

FAJR WAKEUP TIPS POSTER

“And those who strictly guard their prayers. These will be the heirs. Who will inherit Paradise: they will dwell therein forever!” (Q. 23:9-11)

12 Tips for a Fajr-filled Morning!

Here in are the best, tried-and-test methods of praying Fajr. By the time you reach the end of this page, you will be able to pray Fajr daily, for the rest of your life. There is no doubt about this and in sha Allah, Allah will make it so for you.

- 1) Make FIRM intention to establish Fajr in your life. Praying Fajr itself is very easy, but turning it into a habit is something that requires firm commitment and resolve, and by making your intention unshakeable you will. One brother suggested to write down on a piece of paper: "I will wake up for Fajr tomorrow at 5 AM, insha Allah" and found himself waking up on time.
- 2) Pray Ishaa' ***right after*** it has come in and sleep until Fajr. Many people who have difficulty with Fajr also have difficulty with Isha.
- 3) Practice getting up. Take a nap in the day and when you start to doze off, get up as quickly as you can. It should be as if it's a race. RUN!
- 4) Go to sleep in a state of wudhu and make sure you pray Isha and Witr before you sleep. Performing the sunnahs before sleeping to help strengthen your intention for waking for Fajr. In your nightly duas, make dua to Allah asking Him to make it easy for you to wake up for Fajr.
- 5) Make sure you don't drink very much before you sleep. You should also limit the amount that you eat, especially near nighttime for physiological reasons. Eating lots causes a person to frequent the toilet more, and the prayer mat less. As well, it causes a gas, distracts a person from their work, and increases sexual urges. Others say drinking lots works for them and it makes them wake up earlier more easily. Try and see what works for you.
- 6) Set an alarm clock (you can use the one in your cell phone) and put it in the bathroom. This way you will be forced to get up, run to the bathroom and shut it off and since you already there in the bathroom you can easily make wudhu and pray Fajr. This is one of the most commonly reported methods but still relies on your firm intentions.
- 7) If you use the cell phone alarm clock, then make sure to set your ring tone to a very annoying sound. The more repulsive, the more you will want to shut it off as soon as possible!
- 8) In extreme cases, if the above does not work try this: Set up multiple alarm clocks, spaced one or two minutes apart and in multiple locations throughout your house. Before you know it, you have jogged all around your house and are ready to pray Fajr.
- 9) Rather than having a strict sleeping schedule or sleep and wakeup whenever, it is more sound to go to sleep once you feel tired, and then to wake up at the *exact* same time for Fajr. Your body will be able to adjust to the time for Fajr and soon you will find you don't even need an alarm. You only need sleep when your body demands it and cut off your sleep for Fajr regularly. Others mention sleeping early is helpful, again, try what works for you best.
- 10) Take an afternoon nap around Asr time. These are more commonly known as siestas and are quite common for many people.
- 11) When you wake up for Fajr, get up as suddenly and as quickly as possible. Don't walk—run to make wudhu.
- 12) Consider waking up before Fajr or staying awake passed Fajr after praying. Fajr itself should be an event and so if a person sets it earlier they can also make tahajjud, recite Quran and make their daily morning dhikrs with comfort. Many say memorizing Quran at this time makes it easier. Make dhikr until Duha prayer (optional 2 rakahs after sunrise) and then carry on with your day.