to him: ‘Perhaps you used to have a midday nap, then you neglected it’.

فَقَالَ أَجَانُ

He said, ‘Yes’.

فَقَالَ لَهُ النَّبِيُّ ص فَعُدْ يَرْجِعْ إِلَيْكَ حِفْظُكَ إِنْ شَاءَ اللَّهُ.

The Prophet^{-saww} said to him: ‘Return (to midday nap), your memory will return to you, if Allah^{-azwj} so Desires’¹.

مكا، مكارم الأخلاق قَالَ الصَّادِقُ ع قَالَ رَسُولُ اللَّهِ ص النَّوْمُ مِنَ أَوَّلِ النَّهَارِ خُرْقٌ وَ الْفَائِلَةُ نِعْمَةٌ وَ النَّوْمُ بَعْدَ الْعَصْرِ حَقٌّ وَ بَيْنَ الْعِشَاءِ يَنْحَرُمُ الرَّزَقُ.

(The book) ‘Makarim Al Akhlaq’ –

¹ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 42 H 1

‘Al-Sadiq^{-asws} said: ‘Rasool-Allah^{-saww} said: ‘The sleeping from beginning of the day is a violation, and the midday nap is a bounty, and the sleeping after Al-Asr is stupidity, and between the two Isha’s deprives the sustenance’’.²

دَعَاؤُ الرَّوَّانِدِيِّ، عَنْ زَيْنِ الْعَابِدِينَ ع أَنَّهُ كَانَ يُصَلِّي صَلَاةَ الْعَدَاةِ ثُمَّ يُعَقِّبُ فِي مُصَلَّاهُ حَتَّى تَطْلُعَ الشَّمْسُ ثُمَّ يَتَوَضَّأُ فَيُصَلِّي صَلَاةً طَوِيلَةً ثُمَّ يَرُدُّ رَفْدَةً ثُمَّ يَسْتَيْقِظُ فَيَدْعُو بِالسُّوَاكِ فَيَسْتَنْتِ ثُمَّ يَدْعُو بِالْعَدَاةِ.

(The book) ‘Dawaat’ of Al Rawandy –

‘From Zayn Al Abideen^{-asws}, he^{-asws} used to pray the morning Salat, then he^{-asws} would follow it in his^{-asws} Prayer mat until the sun emerged, then he^{-asws} would stand and he^{-asws} would pray a lengthy Salat, then he^{-asws} would lie down for a nap, then he^{-asws} would wake up for brushing the teeth. Then he^{-asws} would legislate (narrate Ahadeeth), then call for the lunch’’.³

Some Ahadith on Sleeping etiquettes are cited in the Appendix.

² Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 41 H 6

³ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 42 H 2

APPENDIX

Sleeping etiquettes

وَقَالَ لَا يَنَامُ الرَّجُلُ عَلَى وَجْهِهِ وَ مَنْ رَأَيْتُمُوهُ نَائِمًا عَلَى وَجْهِهِ فَأَنْبِئُوهُ وَ لَا تَدْعُوهُ.

And he^{-asws} said: ‘The man should not sleep (prone) upon his face, and the one you see him sleeping upon his face, wake him up and do not leave him’.⁴

وَقَالَ أَمِيرُ الْمُؤْمِنِينَ ع إِذَا أَرَادَ أَحَدُكُمْ النَّوْمَ فَلْيَضَعْ يَدَهُ الْيُمْنَى تَحْتَ خَدِّهِ الْأَيْمَنِ فَإِنَّهُ لَا يَدْرِي أَيْتَنَّبَهُ مِنْ رُقْدَتِهِ أَمْ لَا.

And Amir Al-Momineen^{-asws} said: ‘Whenever one of you wants to sleep, let him place his right hand under his right cheek, for he does not know whether he will wake up from his sleep or not?’⁵

ع، علل الشرائع عَنْ أَبِيهِ عَنْ سَعْدِ بْنِ عَبْدِ اللَّهِ بْنِ هَاشِمٍ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنِ الصَّادِقِ عَنِ أَبِيهِ ع قَالَ قَالَ النَّبِيُّ ص إِذَا أَوَى أَحَدُكُمْ إِلَى فِرَاشِهِ فَلْيَمْسَحْهُ بِطَرَفِ إِزَارِهِ فَإِنَّهُ لَا يَدْرِي مَا يَحْدُثُ عَلَيْهِ ثُمَّ لِيُقِلَّ اللَّهُمَّ إِنْ أَمْسَكَتَ نَفْسِي فِي مَنَامِي فَأَعِزَّنِي لَهَا وَ إِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ.

