

Article

# Impact of Islamic Sleep Practices and Scientific Perspectives on Mental and Physical Performance

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## Abstract

*Sleep plays a pivotal role in maintaining physical health and enhancing cognitive functions. Islamic teachings emphasize specific sleep practices, such as early bedtime, waking up for dawn prayers, and sleeping on the right side, which aim to balance mental, spiritual, and physical well-being. Modern scientific research increasingly supports these practices, highlighting their benefits for memory, focus, and overall vitality. This study explores the intersection of Islamic sleep etiquette and scientific findings, analyzing how these habits influence cognitive and physical performance. A sample of 159 female students from Umm Al-Qura University participated in this research. Data collection involved sleep habit assessments and cognitive ability tests to evaluate memory, perception, and associative skills. The results revealed that adherence to Islamic sleep habits significantly improves mental clarity, emotional balance, and daily energy levels. These findings advocate for a harmonious integration of spiritual guidance and scientific understanding to foster healthier lifestyles.*

**Keywords:** Islamic Sleep Practices, Cognitive Performance, Health Benefits, Scientific Research

## Introduction

Sleep is a fundamental aspect of human well-being, significantly influencing both mental and physical performance. Despite the modern understanding of sleep's critical role in health, many individuals struggle to achieve the necessary quality and quantity of rest. In recent years, there has been a growing interest in exploring the interplay between traditional practices and contemporary scientific findings regarding sleep. One such area of interest lies in the sleep practices prescribed by Islamic teachings, which offer timeless wisdom on optimizing rest.

Islamic sleep practices, rooted in the teachings of the Qur'an and the Sunnah (the practices of the Prophet Muhammad, peace be upon him), emphasize the importance of structured sleep patterns, relaxation techniques, and mindfulness before sleep. These practices promote not only physical rest but also spiritual rejuvenation, reflecting a holistic approach to health. With a focus on maintaining balance in life, Islamic teachings advocate for sleep as a priority essential for overall well-being.

Recent scientific studies have begun to confirm the benefits associated with structured sleep habits, revealing connections between sleep quality and various aspects of mental and physical health. Research indicates that insufficient sleep can

lead to negative outcomes, including impaired cognitive function, decreased physical performance, and increased vulnerability to mental health disorders. Conversely, adequate sleep enhances emotional regulation, cognitive abilities, and physical resilience, underscoring the importance of quality rest in daily life.

Sleep directly influences mental functions, emotional stability, and physical performance. Numerous scientific studies highlight the significant connection between sleep quality, timing, and cognitive abilities such as memory, focus, and problem-solving skills (Roberts, 2014). Sleep patterns, however, are often shaped by cultural norms, societal routines, and personal lifestyles, which can either promote or disrupt healthy habits (Al-Jayar, 2001). Modern lifestyles have led many individuals to adopt irregular sleep patterns, such as staying awake late into the night or oversleeping during the day. These habits can contribute to various physical, psychological, and mental challenges, including fatigue, reduced productivity, and weakened cognitive function (Al-Habdan, 2012).

Islamic teachings offer a comprehensive framework for healthy sleep practices, emphasizing balance and discipline. The Quran encourages rest at night and activity during the day, as stated: ﴿ وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا \* وَجَعَلْنَا اللَّيْلَ لِبَاسًا \* وَجَعَلْنَا النَّهَارَ مَعَاشًا ﴾. "And made your sleep [a means for] rest, and made the night as clothing, and made the day for livelihood" (An-Naba: 9-11). These guidelines not only align with natural biological rhythms but also promote overall well-being (Al-Beblawi, 2010).

This study seeks to explore the impact of Islamic sleep practices on mental and physical performance, comparing them to insights derived from modern scientific theories. Through practical evaluation of a sample of female students at Umm Al-Qura University, this research aims to uncover how adherence to these practices can enhance memory, focus, and cognitive efficiency (Al-Hazmi, 2015).

