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Sleep

Sleep-النوم

1. Sleep is a relief from pain and its counterpart is death.

1اَلنَّوْمُ راحَةٌ مِنْ أَلَم ومُلائِمُهُ المَوْتُ ..

2. What a bad rival sleep is! It wastes the short life [a person has] and causes one to lose a lot of reward.

2بِئْسَ الغَريمُ النَّوْمُ يُفْني قَصيرَ العُمْرِ ويُفَوِّتُ كَثيرَ الأجْرِ ..

3. One who sleeps a lot at night loses the [opportunity to perform the] deeds that he cannot make up for during the daytime.

3مَنْ كَثُرَ في لَيْلِهِ نَوْمُهُ فاتَهُ مِنَ العَمَلِ ما لايَسْتَدْرِكُهُ في يَوْمِهِ ..

4. What a rescinder sleep is for the resolutions of the day!

4ما أنْقَضَ النَّوْمَ لِعَزائِمِ اليَوْمِ ..

5. One who is deep in sleep is belied by his dreams.

5اَلمُسْتَثْقِلُ النّائِمُ تُكَذِّبُهُ أحْلامُهُ ..

6. Woe to the sleeper, how great is his loss! His actions fall short and his reward is little.

.. وَيْحَ النّائِمِ ما أخْسَرَهُ قَصُرَ عَمَلُهُ وقَلَّ أجْرُهُ6

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