

The Saheeh International Quran Translation

وَهُوَ الَّذِي جَعَلَ لَكُمُ اللَّيْلَ لِبَاسًا وَالنَّوْمَ سُبَاتًا وَجَعَلَ النَّهَارَ نُشُورًا

And it is He who has made the night for you as clothing and sleep [a means for] rest and has made the day a resurrection.