## **Literature Review**

Islamic sleep practices have garnered significant attention in research, as they aim to achieve a balance between the body, mind, and soul. In Islam, the timing and practices associated with sleep are considered crucial for maintaining both physical and mental well-being. Islamic teachings, particularly those found in the Hadith, emphasize the importance of early sleep, such as sleeping after the 'Isha prayer, which is believed to promote better mental and physical performance the following day (Ibrahim, 2006). This practice aligns with scientific research that highlights the importance of consistent and adequate sleep for maintaining cognitive function and overall health.

Islamic sleep practices are seen as part of a holistic approach to mental health, as sleep is believed to have a significant impact on an individual's psychological state. In the Hadith, it is emphasized that sleeping after 'Isha prayer helps alleviate stress and anxiety, and it is also thought to enhance memory and focus (Az-Zain, 1991). Early sleep, therefore, is associated with improved cognitive function. Furthermore, the practice of sleeping on the right side is believed to contribute to better blood circulation and mental calmness (Al-Husseini, 2010).

Beyond religious practices, recent studies have shown that adequate sleep plays a key role in mental health improvement. Research indicates that sufficient sleep

enhances learning ability, focus, and problem-solving skills while reducing anxiety and depression (Walker, 2017). One study found that individuals who get enough sleep perform better in decision-making tasks and information processing compared to those who experience sleep deprivation (Lehrer et al., 2013).

The impact of sleep on physical health has been a central focus of numerous scientific studies. Research has shown that sleep is critical for physical recovery, improving muscle function, and boosting the immune system. Good quality sleep contributes to tissue repair and muscle growth after strenuous physical activity, thus enhancing athletic performance (Bang, 2019). Moreover, studies have shown that sleep posture, such as the Islamic practice of sleeping on the right side, positively affects spinal health and internal organ functions (Borelli, 1984).

Scientifically, recent research has also established the significant role of sleep in memory consolidation. Sleep is involved in the brain's ability to store and retrieve information, as well as fostering critical thinking and creativity (Roberts, 2014). Research by Walker (2017) suggests that sleep deprivation negatively affects memory and attention, whereas adequate sleep significantly enhances cognitive performance. Moreover, studies have shown that sleep influences mental health by directly affecting biological processes in the brain, such as regulating stress-related hormones (Cohen, 2020). As such, Islamic sleep practices that focus on rest and mental relaxation may contribute indirectly to mental stability and better cognitive function.

The relationship between Islamic practices and scientific understandings of sleep provides a rich area for research. While Islamic practices emphasize the spiritual and mental benefits of sleep as part of achieving inner balance, scientific research underscores the physiological importance of sleep for health. Integrating both perspectives could provide a more comprehensive approach to improving overall well-being. For instance, recent studies have shown that relaxation techniques, such as mindfulness and prayer, can improve sleep quality and, in turn, enhance mental and physical performance (Lehrer et al., 2013).

## **Sleep Habits**

Sleep habits refer to the regular practices and behaviors that individuals follow during their sleep routines. These habits influence not only their physical health but also their emotional and cognitive well-being. Sleep habits encompass a variety of factors, including the timing of sleep, preferred sleeping positions, sleep duration, and the routines followed before and after sleeping. Healthy sleep habits, when practiced consistently, can improve productivity, mental clarity, emotional stability, and overall well-being, while poor sleep habits often lead to fatigue, reduced concentration, and health complications (Roberts, 2014).

The significance of adopting proper sleep habits is underscored by both modern scientific research and Islamic teachings. Each of these perspectives highlights the profound effects of sleep on the body and mind. In Islam, sleep is viewed not only as a physical need but also as a time for spiritual renewal. Islamic practices encourage behaviors that align with natural biological rhythms, such as sleeping

early, waking up early, and taking brief naps during the day (Al-Husseini, 2010). This chapter explores the sleep practices outlined in Islamic teachings, examining their relevance to modern scientific theories and comparing them with common sleep behaviors in contemporary society.

