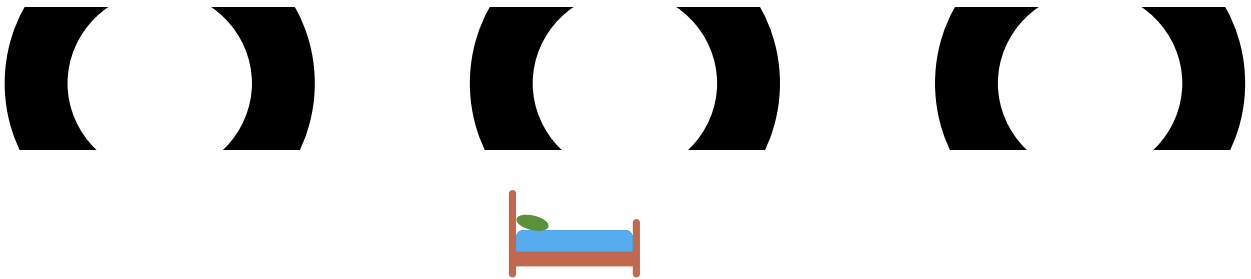


# **RAMADAN SLEEP GUIDE**

**Rest Better · Fast Better**

## **Complete 6-Week Planner**



### **Includes:**

- **15-Step Sleep Plan**
- **30-Day Daily Tracker**
- **Weekly Goal Planners**
- **Sleep Environment Checklist**
- **Quick Reference Guide**
- **Troubleshooting**

**MORE INFO**



**<https://CalgaryPrayerTimes.com>**

# 15-Step Guide to Better Ramadan Sleep

## **Step 1:**

Identify Your Current Struggle

Take 2 minutes each morning to note:

What time did you finally fall asleep last night?

How many times did you wake up?

When do you feel most tired during the day?

When do you have the most energy?

## **Step 2:**

Accept the "Split Sleep" Reality

Ramadan naturally divides your sleep into two segments:

First segment: After Isha/Taraweesh until Suhoor

Second segment: After Fajr prayer until you wake up

This is normal! Don't fight it—work with it.

## **Step 3:**

Calculate Your Optimal Sleep Windows

Aim for 5-6 hours total sleep in 24 hours:

Night sleep: 3-4 hours

Qaylolah nap: 20-30 minutes

Optional afternoon nap: 20 minutes

# OPTIMIZE YOUR NIGHT SLEEP (Days 4-10)

## **Step 4:**

Create a Taraweeh-to-Bed Wind-Down Routine

30 minutes before bed:

Dim all lights

Put away phones and screens

Light dhikr or Quran reading

Avoid heavy discussions

Cool room temperature (18-20°C)

## **Step 5:**

The Post-Taraweeh Power Down

After returning from Taraweeh:

Change into comfortable sleep clothes

Drink a small amount of water

Pray 2 rakats prayer

Be in bed within 20 minutes

## **Step 6:**

Optimize Your Sleep Environment

Blackout curtains or an eye mask

White noise machine or fan

Phone on "Do Not Disturb"

Comfortable pillow and bedding

# MASTER THE SUHOOR RETURN-TO-SLEEP (Days 11-20)

## **Step 7:**

The Suhoor Wake-Up Strategy

When your alarm sounds for Suhoor:

Use the dimmest light possible

Eat without fully "waking up" your brain

Avoid bright phone screens

Finish eating 15-20 minutes before Fajr

## **Step 8:**

The Fajr Reset

After Fajr prayer:

NO social media or email

10 minutes of light dhikr

Return to bed immediately

Keep the room dark

## **Step 9:**

The "Second Sleep" Hack

To fall back asleep quickly:

Try 4-7-8 breathing: Inhale 4 sec → Hold 7 sec → Exhale 8 sec

Visualize calm scenes

If unable to sleep, rest quietly

# HARNESS THE POWER OF NAPS (Days 21-30)

## **Step 10:**

Master the Qayloolah (Pre-Noon Nap)

Timing: 11 AM – 1 PM (before Dhuhr)

Duration: 20 minutes maximum (set a timer!)

