

CHAPTER FOURTEEN

SUNNAH OF THE SIESTA

O Allah (The Exalted) bless our master Muhammad (may Allah bless him and grant him peace) and the family of our master Muhammad (may Allah bless him and grant him peace) as we have been ordered to ask for blessings upon him.

This is known as '*Kaylula*' and it is the Sunnah of the Messenger of Allah (may Allah bless him and grant him peace). He would sleep at times in the summer in the afternoon after the *Dhuhr* prayer and having lunch for a short period¹. Those who worship Allah (The Exalted) throughout the night commonly follow this Sunnah.

Sleeping After Jumu'ah

Anas (may Allah be pleased with him) said, "*The companions of the Prophet (may Allah bless him and grant him peace) would observe Friday prayer first and then have a siesta.*"ⁱ

Abu Hazim states that Sahal bin Sa'd (may Allah be please with him) said; "*Our Siesta and lunch was after the Friday prayer.*"ⁱⁱ

When Not to Sleep

Khawat bin Jubair (may Allah be pleased with him) has said, "*Sleeping at day break is lack of wisdom, sleeping at midday is a habit and sleeping at sunset is foolish.*"ⁱⁱⁱ

- To sleep at midday is *Mustahab* (preferable) and if one does so their tiredness will go away.^{iv} It is said to sleep for a short while is approx. 20 minutes to an hour.

ⁱ Bukhari

ⁱⁱ ibid

ⁱⁱⁱ ibid

^{iv} Alamgiri. Akhlaq Aur Aadaab, p. 88. Bahar-e-Shariat.

¹ There is a lengthy hadith in Bukhari narrated by 'Abdullah bin Abu Talha (may Allah be pleased with him) that he heard it from Anas bin Malik (may Allah be pleased with him).