(The book) ‘Ilal Al Sharaie’ – from his father, from Sa’ad, from Ibn Hashim, from Al Nowfaly, from Al Sakuni,

‘From Al-Sadiq^{-asws}, from his^{-asws} father^{-asws} having said: ‘The Prophet^{-saww} said: ‘Whenever one of you shelters to his bed, let him touch an edge of his undergarment, for he does not know what has occurred upon him, then let him say, ‘O Allah^{-azwj}! If You^{-azwj} were to Withhold my soul during my sleep, then Forgive for it, and if You^{-azwj} were to Send it (back), then Protect with what You^{-azwj} Protect Your^{-azwj} righteous servants with’.⁶

الخصال ن، عيون أخبار الرضا عليه السلام ع، علل الشرائع في خبر الشامي أَنَّهُ سَأَلَ أَمِيرَ الْمُؤْمِنِينَ ع عَنِ النَّوْمِ عَلَى كَمِّ وَجْهِ هُوَ

(The books) ‘Al Khisaal’, (and) ‘Uyoun Akhbar Al-Reza^{-asws}’, may the greetings be upon him^{-asws}, (and) ‘Ilal Al Sharaie’ –

‘In a Hadeeth of the Syrian, he asked Amir Al-Momineen^{-asws} about the sleep, ‘How many aspects is it upon?’

فَقَالَ أَمِيرُ الْمُؤْمِنِينَ ع النَّوْمُ عَلَى أَرْبَعَةِ أَصْنَافٍ الْأَنْبِيَاءُ نَنَامُ عَلَى أَفْقَيْنِيهَا مُسْتَلْقِيَةً وَ أَعْيُنُهَا لَا تَنَامُ مُتَوَقِّعَةً لَوْحِي رَبِّهَا عَزَّ وَ جَلَّ

Amir Al-Momineen^{-asws} said: ‘The sleep is upon four types – the Prophets^{-as} sleep upon leaning upon their back and their^{-as} do not sleep in anticipation for Revelation of their^{-as} Lord^{-azwj} Mighty and Majestic.

⁴ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 1 a

⁵ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 1 b

⁶ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 2

وَالْمُؤْمِنُ يَنَامُ عَلَى يَمِينِهِ مُسْتَقْبِلَ الْقِبْلَةِ وَالْمُلُوكُ وَأَبْنَاؤُهُا عَلَى شِمَائِلِهَا لِيَسْتَمِرُّوا مَا يَأْكُلُونَ وَإِبْلِيسَ وَإِخْوَانَهُ وَكُلَّ جُنُونٍ وَدُو عَاهَةِ يَنَامُونَ عَلَى وُجُوهِهِمْ مُنْبَطِحِينَ.

And the Momin sleeps upon his right, facing the Qiblah; and the kings and their sons sleep upon their left in order to continue what they are eating; and Iblees^{-la} and his^{-la} brethren^{-la}, and every insane, and one with disability are sleeping upon their faces, prone".⁷

الْحِصَالُ عَنْ مَا جِيلُوهُ عَنْ مُحَمَّدٍ الْعَطَّارِ عَنِ الْأَشْعَرِيِّ عَنِ الْيَقْطِينِيِّ عَنِ الدَّهْقَانِ عَنْ دُرُسْتِ بْنِ عَبْدِ الْحَمِيدِ عَنْ أَبِي الْحَسَنِ ع قَالَ: لَعَنَ رَسُولُ اللَّهِ ص ثَلَاثَةَ الْأَكِلِ زَادَهُ وَخَدَهُ وَالرَّاكِبِ فِي الْفَلَاةِ وَخَدَهُ وَالتَّائِمِ فِي النَّيْتِ وَخَدَهُ.

(The book) 'Al Khisaal' – from Majaylawiya, from Muhammad Al Attar, from Al Ashary, from Al Yaqteeny, from Al Dihqan, from Dorost, from Ibn Abdul Hameed,

'From Abu Al-Hassan^{-asws} having said: 'Rasool-Allah^{-saww} cursed three – the eater eating his provision alone, and the rider in the wilderness alone, and the one sleeping in the house alone".⁸

الْحِصَالُ عَنْ ابْنِ مُوسَى عَنِ ابْنِ زَكَرِيَّا عَنِ ابْنِ حَبِيبٍ عَنْ عُثْمَانَ بْنِ سَعِيدٍ عَنْ هُدَبَةَ بْنِ خَالِدٍ عَنْ مُبَارَكِ بْنِ فَضَالَةَ عَنْ ابْنِ نُبَاتَةَ قَالَ: قَالَ أَمِيرُ الْمُؤْمِنِينَ لِأَخِي ع - يَا بُنَيَّ أَلَا أَعْلَمُكَ أَرْبَعَ خِصَالٍ تَسْتَعْنِي بِهَا عَنِ الطَّبِّ

(The book) 'Al Khisaal' – from Ibn Musa, from Ibn Zakariya, from Ibn Habeeb, from Usman Bin Saaed, from Hudah Bin Khalid, from Mubarak Bin Fazalat, from Ibn Nubata who said,

'Amir Al-Momineen^{-asws} said to his^{-asws} son^{-asws} Al-Hassan^{-asws}: 'O my^{-asws} son^{-asws}! Shall I^{-asws} let you^{-asws} know of four traits you^{-asws} can be needless by it from the medicine?'

