

CHAPTER ONE

INTRODUCTION

A. Background Of Study

Sleep is a fundamental necessity for every living being. Adequate rest is crucial for humans to restore physical stamina and maintain optimal functioning for the subsequent. To realize this goal in order to run well, a study says that adolescents with good sleep quality will have better working memory than adolescents with poor sleep quality.

It is Indicated that nightly sleep fragmentation precedes headache onset not on the day immediately after the sleep period (day 0), but on the following day (day 1). Thus, it is plausible that fragmented sleep may represent changes in hypothalamic control or homeostasis that may portend higher risk of migraine more than 24 hours prior to headache onset. Another potential explanation may be that low sleep fragmentation, as assessed by actigraphy, may be an early marker of headache onset. These findings support the need for future research investigating distinct signatures of sleep that precede headache onset by a few days¹

Lack of sleep or poor sleep can interfere with metabolic conditions and can trigger overeating.². Difficulty in concentrating is often caused by mental and muscular tension. Under tense or stressful conditions, cognitive activities are not optimal, resulting in individuals having difficulty

¹ Suzanne M Bertisch et al., "Nightly Sleep Duration , Fragmentation , and Quality and Daily Risk of Migraine," *American Academy of Neurology* 94, no. 5 (2020): 93, doi:10.1212/WNL.0000000000008740 Abstract.

² Khairunnisa Batubara, Putri Rahmadani, and Br Limbong, "Meeting The Need For Sleep Rest With Progressive Muscle Relaxation On Type 2 Diabetes Melitus Patients" 2, no. 2 (2021): P. 28. <https://salnesia.id/kepo/article/download/168/82/1202>

absorbing information or³ Low sleep duration and poor sleep quality can affect the cognitive and psychomotor skills of medical students. If the sleep profile in students is not immediately recognized and addressed, it will have an impact on their health in the future. This study aims to describe the profile of sleep duration and perceived sleep quality of medical students and then provide input for good sleep management.

The side effects of suboptimal sleep in terms of health are a serious concern for health experts. This is because sleep is a big part of every being's life journey and is essential for good health and proper functioning of physical and mental activities. Sleep deprivation can lead to mood and behavioral problems, daytime sleepiness and increased susceptibility to vices.

The Qur'an states that during sleep, not only the body but also the soul is at rest. This concept is discussed in several verses of the Qur'an, not just "*Waja'alnaa nawmakum subāta* " which means that God has made sleep a time for rest, He made darkness like a garment, for both cover what is around them. Sleep is rest for your body and the cessation of your work. The origin of the word "*sabbath*" means cutting, and is used for death because it resembles the cutting off of life.⁴

Poor sleep quality can also affect cognitive function, one of which is a decrease in memory, and this is something that is true that not enough sleep time the body experiences a decrease in concentration.⁵

³ I Adelia and S Seprianto, "*Murottal Al Quran in Basic Physics Learning: Measuring Student Learning Concentration*," Jurnal Pendidikan Tambusai 6 (2022): 16304. P.9, <https://garuda.kemdikbud.go.id/documents/detail/3033469>

⁴ Jauhari Thantowi, *Jawahir Fil Quran* (kairo: Musthofa al-Babi al-khalbi wa awladuhu, 1351), p. 81

⁵ Devita Mutiara Mardhilla Farhana¹, Aisyah Fitriah², Shinta³, "Pengaruh Tidur Cukup Terhadap Konsolidasi Memori" 1, no. 2 (2023).p 45. <https://digamed.net/index.php/psychologytoday/article/view/148>

Allah says: "And it is He who causes you to pass away in the night." (And He makes the day to rise), i.e. as opposed to the death mentioned in one of the previous meanings, as if Allah is saying,⁶ "We make your sleep the death of the night and your rising from sleep resembles the death of the day." In the daytime, people rise to seek livelihood, just as they rise after death for reckoning. Luqman said to his son, "As you sleep and wake up, so you die and are resurrected." So, sleeping and waking up.

