

Before we go to sleep we say:

اللَّهُمَّ فِى عَذَابِكَ يَوْمَ تَبْعَثُ عِبَادَكَ

O Allah, save me from Your punishment on the Day that You resurrect Your slaves

[Abu Dawud 4/311]

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأُحْيَا

In Your Name, O Allah, I die and I live

[البخاري مع الفتح 113/11 ومسلم 4/2083]

اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا،
إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاعْفِرْ لَهَا. اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ

O Allah, You have created my soul and You take it back. Unto You is its death and its life.
If You give it life then protect it, and if You cause it to die then forgive it. O Allah, I ask you for strength.

[Muslim 4/2083]