

TABLE OF CONTENTS

ABSTRACT.....	iii
APPROVAL OF SUPERVISOR.....	iv
DECISION OF DEAN.....	v
DECISION OF THE EXAMINER TEAM.....	vi
DECLARATION.....	vii
MOTTOES	viii
DEDICATION.....	ix
ACKNOWLEDGMENT	x
TABLE OF CONTENTS	xii
CHAPTER ONE.....	1
INTRODUCTION	1
A. Background Of Study	1
B. Formulation Of Problem	8
C. Objectives Of Research	8
D. Significance Of research	9
E. Theoretical Framework.....	10
F. Research Methodology	12
G. Literature Review	17
H. System of The Study	21
Chapter Two	23
An Overview of <i>An-Naum</i> and <i>subātan</i> and human detoxification	23
A. An overview of term An-Naum and subāta in qur'an	23
1. The meaning of term <i>An-Naum</i> and <i>subāta</i>	23
2. Definition of sleep in the context of the Qur'an and Types of Sleep In Qur'an.....	24
3. Qur'anic Perspective on Sleep as a Sign of Divine Power.....	30
B. Overview of human detoxification.....	34
1. Scientific Classification of Sleep Stages.....	34
2. The hormone melatonin and how it works	37

CHAPTER THREE	43
DISCUSSION AND ANALYSIS SCIENTIFIC INSIGHT ON SLEEP IN QUR'ANIC VIEW	43
A. Analysis of the structure of words and verbs in the words " <i>An Naum</i> ," " <i>Subat</i> ," and " <i>Manaam</i> "	44
1. Analyze " <i>An-naum</i> " in Surah al-Furqan verse 47, Surah al-Rum verse 43, and Surah an-Naba verse 9.....	45
2. Analysis of the word " <i>Manaam</i> " in Surah Ar-Rum verse 23.....	48
3. Analysis of the word " <i>Subattan</i> " in Surah An-Naba verse 9 and Surah Al-Furqan verse 47	50
B. Corelating between semantic findings with modern science	55
1. Scientific Review of the Concept of <i>Subāt</i> (Total Rest).....	55
2. Analysis of Causality in An-Naba' Verses 9-10: The Concept of Sleep as Rest and Activity as a Manifestation of Life.....	57
3. Interpretation of Night Rest in the Qur'an and Its Relevance to Health.....	61
4. Corelations of Sleep Function Based on Qur'anic Verses and Modern Research.....	63
5. Detoxification and Brain Protection Mechanisms During Sleep	67
CHAPTER FOUR	70
A. Conclusion.....	70
B. Recommendations.....	71
C. Closing Statement.....	72
Bibliography.....	73