



## Şeyh Muhammed Mehmet Adil El- Hakkanî Hazretlerine Ait Risaleler

### SLEEPING ON TIME

*As-Salāmu ‘alaykum wa raḥmatu Llāhi.*

*A‘ūdhu biLlāhi mina sh-shayṭāni r-rajim.*

*Waş-Şalātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-anwālīn wa l-ākhirīn.*

*Madad yā Rasūla Llāh, madad yā Sādāti Aşḥabi Rasūli Llāh, madad yā Mashāyikhinā, dastūr yā Shaykh ‘Abdu Llāh al-Fa’īẓ ad-Dāghistānī, Shaykh Muḥammad Nāẓim al-Ḥaqqānī. Madad.*

*Ṭarīqatunā ş-şuḥbah wa l-khayru fi l-jam’iyyah.*

*A‘ūdhu biLlāhi mina sh-shayṭāni r-rajim. Bismi Llāhi r-Raḥmāni r-Raḥīm.*

**وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا (؟) وَجَعَلْنَا اللَّيْلَ لِبَاسًا (؟) وَجَعَلْنَا النَّهَارَ مَعَاشًا (؟)**

“*Wa ja‘a; mā nawmakum subātā. Wa ja‘alnā-l layla libāsā. Wa ja‘alnā-n nahāra ma‘āşā.*” (Qur’ān 78: 9-11) Allah ‘azza wa jalla says, “And we have appointed your sleep for repose, and we have appointed the night as a cloak, and we have appointed the day for livelihood.” This is applicable to all of us.

Allah ‘azza wa jalla did not create people to work only. He divided time into sections: a time to rest, a time to worship, and a time to work. For each of these periods, there is an appointed time. Sleep is necessary for people. It takes place at night. When a person sleeps at night, he is healthier and wakes up strong, which indicates that his body has rested. Tiredness has been removed. Now people obey their own will. They stay up until after midnight, then they sleep until noon the next day. This causes illness, depression, and uneasiness. Also the daily provision from Allah is [thereby] reduced, because Allah ‘azza wa jalla says, “Wake up early [to] look for your daily provision.”

Sleeping after midnight, of course one is not able to get up early in the morning. After sleeping late one is also not able to get up for morning prayer, then he says, “I could not get up what can I do?” “Well what time are you going to sleep?” “About one or two after midnight I go to sleep.” Of course, even if that person was a Friend of Allah, he too could not get up. And this does not happen even with the prayer. One has to go to sleep on time, and get up on time. You should go to sleep and wake up during the hours appointed by Allah. Of course in the past there was no electricity, and there were no candles even. They would use oil lamps to light the rooms, [and] make the most of it. After the last prayer at night, they would go to sleep, [and then] they would wake up for tahajjud, and [then] perform the morning prayer, and [then] they would take care of their daily provision during rest of the day, which means they would sleep for eight hours a day.



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Because [now] people do not sleep on time but after midnight, they are not able to benefit from sleep. Eight hours a day is not sufficient, sometimes they sleep for ten hours, or twelve hours, and [still] they wake up tired. Sleeping more than eight hours is not good; we should not exceed eight hours. Five or six hours is sufficient. Seven or eight hours is what Allah allotted for sleep. More than this is not good—not good for the body, not good for the soul. Unless one is ill, one should not exceed eight hours of sleep.

As was said before, these people do things according to their desires, then they complain. They have no right to complain. You must complain about your own self, not others. They say, “Oh! I could not rest.” Of course not doing the thing in right order, as Allah appointed, there’s no benefit in it, [and] even if there is some benefit, it will be at a minimum. During daytime, one might go for a siesta. This can take place after noon or before noon. Lying down for five or ten minutes, whether sleeping or not, just lying down itself means fulfilling a sunna. This way the body picks up strength.

May Allah help us in following His order has He shown us, so that we can do the right thing and be at ease in this world and the Next.

*Wa min Allāhi t-tanfiq,  
al-Fātḥah*

*Şuḥbah of Shaykh Muḥammad Mehmet ‘Adil*

*Dated 03 October 2018 / 23 Muḥarram 1439*

*Akbaba Dergah, Morning Prayer*