## **Islamic Etiquette and Practices of Sleep**

Islamic teachings offer a holistic approach to establishing healthy sleep routines that promote both physical and psychological health. These practices are rooted in the Quran and the Sunnah of the Prophet ﷺ, and they emphasize moderation, hygiene, and spiritual benefits. Below are some of the key Islamic sleep etiquettes:

### **1. Hygienic and Spiritual Preparations Before Sleep**

- i. **Performing Ablution (Wudu')**: Performing ablution before sleep is recommended in Islam as it not only promotes physical cleanliness but also induces mental calmness and relaxation. The Prophet ﷺ is reported to have said, "When you go to bed, perform ablution as you would for prayer" (Al-Bukhari, 847). Modern studies have shown that maintaining proper hygiene before sleep can reduce the risk of microbial infections and may even enhance sleep quality by providing a sense of relaxation (Ibrahim, 2006). The act of cleansing the body before rest is believed to prepare the individual mentally and spiritually for the upcoming night.
- ii. **Recitation of Bedtime Prayers (Adhkar)**: The recitation of specific prayers before sleep is recommended to calm the mind, alleviate stress, and prepare the body for restful sleep. Among these prayers are Surah Al-Ikhlās, Al-Falaq, and An-Nas, which are believed to provide spiritual protection and promote tranquility (Az-Zain, 1991). Scientific studies have supported the calming effects of prayer and meditation, noting that such practices reduce anxiety and promote better sleep (Lehrer et al., 2013).

### **2. Timing and Structure of Sleep**

- i. **Sleeping Early**: Islamic teachings advocate for sleeping after the Isha prayer, which typically occurs after sunset. This practice helps maximize the benefits of nighttime rest, as it is during the first third of the night that deep sleep primarily occurs—vital for mental and physical recovery (Neris, 2005). Contemporary research supports this notion, indicating that sleeping early and maintaining a consistent sleep schedule are essential for improving sleep quality and enhancing cognitive function (Walker, 2017).
- ii. **Waking Up Early**: The Prophet ﷺ also emphasized the importance of waking up early, especially at dawn, as this aligns with the body's natural circadian rhythms. Scientific studies have shown that waking up early enhances productivity and cognitive function, as it coincides with the peak release of cortisol, a hormone that helps to regulate alertness and metabolism (Diab & Qarqoz, 1982). Early rising also encourages individuals to start the day with a sense of purpose and focus, which positively impacts mood and energy levels throughout the day.
- iii. **Avoiding Excessive Sleep**: In Islam, moderation is emphasized in all aspects of life, including sleep. The Prophet ﷺ recommended maintaining a balance

in sleep duration. Studies confirm that 6-8 hours of sleep per night are ideal for most adults, while prolonged sleep can lead to cognitive decline and reduced energy levels (Buchman, 2004). Excessive sleep disrupts the body's natural rhythm and may be linked to increased health risks, including cardiovascular issues and reduced mental sharpness.

### 3. Specific Practices During Sleep

- i. **Dusting the Bed:** Before sleep, the Prophet ﷺ advised dusting the bed three times. This practice, although simple, has significant health benefits. Research indicates that dusting the bed helps reduce allergens, dust mites, and other irritants, which can improve sleep quality by creating a cleaner, healthier sleep environment (Borelli, 1984). The act of dusting is also seen as a form of spiritual preparation, promoting cleanliness and orderliness.
- ii. **Sleeping on the Right Side:** The Prophet ﷺ recommended sleeping on the right side, a position believed to offer various health benefits. Studies have shown that sleeping on the right side can improve heart function, facilitate digestion, and enhance the overall functioning of the body (Al-Biblawi, 2010). Additionally, sleeping on the right side is thought to have a calming effect on the nervous system, promoting better quality sleep.
- iii. **Avoiding Sleeping on the Stomach:** Sleeping on the stomach is discouraged in Islam due to the potential harm it causes to the spine and internal organs. Orthopedic experts have identified this position as the least healthy sleeping posture, as it places unnecessary pressure on the spine, neck, and abdomen, leading to poor posture, muscle strain, and potential long-term health issues (Bang, 2019). In contrast, side sleeping is viewed as beneficial for spinal alignment and overall comfort.

