21647 - Is Sleeping after Asr Discouraged?

the question

Is it discouraged to sleep after `Asr?

Summary of answer

Sleeping after `Asr is not discouraged and the Hadith that reads: “Whoever sleeps after `Asr and loses his mind, let him blame no one but himself.” was classed as inauthentic by Shaykh Al-Albani.

Detailed answer

Praise be to Allah.

It was narrated that the Prophet (peace and blessings of Allah be upon him) said: “Whoever sleeps after `Asr and loses his mind, let him blame no one but himself.” This Hadith was classed as inauthentic by Shaykh Al-Albani in Al-Silsilah Ad-Da`ifah (39)

Shaykh Al-Albani (may Allah have mercy on him) said:

“Marwan [ibn Muhammad Al-Asadi] said: “I said to Layth ibn Sa’d – when I saw him sleep after `Asr during the month of Ramadan – ‘O Abu Al-Harith! Why are you sleeping after `Asr when Ibn Lahi`ah has told us … (and he mentioned it)?’ Al-Layth said: ‘I do not give up something that is good for me because of the Hadith of Ibn Lahi`ah from ‘Aqil!’”

I say, I am impressed by this answer of Al-Layth, because it is indicative of understanding and knowledge, and no wonder, for he was one of the Imams of the Muslims and well known jurists. I know that many of the Shaykhs today do not let themselves sleep after `Asr, even if they need to do that. If it is said to them that the Hadith concerning that is inauthentic, they will immediately respond by saying, “inauthentic Ahadith should be followed with regard to virtuous actions.”

Think about the difference between the understanding of the Salaf (earlier generation) and the knowledge of the later generations." (As-Silsilah Ad-Da`ifah, no. 39)

For more about issues related to sleeping, please read the following questions: 99471 , 36889 , 14033 , and 145543

And Allah knows best.