Position: Semi-reclined if possible

Purpose: Boosts afternoon energy

## **Step 11:**

The Emergency Power Nap

For extreme fatigue:

10-minute nap ANYTIME

Follow with cold water on the face

2 minutes of fresh air

Light stretching

## **Step 12:**

Avoid the Post-Iftar Coma

To prevent crashing after Iftar:

Start with dates and water only

Wait 10-15 minutes before the main meal

Avoid heavy, fried, sugary foods

10-minute walk after eating

Stay hydrated until bedtime

# LAST TEN NIGHTS PREPARATION (Last 10 Days)

## **Step 13:**

Strategic Rest Before Laylatul Qadr

Reduce non-essential daytime activities

Take longer Qaylolah nap (30-40 minutes)

Sleep immediately after Isha if waking for Tahajjud

Set multiple alarms

## **Step 14:**

The Night Prayer Energy Plan

To stay awake during night prayers:

Short nap after Asr (20 minutes)

Drink water at breaks

Light walking between rakats

Focus on the meaning of recitation

## **Step 15:**

Recovery After Intense Nights

After extended worship:

Sleep in slightly if possible

30-minute Qaylolah nap

Early bedtime the following night

Be gentle with yourself

# DAILY SLEEP LOG

## Daily Sleep Log Tracker

Day Date Night Sleep Start Night Sleep End Hours Slept Suhoor Wake Time Back to Sleep? (Y/N) Qayloolah Nap (mins) Energy Level (1-5) Notes

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Night Sleep Start: \_\_\_\_\_ | End: \_\_\_\_\_ | Hours: \_\_\_\_\_

Suhoor Wake Time: \_\_\_\_\_ | Back to Sleep? \_\_\_\_\_

Qayloolah Nap: \_\_\_\_\_ mins | Afternoon Nap: \_\_\_\_\_ mins

Energy Level (1-5): \_\_\_\_\_

Notes: \_\_\_\_\_

Energy Level Key:

1 = Exhausted · 2 = Tired · 3 = Moderate · 4 = Good · 5 = Fully Energized

# Weekly Goal Planner

## Week 1 (Days 1-7)

Day	Target Sleep	Actual Sleep	Qaylolah Nap	Energy Level	Notes
Mon	4 hrs		20 min		
Tue	4 hrs		20 min		
Wed	4 hrs		20 min		
Thu	4 hrs		20 min		
Fri	4 hrs		20 min		
Sat	4 hrs		20 min		
Sun	4 hrs		20 min		



## Week 2 (Days 8-14)


Day	Target Sleep	Actual Sleep	Qayloolah Nap	Energy Level	Notes
Mon	4.5 hrs		20 min		
Tue	4.5 hrs		20 min		
Wed	4.5 hrs		20 min		
Thu	4.5 hrs		20 min		
Fri	4.5 hrs		20 min		
Sat	4.5 hrs		20 min		
Sun	4.5 hrs		20 min		



## Week 3 (Days 15-21)


Day	Target Sleep	Actual Sleep	Qayloolah Nap	Energy Level	Notes
Mon	5 hrs		25 min		
Tue	5 hrs		25 min		
Wed	5 hrs		25 min		
Thu	5 hrs		25 min		
Fri	5 hrs		25 min		
Sat	5 hrs		25 min		
Sun	5 hrs		25 min		





## Week 4 (Days 22-30)

Day	Target Sleep	Actual Sleep	Qaylolah Nap	Energy Level	Notes
Mon	4 hrs		30 min		
Tue	4 hrs		30 min		
Wed	4 hrs		30 min		
Thu	4 hrs		30 min		
Fri	4 hrs		30 min		
Sat	4 hrs		30 min		
Sun	4 hrs		30 min		
Mon	4 hrs		30 min		
Tue	4 hrs		30 min		