### 4. Daytime Naps

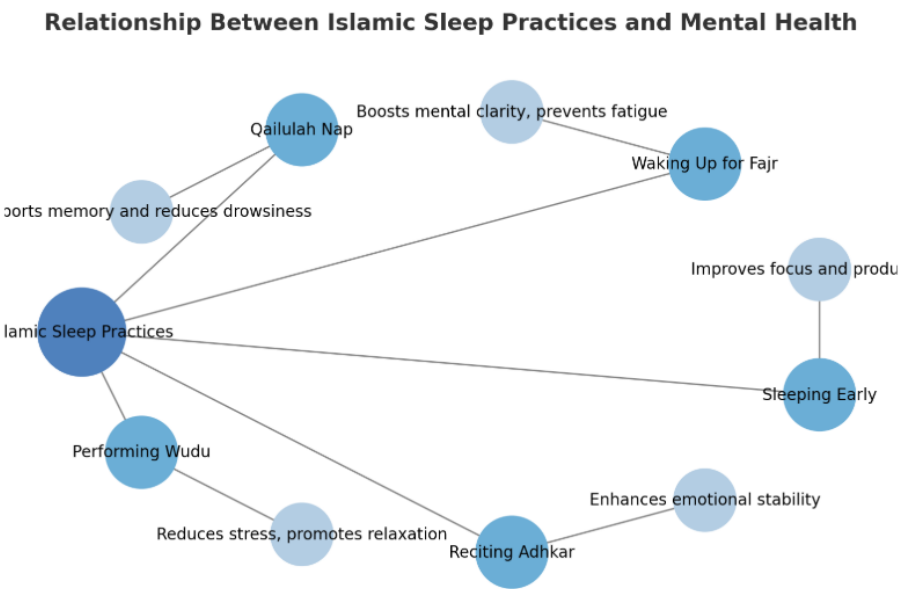
- i. **The Practice of Qailulah:** Islamic teachings encourage taking a short nap after the Dhuhr prayer, known as qailulah. This practice has been shown to boost mental clarity, alertness, and productivity. Modern research supports this practice, demonstrating that a 20-30-minute nap can significantly improve memory consolidation, enhance cognitive performance, and reduce stress (Al-Husseini, 2010). The practice of *qailulah* aligns with the body's natural energy cycle, providing a mid-day refreshment that optimizes overall health.
- ii. **Avoiding Sleep After Asr:** Islam advises against sleeping after the Asr prayer, as this may disrupt the body's natural circadian rhythm and contribute to lethargy and poor mental clarity. Studies have shown that late afternoon naps can negatively impact energy levels and mood, potentially leading to disrupted nighttime sleep (Asad, 2009). Disrupting the natural rhythm of sleep by napping too late in the day can cause difficulty falling asleep at night, leading to an overall decline in sleep quality.

Table 1: Comparison Between Islamic Sleep Practices and Common Habits

Practice	Islamic Guidance	Common Habits	Health Benefits of Islamic Guidance
Sleeping Position	Sleep on the right side	Any position, often stomach sleeping	Promotes heart health and reduces muscle tension (Al-Biblawi, 2010).
Timing of Sleep	Sleep early after Isha and wake up at Fajr	Irregular sleep hours	Enhances mental clarity and aligns with natural rhythms (Neris, 2005).
Daytime Naps	Brief nap after Dhuhr (Qailulah)	Long or no naps	Reduces fatigue and enhances memory retention (Al-Husseini, 2010).
Pre-Sleep Hygiene	Perform Wudu and recite Adhkar	Often skipped	Lowers stress and promotes relaxation (Ibrahim, 2006).
Avoiding Continuous Sleep	Wake up for Fajr and/or Tahajjud	Uninterrupted sleep for long durations	Reduces risk of cardiovascular issues (Einstein, 2008).

Below is an example figure showcasing the alignment between Islamic sleep practices and their benefits.

