When Going to Bed Say:
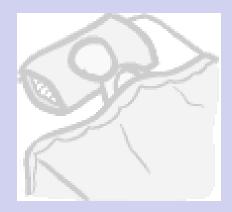

بِاسْمِكَ اللّٰهُمَّ أَمُوتُ وَأَحْىٰى

Bismika Allahumma amutu wa ahya

In Your Name, Oh Allah, I die and live.