

# SUNNATS OF EATING

- 1 Sit and eat on the floor.
- 2 Spread out a cloth on the floor first before eating.
- 3 Wash both hands up to the wrists.
- 4 Recite '*Bismillah wa'la barakatillah*' aloud.
- 5 Eat with the right hand.
- 6 Eat from the side that is in front of you.
- 7 If a morsel of food falls down, pick it up, clean it and eat it.
- 8 Do not lean and eat.
- 9 Do not find fault with the food.
- 10 Remove your shoes before eating.
- 11 When eating, sit with either both knees on the ground or one knee raised or both knees raised.
- 12 Clean the plate and other utensils thoroughly after eating. By doing this, the utensil makes dua for one's forgiveness.
- 13 Recite the dua after eating.
- 14 First remove the food then get up.

- 15 After meals wash both the hands.
- 16 Thereafter gargle the mouth.
- 17 Whilst eating one should not remain completely silent.
- 18 Eat with three fingers if possible.
- 19 One should not eat very hot food.
- 20 Do not blow on the food.
- 21 After eating one should lick his fingers.

## SUNNATS OF DRINKING

- 1 A Muslim should drink with the right hand. Shaytaan drinks with the left hand.
- 2 Sit and drink.
- 3 Recite “*Bismillah*” before drinking.
- 4 After drinking say “*Alhamdulillah*”.
- 5 Drink in 3 breaths removing the utensil from the mouth after each sip.
- 6 Do not drink directly from the jug or bottle. One should pour the contents into a glass first and then drink.

# SUNNATS OF SLEEPING

- 1 Discuss with one's family members matters pertaining to Deen before going to sleep. (whether it is in the form of reading some Islaamic Books or narrating some incidents of Sahabah etc.)
- 2 To sleep in the state of wuzu.
- 3 To make the bed yourself.
- 4 Dust the bed thrice before retiring to bed.
- 5 One should change into some other clothes (e.g. pajamas) before going to sleep.
- 6 It is sunnah to sleep immediately after Esha Salaah.
- 7 To apply surmah in both the eyes.
- 8 To brush the teeth with a miswaak.
- 9 To sleep on the right hand side.
- 10 To sleep with the right palm under the right cheek.
- 11 To keep the knees slightly bent when sleeping.
- 12 To refrain from sleeping on ones stomach.
- 13 To sleep on a bed or to sleep on the floor are both sunnah.

- 14 To face the *Qiblah*.
- 15 To recite *Surah Mulk*, before sleeping.
- 16 To recite *Ayatul Qursi*.
- 17 To recite *Surah Ikhlāas*, *Surah Falaq* and *Surah Naas* before sleeping 3 times and thereafter blow over the entire body thrice.
- 18 Recite *Tasbeeh e Fatiimi* before sleeping.  
(i.e. 33 times *Subhan Allah* 33 times *Alhamdulillah* and 34 times *Allahu Akbar*)
- 19 To recite the dua before sleeping.
- 20 To wake up for *Tahajjud Salaah*.

## SUNNATS ON AWAKENING

- 1 On awakening rub the face and the eyes with the palms of the hands in order to remove the effects of sleep.
- 2 When the eyes open in the morning say “*Alhamdulillah*” thrice and then recite “*Kalima Tayyibah*”.
- 3 Thereafter recite the dua on awakening.
- 4 On awakening cleanse the mouth with a Miswaak.

## SUNNATS WHEN WEARING CLOTHES

- 1 Rasulullah ﷺ loved white clothing.
- 2 When putting on any garment Rasulullah ﷺ always began with the right limb.
- 3 When removing any garment Rasulullah ﷺ always removed the left limb first.
- 4 Males must wear the pants above the ankles. Females should ensure that their lower garment covers their ankles.
- 5 Males should wear a 'topee' or turban. Females must wear scarves at all times.
- 6 When wearing shoes, first wear the right shoe then the left.
- 7 When removing them first remove the left and then the right.

## SUNNATS OF THE TOILET

- 1 Enter the toilet with your head covered.
- 2 To enter the toilet with shoes.

- 3 Recite the dua before entering the toilet.
- 4 Enter with the left foot.
- 5 To sit and urinate. One should never urinate whilst standing.
- 6 To leave the toilet with the right foot.
- 7 To recite the dua after coming out of the toilet.
- 8 One should not face or show his back towards the *Qiblah*.
- 9 Do not to speak in the toilet.
- 10 Be very careful of the splashes of urine. (being unmindful in this regard causes one to be punished in the grave)
- 11 After relieving oneself, to cleanse oneself using water.

## SUNNATS OF THE HOME

- 1 To recite the dua before entering the home.
- 2 To greet those that are in the house with "*Assalaamu alaykum*".
- 3 To announce ones arrival by coughing, greeting etc. even though it may be your own house.



# MISCELLANEOUS SUNNATS

- 1 Using a miswaak is a great sunnah of Rasulullah ﷺ. One who makes miswaak when making wudhu and thereafter performs salaah will receive 70 times more reward. It will also enable one to easily recite the kalima at the time of death.
- 2 To have a bath on a Friday.
- 3 To apply itr. (this applies to men only)
- 4 To show mercy to those who are younger than you.
- 5 To respect your elders.
- 6 It is sunnah to ponder over Allah I and His Creation.
- 7 For men to keep a beard that is one fist in length.
- 8 To visit a Muslim when he is sick.
- 9 To be good towards one's neighbour.
- 10 To meet a Muslim with a cheerful face.
- 11 To care for the poor and needy.
- 12 To keep good relations with all your relatives.
- 13 To honour a guest even though he may not

be of a very high position.

- 14 To greet all Muslims by saying “*Assalaamu alyukum wa rahmatullahi wa barakaatuhu*”.
- 15 To keep the gaze on the ground whilst walking.
- 16 To speak softly and politely.
- 17 To command people to do good.
- 18 To forbid them from doing evil.
- 19 To carry ones shoes in the left hand.
- 20 To make wudhu at home before going to the Masjid.
- 21 To enter the Masjid with the right foot.
- 22 To leave the masjid with the left foot.
- 23 To recite some portion of the Qur’aan Shareef daily.
- 24 To be hospitable towards one’s guest.
- 25 To exchange gifts with one another.
- 26 To make dua to Allah ﷻ for the fulfilment of one’s needs in what ever language one desires.
- 27 To consult with one’s parents, teachers or elders before doing any work.
- 28 To respect one’s parents.