Figure 1: Relationship Between Islamic Sleep Practices and Mental Health



Islamic Sleep Practice	Mental Health Benefit
Performing Wudu	Reduces stress, promotes relaxation
Reciting Adhkar	Enhances emotional stability
Sleeping Early	Improves focus and productivity
Waking Up for Fajr	Boosts mental clarity, prevents fatigue
Qailulah Nap	Supports memory and reduces drowsiness

Islamic sleep practices not only address physical and mental health but also integrate spiritual well-being. This holistic approach ensures balance in life, enhancing productivity, emotional resilience, and physical health. Future studies may focus on the societal benefits of adopting such practices to improve overall quality of life.

Study Sample

Study Sample Overview

The sample for this study consisted of 159 female students enrolled at Umm Al-Qura University, specifically at the Az-Zahir campus in Mecca. These students were

chosen during the academic year 1435/1436 AH (2014/2015) using a random sampling technique to ensure the diversity and reliability of the results. Participants represented various academic departments, age groups, and socio-cultural backgrounds, allowing for a broader perspective on sleep habits and their impact on cognitive performance.

Study Tools

Two primary tools were utilized to collect and analyze data:

1. **Sleep Habits Questionnaire:** This instrument, developed by Balsam Al-Hazmi, measured students' adherence to general and Islamic sleep habits. It included questions about sleep timing, duration, positions, and routines (Al-Hazmi, 2015).
2. **Cognitive Abilities Test Battery:** Adapted from the works of Derman, Harman, French, and Ekstrom, this battery assessed various cognitive domains such as visual memory, associative memory, and perceptual speed. It provided quantitative insights into how sleep habits influenced cognitive performance (Borelli, 1984).

Hypotheses and Research Questions

In today’s fast-paced world, unhealthy sleep patterns—characterized by excessive nighttime activities, irregular sleep schedules, and insufficient rest—have become alarmingly prevalent. These patterns are often shaped by societal norms, digital distractions, and demanding lifestyles. Such habits are known to disrupt circadian rhythms, impair cognitive functions, and negatively affect overall well-being (Ibrahim, 2006).

The study was designed to investigate the relationship between sleep habits (both Islamic and general) and cognitive performance. The main research question was:

**What is the impact of sleep habits on cognitive efficiency among female university students?**

From this, several sub-questions emerged:

1. Is there a correlation between sleep habits and cognitive domains such as visual memory, associative memory, and perceptual speed?
2. Do variations in sleep duration affect cognitive performance?
3. Does the preferred sleep schedule influence cognitive test scores?
4. Are Islamic sleep practices more effective than general sleep habits in enhancing cognition?

Table 1: Differences Between General and Islamic Sleep Habits

Sleep Habits	Characteristics	Potential Impact
Islamic Sleep Habits	Regular bedtime, waking up for Fajr, moderate naps	Enhanced focus, improved memory, reduced fatigue
General Sleep Habits	Irregular timing, prolonged or insufficient sleep	Reduced cognitive performance, increased drowsiness

Revised Hypotheses

1. Students adhering to Islamic sleep habits will exhibit superior cognitive performance compared to those following irregular sleep patterns.

2. Moderate sleep durations (6–8 hours) will correlate positively with enhanced memory and mental clarity.
3. Participants waking up early (Fajr) are likely to show better associative memory and perceptual speed due to circadian alignment (Diab & Qarqoz, 1982).

## Cognitive Implications of Sleep Patterns

Recent studies emphasize the link between regular sleep habits and cognitive efficiency. Disrupted sleep cycles impair the brain's ability to consolidate memories and process information. For instance, waking up during the early morning hours, as prescribed in Islamic teachings, aligns with natural cortisol peaks, enhancing mental alertness (Neris, 2005).

**Behavioral and Emotional Impact:** Irregular sleep has been associated with mood disturbances, reduced patience, and heightened stress levels. By contrast, Islamic sleep practices—such as performing ablution before bed and maintaining consistent sleep schedules—are shown to promote emotional stability and mental peace (Al-Biblawi, 2010).

