# 50010 - Can You Listen to the Quran while Sleeping?

**the question**

What is the ruling on listening to Quran before going to sleep, whether from a cassette player or some other means, so that the Muslim will end his day with remembrance of Allah?

**Summary of answer**

There is nothing wrong with a Muslim listening to Quran before he sleeps, or listening to a lecture or anything permissible. Listening to Quran before going to sleep and after, during Ramadan and at other times, instills tranquility in the heart and helps one relax.

**Detailed answer**

Praise be to Allah.

## Can you listen to Quran while sleeping?

There is nothing wrong with a Muslim listening to Quran before he sleeps , or listening to a lecture or anything permissible. Indeed it is narrated in the sahih Sunnah that among the adhkar to be recited before going to sleep are some du`as and verses and Surahs from the Quran .

Al-Bukhari said:

Chapter: Seeking refuge with Allah and reciting Quran when going to sleep

`Aishah (may Allah be pleased with her) narrated that when the Messenger of Allah (peace and blessings of Allah be upon him) went to bed, he would blow into his hands and recite the Mu’awwadhat, and wipe his body with them. (Narrated by al-Bukhari, 5960)

Abu Hurayrah (may Allah be pleased with him) said: The Messenger of Allah (peace and blessings

of Allah be upon him) appointed me to guard the zakah of Ramadan, and someone came and started to rummage in the food. I took hold of him and said: “I am going to take you to the Messenger of Allah (peace and blessings of Allah be upon him)”… And he said: “When you go to your bed, recite Ayat al-Kursi, and you will have ongoing protection from Allah and no devil will come near you until morning comes.” The Prophet (peace and blessings of Allah be upon him) said: “He spoke the truth even though he is a liar; that was a devil.” (Narrated by al-Bukhari, 3101)

## Benefits of listening to Quran while sleeping

Listening to Quran before going to sleep and after, during Ramadan and at other times, instills tranquility in the heart and helps one relax. Allah says (interpretation of the meaning):

“Verily, in the remembrance of Allah do hearts find rest.” [Al-Ra’d 13:28]

For more, please see these answers: 14590 , 78370 , 124657 , and 228366 .

And Allah knows best.