

Sleeping after Fajr and 'Asr prayers

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

Question: What is the ruling on sleeping after Fajr prayer, and does this harden the heart, and is it considered to be something which is evil? May Allaah reward you with good.

Shaykh bin Baaz (رَحِمَهُ اللهُ)¹: There is no harm in sleeping after Fajr and we do not know of any problem with it. That which has become widespread among the people that (sleeping after Fajr) is not good or it is this or that; there is no reliable proof for this. Thus sleeping after Fajr, there is no harm in this, and sleeping after 'Asr, there is no harm in this. But for the person to remain sitting in the prayer area after Fajr, reading, seeking Allaah's forgiveness, glorifying Allaah, praising Allaah and the like, until the sun rises, then this is better. This was what the Prophet used to do, (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ)². And whoever leaves this off then there is no harm upon him. The one who leaves and goes to take care of his needs or sleeps or busies himself with other affairs then there is no problem with this. May Allaah reward you with good.

¹ (رَحِمَهُ اللهُ) (rahimahullaah) May Allaah the Most High have mercy on him

² (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) (sallallaahu 'alayhi wa sallam) May the peace and blessings of Allaah the Most High be upon him