# **Sleep Environment Checklist**

## **LIGHTING**

Blackout curtains or an eye mask installed  
Dim nightlight for Suhoor (not overhead)  
Phone on night mode after Maghrib  
All screens off 30 minutes before bed

## **TEMPERATURE**

Room temperature 18-20°C (65-68°F)  
Light, breathable bedding  
Fan for air circulation

## **SOUND**

White noise machine or fan for consistent sound  
Phone on "Do Not Disturb" mode  
Quiet environment 30 minutes before bed

## **COMFORT**

Comfortable pillow and mattress

Clean, fresh bedding

Water bottle within reach

## **SUHOOR SETUP (Prepare Night Before)**

Suhoor meal prepped and ready

Water jug on nightstand

Alarm set (phone across the room)

Comfortable clothing laid out

# Quick Reference Guide

## 🌙 BEFORE BED (After Taraweeh)

- Dim lights 30 minutes before sleeping
  - NO screens
  - Light dhikr or Quran
  - Cool room (18–20°C)
- Set alarm (phone across room)

## 🌅 DURING SUHOOR

- Use dimmest light possible
- Don't check social media
- Eat slowly, don't overeat
- Finish 15–20 min before Fajr

## 🕌 AFTER FAJR PRAYER

- NO screens!
- 10 minutes light dhikr
- Return to bed immediately
  - Keep room dark
- Use 4–7–8 breathing if needed

# Sleep Formulas for Different Schedules

## FORMULA A: The 9-5 Worker

Activity	Time
Isha/Taraweeh	10:30 – 11:30 PM
Bedtime	12:00 AM
Wake for Suhoor	3:30 AM
Back to sleep after Fajr	4:45 – 6:30 AM
Qaylolah nap	20 min at lunch
<b>Total sleep</b>	<b>~5 hours</b>

## FORMULA B: The Student

Activity	Time
Isha/Taraweeh	10:30 – 11:30 PM
Study/Review	11:30 PM – 1:00 AM
Bedtime	1:00 AM
Wake for Suhoor	3:30 AM
Back to sleep after Fajr	4:45 – 7:30 AM
Qaylolah nap	20-30 min after Dhuhr
<b>Total sleep</b>	<b>~5.5 hours</b>



## FORMULA C: The Parent (Young Children)

Activity	Time
Isha/Taraweeh at home	10:30 – 11:00 PM
Bedtime	11:30 PM
Wake for Suhoor	3:30 AM
After Fajr	Stay up (children wake)
Qaylolah nap	30 min when children nap
Afternoon nap	20 min if possible
<b>Total sleep</b>	<b>4-5 hours</b>

## FORMULA D: Last Ten Nights Devotee

Activity	Time
Afternoon nap	1:00 – 2:00 PM (60 min)
Isha prayer	10:30 PM
Night prayers	11:00 PM – 2:00 AM
Suhoor	3:30 – 4:15 AM
Fajr prayer	4:30 AM
Morning sleep	5:00 – 8:00 AM
Qayloolah nap	20 min before Dhuhr
<b>Total sleep</b>	<b>~5 hours</b>

## Troubleshooting Common Sleep Problems

Problem	Solution
Can't fall asleep after Taraweeh	Start wind-down earlier; avoid heavy Iftar; try 4-7-8 breathing
Can't wake for Suhoor	Place alarm across room; sleep with curtains slightly open; have a "wake-up buddy"
Can't get back to sleep after Fajr	NO screens; keep room dark; light dhikr; accept rest even if not sleeping
Afternoon crash at work	Qaylolah nap (20 min max); cold water; brief walk; postpone demanding tasks
Waking up multiple times	Check room temperature; avoid large water intake before bed; use white noise
Headaches from poor sleep	Hydrate better between Iftar and Suhoor; reduce caffeine



**May your nights be peaceful,  
And your fasts be blessed.**



**For more Ramadan resources, visit:  
CalgaryPrayerTimes.com**

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