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The night prayer

Tahajjud

*When to pray it, how many rak'ahs,
and a 30-night tracker to build the habit*

HANAFI · GUIDE & TRACKER



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What is *Tahajjud*?

Tahajjud is a voluntary prayer offered at night, after Isha and after sleeping, before the time of Fajr begins. It was the regular practice of the Prophet ﷺ, and it is one of the most loved ways to draw close to Allah.

FROM THE SUNNAH

“Our Lord, the Blessed and Exalted, comes down every night to the lowest heaven when the last third of the night remains, and says: Who is calling upon Me, that I may answer him? Who is asking of Me, that I may give him? Who is seeking My forgiveness, that I may forgive him?”

Sahih al-Bukhari 1145

WHEN

After sleeping, before Fajr

Any time after Isha is night prayer, but it is best after some sleep, and best of all in the last third of the night.

HOW MANY

Two rak'ahs or more

Even two rak'ahs count. The Prophet ﷺ usually prayed eight, then Witr, and never more than eleven in all. (Bukhari 1147)

ITS REWARD

The best voluntary prayer

“The best prayer after the obligatory prayers is the prayer at night.” (Sahih Muslim 1163)

WITR

Pray Witr last

If you are sure you will wake, you can leave Witr until after Tahajjud. If not, pray Witr after Isha, as usual.

How to pray *Tahajjud*

STEP 01

Sleep with the intention

Before you sleep, intend to wake for Tahajjud. Set an alarm for the last third of the night, and ask Allah to wake you.

STEP 02

Wake and make wudu

On waking, make wudu calmly. Many people find a glass of water and a minute of fresh air help them wake properly.

STEP 03

Pray in sets of two rak'ahs

Pray two rak'ahs at a time, like any Sunnah prayer: al-Fatihah and a surah in each rak'ah. In the Hanafi school, sets of four are also allowed.

STEP 04

Take your time

Recite longer surahs if you know them, and stay longer in ruku' and sajdah. Tahajjud is prayed alone and quietly, at your own pace.

STEP 05

Make du'a

The last part of the night is a time when du'a is answered. After your rak'ahs, raise your hands and ask Allah for everything you need, in any language.

STEP 06

Finish with Witr

If you did not pray Witr after Isha, pray its three rak'ahs now, before the time of Fajr begins.

Start small. Two rak'ahs a few nights a week, done consistently, is better than many rak'ahs once. The Prophet ﷺ said the most loved deeds to Allah are those done regularly, even if they are small (Sahih al-Bukhari 6464).

30-night *tracker*

Month: _____ Goal: ____ nights

NIGHT	WOKE UP	RAK'AHs	DU'A MADE	NOTES
1	☐	—	☐	
2	☐	—	☐	
3	☐	—	☐	
4	☐	—	☐	
5	☐	—	☐	
6	☐	—	☐	
7	☐	—	☐	
8	☐	—	☐	
9	☐	—	☐	
10	☐	—	☐	
11	☐	—	☐	
12	☐	—	☐	
13	☐	—	☐	
14	☐	—	☐	
15	☐	—	☐	
16	☐	—	☐	
17	☐	—	☐	
18	☐	—	☐	
19	☐	—	☐	
20	☐	—	☐	
21	☐	—	☐	
22	☐	—	☐	
23	☐	—	☐	
24	☐	—	☐	
25	☐	—	☐	
26	☐	—	☐	
27	☐	—	☐	
28	☐	—	☐	
29	☐	—	☐	
30	☐	—	☐	



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Hadith quoted in English from Sahih al-Bukhari and Sahih Muslim, with references beside each one.
Print the tracker page again each month.