فَقَالَ بَلَى يَا أَمِيرَ الْمُؤْمِنِينَ

He^{-asws} said: 'Yes, O Amir Al-Momineen^{-asws}!'

قَالَ لَا تَجْلِسْ عَلَى الطَّعَامِ إِلَّا وَ أَنْتَ جَائِعٌ وَ لَا تَقُمْ عَنِ الطَّعَامِ إِلَّا وَ أَنْتَ تَشْتَهِيهِ وَ جَوِّدِ الْمَضْغَ وَ إِذَا نَمْتْ فَاعْرِضْ نَفْسَكَ عَلَى الْحَلَاءِ فَإِذَا اسْتَعْمَلْتَ هَذِهِ اسْتَعْنَيْتَ عَنِ الطَّبِّ.

He^{-asws} said: 'Do not seat upon the meal except and you are hungry, and do not stand from the meal except and you are still desirous (of eating), and chew (the food) well, and when you sleep, then present yourself to the toilet. When you^{-asws} were to utilise this, you^{-asws} will be needless from the medicine".⁹

الْأَمَالِي لِلصَّدُوقِ فِي خَيْرِ الْمَنَاهِي عَنِ النَّبِيِّ ص قَالَ: لَا يَبِيئَنَّ أَحَدُكُمْ وَ يَدُهُ عَمْرَةٌ فَإِنْ فَعَلَ فَأَصَابَهُ لَمَمٌ الشَّيْطَانِ فَلَا يَلُومَنَّ إِلَّا نَفْسَهُ.

(The book) 'Al Amaali' of Al Sadouq –

⁷ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 4

⁸ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 5

⁹ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 8

‘In a Hadeeth of the prohibitions from the Prophet^{-saww} having said: ‘Not one of you should spend the night and his hand is with food stains and insanity from the Satan^{-la} afflicts him, he should not blame except himself’^{.10}

عيون أخبار الرضا عليه السلام بالإسناد إلى داريم عن الرضا عن آتائه ع قال قال رسول الله ص اغسلوا صبيبتكم من العَمَرِ فَإِنَّ الشَّيْطَانَ يَشْتُمُ الْعَمَرَ فَيَفْرَعُ الصَّبِيَّ فِي رُقَادِهِ وَ يَتَأَدَّى بِهِ الْكَاتِبَانِ.

(The book) ‘Uyoun Akhbar Al-Reza^{-asws}’, may the greetings be upon him^{-asws} – by the chain to Darim, from Al-Reza^{-asws} having said: ‘Rasool-Allah^{-saww} said: ‘Wash your children from food stains, for the Satan^{-la} smells the food stains, so the child panics in his sleep and two recording Angels are hurt by it’^{.11}

المحسن عن ابن فضال عن ابن بكير عن ابن مسلم عن أبي عبد الله ع أَنَّهُ كَانَ يَكْرَهُ الْبَيْتُوتَةَ لِلرَّجُلِ عَلَى سَطْحٍ وَخَدَهُ أَوْ عَلَى سَطْحٍ لَيْسَتْ عَلَيْهِ حُجْرَةٌ وَ الرَّجُلُ وَ الْمَرْأَةُ فِيهِ مَمْنُولَةٌ.

(The book) ‘Al Mahasin’ – from Ibn Fazzal, from Ibn Bukeyr, from Ibn Muslim,

‘From Abu Abdullah^{-asws} having disliked for the man to be spending the night along upon a rood, or upon a roof not having a room upon it, and the man and the woman are at the same status regarding it’^{.12}

وَ قَالَ أَبُو عَبْدِ اللَّهِ ع إِذَا أُوْتِيتَ إِلَى فِرَاشِكَ فَانظُرْ مَا سَلَكْتَ فِي بَطْنِكَ وَ مَا كَسَبْتَ فِي يَوْمِكَ وَ ادْكُرْ أَنَّكَ مَيِّتٌ وَ أَنَّ لَكَ مَعَادًا.

And Abu Abdullah^{-asws} said: ‘When you shelter to your bed, then look (consider) what has gone into your belly, and what you have earned during your day, and remember that you will be dead and there is a Hereafter for you’^{.13}

Abbreviations:

saww: - Sal lal la ho Allay hay Wa Aal lay he Wasallam

azwj: - Az Za Wa Jalla

asws: - Allay hay Salawat Wass Salam

AJFJ: Ajal Allah hey wa Fara Jaak

ra: - Razi Allah^{-azwj}

La: - Laan Allah^{-azwj}

¹⁰ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 9

¹¹ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 10

¹² Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 15

¹³ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 43 H 21 b