## Objectives

In addition to examining the relationship between sleep habits and cognitive performance, this section explores the broader implications of adopting structured sleep practices. The objectives of the study include:

1. **Understanding the Role of Circadian Rhythms** :Circadian rhythms are the body's natural internal clock that regulates sleep-wake cycles over 24 hours. Studies have shown that aligning sleep habits with these rhythms enhances cognitive functions such as memory retention and problem-solving (Roberts, 2014). Islamic teachings, particularly the emphasis on sleeping early and waking up for Fajr, naturally align with these rhythms, promoting mental alertness and overall health (Diab & Qarqoz, 1982).
2. **Highlighting the Benefits of Sleep Hygiene**: Sleep hygiene refers to practices that contribute to better sleep quality. Performing ablution (Wudu), reciting Adhkar, and maintaining a clean sleep environment are integral to Islamic sleep practices. These behaviors reduce stress, enhance relaxation, and prepare the body and mind for restful sleep (Al-Biblawi, 2010).
3. **Comparing Islamic and General Sleep Practices**: By contrasting Islamic sleep practices with general sleep habits prevalent in modern societies, this study seeks to identify which routines yield better cognitive and behavioral outcomes. For instance, while many modern practices prioritize productivity at the expense of sleep, Islamic guidelines emphasize balance and moderation, leading to improved focus and emotional well-being (Al-Husseini, 2010).
4. **Investigating the Impact of Napping (Qailulah)** :The concept of Qailulah, a brief midday nap, has been widely supported by scientific research. Studies confirm that short naps enhance memory consolidation, boost creativity, and improve emotional regulation. Islamic teachings on napping after Dhuhur reflect these findings and encourage structured breaks to rejuvenate the mind and body (Ibrahim, 2006).

## Additional Paragraphs to Strengthen Objectives



**Sleep Duration and Cognitive Performance:** Optimal sleep duration varies across individuals but generally falls within 6–8 hours for adults. Insufficient sleep has been linked to diminished attention span, poor decision-making, and memory deficits, while excessive sleep may lead to lethargy and cognitive decline. Islamic teachings advocate moderation in sleep, discouraging both excessive and inadequate rest, aligning with modern research findings (Borelli, 1984).

**Cultural and Lifestyle Influences on Sleep:** Cultural practices and lifestyle choices significantly impact sleep habits. For example, the widespread use of electronic devices before bedtime disrupts melatonin production, delaying sleep onset and reducing sleep quality. Islamic practices, such as avoiding distractions and engaging in bedtime Adhkar, help mitigate these issues, fostering healthier sleep routines (Al-Hazmi, 2015).

**Impact on Academic and Professional Performance**

Sleep quality directly affects an individual's ability to perform academically and professionally. Students with irregular sleep patterns often exhibit reduced focus, lower grades, and increased stress levels. This study aims to demonstrate how adopting Islamic sleep practices can lead to enhanced academic outcomes, particularly among university students (Neris, 2005).

**Table for Objectives**

Objective	Key Focus	Supported by Research
Understanding Circadian Rhythms	Aligning sleep with natural body clocks	Roberts (2014); Diab & Qarqoz (1982)
Benefits of Sleep Hygiene	Enhancing relaxation and sleep quality	Al-Biblawi (2010); Ibrahim (2006)
Comparing Islamic and General Practices	Identifying routines for better cognitive performance	Al-Husseini (2010); Al-Hazmi (2015)
Investigating Napping (Qailulah)	Improving memory, focus, and emotional stability	Ibrahim (2006); Neris (2005)

**Significance of Islamic Sleep Habits**

Islamic sleep habits are deeply rooted in the cultural and religious practices of Muslim communities around the world. These teachings advocate for a holistic approach to sleep that integrates the body, mind, and spirit. Within the Islamic tradition, practices such as performing **Wudu (ablution)** before sleep and reciting specific supplications not only enhance spiritual mindfulness but also promote tranquility and readiness for rest. For example, the Prophet Muhammad (peace be upon him) advised, “When you go to bed, perform Wudu as you do for prayer, and then lie down on your right side” (Al-Bukhari, 2018). This emphasis on cleanliness and intention reflects the inherent value placed on restful sleep in Islam, serving as a reminder to prioritize one’s health within a spiritual context.

**Alignment with Scientific Research**

Recent scientific studies underscore the correlation between structured sleep and improved mental health outcomes. Research indicates that maintaining regular sleep patterns can significantly reduce symptoms of anxiety and depression, which are increasingly prevalent in modern society. For instance, a study published in the

journal *Sleep* found that individuals who adhere to consistent sleep schedules report better mental health and lower levels of stress (Hirshkowitz et al., 2015). Additionally, relaxation techniques, such as **deep breathing** and **meditation**, advocated in Islamic practices have been shown to facilitate improved sleep quality. A systematic review by Goyal et al. (2014) highlighted that mindfulness meditation aids in reducing anxiety and improving sleep, thereby reinforcing the effectiveness of Islamic sleep practices.

## Physical Health Benefits of Structured Sleep

The physical health benefits of adopting Islamic sleep habits extend far beyond mental well-being. Evidence suggests that proper sleep hygiene serves as a preventative measure against chronic health issues, including heart disease, obesity, and diabetes. According to the Centers for Disease Control and Prevention (CDC, 2021), individuals who maintain structured sleep patterns are more likely to have balanced metabolic functions. Structured sleep patterns contribute to the regulation of the body's circadian rhythm, which is critical for maintaining energy levels and cognitive function. Furthermore, the World Health Organization (WHO, 2021) reports that insufficient sleep can lead to significant morbidity and mortality, underscoring the importance of sleep in maintaining good health. By educating individuals on the significance of sleep for their physical health, we can build a stronger case for the application of these practices in daily life, emphasizing the need for a balanced lifestyle.

## Practical Applications in Modern Life

In today's fast-paced world, integrating Islamic sleep habits into everyday routines presents effective solutions for enhancing overall wellness. Establishing designated **"tech-free" times** before bed aligns with Islamic teachings about winding down, helping individuals detach from distractions that may interfere with restful sleep. Research by Exelmans and Van den Bulck (2017) suggests that nighttime smartphone use negatively impacts sleep quality. By implementing practices such as avoiding screens before bedtime and engaging in spiritual reflection or reading, individuals can improve their sleep hygiene.

Furthermore, organizations can benefit from incorporating these insights into workplace wellness programs, encouraging employees to prioritize sleep as a fundamental aspect of their health. A study published in the *Journal of Occupational Health Psychology* emphasizes the positive effects of sleep on work performance, noting that adequate rest can enhance productivity and reduce absenteeism (Sonnentag & Fritz, 2007). By fostering an environment that emphasizes well-being, businesses can cultivate a more engaged and satisfied workforce.

## Emphasizing Holistic Health Approaches

A holistic view of health, which encompasses mental, physical, and spiritual aspects, resonates strongly within both Islamic teachings and contemporary health psychology. Engaging in practices that support holistic wellness, such as prayer,

meditation, and structured rest, can yield significant benefits for individuals navigating the complexities of modern life. Research shows that holistic health approaches can improve overall well-being and resilience against life's stressors (Hernandez, 2018). As mental health issues continue to rise due to social and economic challenges, the grounding aspects of Islamic sleep practices provide essential coping strategies that bolster emotional stability and resilience.

## Conclusion

In conclusion, the adoption of Islamic sleep habits, when aligned with contemporary scientific findings, fosters a balanced approach to health and well-being. These practices not only enhance physical health but also nurture mental and spiritual well-being, empowering individuals to lead more fulfilling lives. By promoting these habits within communities and addressing the unique challenges of modern life, we can create a stronger, healthier society that values well-being as a foundation for personal and collective success.

The integration of Islamic teachings with modern health practices offers a valuable perspective, emphasizing that nurturing both mind and body is essential for achieving a harmonious lifestyle.

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