In addition, the Qur'an is a holy book that is timeless by time and place and is a great miracle, proven by scholars, researchers, and scholars (*ulama'*). However, this view is not universally accepted. A group of scholars, often associated with Orientalism, express doubt regarding the authenticity of the Qur'an. One of them is as expressed by Theodor Noldeke, who is one of the Western orientalists who says that in the Qur'an there are many mistakes and has many deviations, it is based on Muhammad's carelessness in explaining the early history of the Jews which he stole from Jewish sources⁷

The results of this study suggest that in an East Asian population, the mortality risks associated with sleep duration are modified by sex. In East Asian men, mortality risks are further modified by age. Future studies should investigate such modification toward specific mortality outcomes.⁸

In his tafsir Jawahir thanthowi in his tafsir when interpreting the verse: "*Wahuwa allathee ja'ala lakumu allayla libaasan wannawma subāta waja'ala annahaara nushooran* " Which he interpreted as follows: Man craves sleep

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⁶ Fakhruddin ar Razi, *Mafatih Al Gayb* (Beirut: Dar Ihya' at-Turath al-'Arabi, 1990).

⁷ Ibn Warraq, *The Origins of the Koran: Classic Essays on Islam's Holy Book*, ed. Ibn Warraq (New York: Prometheus Books, 1998).p 34

⁸ Among Adults et al., "Association of Sleep Duration With All- and Major-Cause Mortality" 4, no. 9 (2021): 1–13.

because it is one of the necessities of life, and he cannot live without it, as experiments on animals have shown. A dog, for example, cannot live more than five days without sleep. A person cannot live long without getting his share of sleep, because his skin color changes, he suffers headaches and weakness from doing his work, his body condition deteriorates, and if he continues not to sleep, then his lifeline will end.⁹

Additionally, *Tafsir Al-Misbah* highlights that sleep has a significant impact on an individual's physical and psychological (psychic) health.¹⁰ This raises the question: what are the implications for individuals experiencing sleep disorders or insomnia, which can reduce total sleep time?

A prospective longitudinal study on sleep and motor development in children revealed a link between movement progress and changes in sleep-to-wake regulation. When children sleep there will be a process of growth and development that occurs in the child's body, because when children sleep there is a process of releasing growth hormone. Lack of sleep rest time in children can inhibit the release of growth hormone and regeneration of cells in the body¹¹, leading to a weakened immune system (anti-body). The numerous adverse effects of sleep deprivation are widely acknowledged by medical practitioners, including Islamic scholars and doctors.

In a study conducted by several students from the medical faculty of Tanjung pura University stated that short-term memory scores were higher

⁹ Jauhari Thantwi, *Jawahir Fil Quran*, p. 82

¹⁰ Fahmi Muhamad and Binti Makfiyatila, "KONSEP TIDUR PERSPEKTIF M. QURAISH SHIHAB DALAM TAFSIR AL-MISHBAH Fahmi," *Shad: Jurnal Ilmu Al-Qur'an Dan Tafsir* 1, no. 1 (2023).p.12. <https://ejournal.stai-mas.ac.id/index.php/iat/article/download/84/30/246>

in Tanjung pura University Medical Study Program students who had poor sleep quality compared to students who had good sleep quality. (Suggestions for further research are that the method of measuring sleep quality should be more objective such as electroencephalogram, polysomnography, or actigraphy. Short-term memory measurement should be uniformed and better in the morning.¹² Exclusion criteria should be tightened, by using a questionnaire for stress history, exercise behavior, listening to music, worship habits, and nutritional description., which they also stated that this indeed triggers a lot of bad things and is very influential on the lives of humanity.

In the book Jawahir Thanthowi also has an opinion on what time humans rest or sleep, the body's need for sleep varies depending on age. *Yakhtalifu ihtiyāj al-jism ilā al-naʾwm bikhtilāf as-sinn. Faṭ-ṭifl muḥtāj ilā an-naʾwm mudda aṭwal mim mā yaḥtāju ilayhā shābb kamā yaḥharu dhālika min al-bayān al-ānī. Alladhīna sinnuhum min (4) ilā (8) sanawāt yanāmūna min (10) ilā (13) sā'ah Alladhīna sinnuhum min (9) ilā (12) sanah yanāmūna min (9) ilā (10) sā'āt. Alladhīna sinnuhum min (13) ilā (16) sanah yanāmūna miqdār (10) sā'āt. Alladhīna sinnuhum min (16) ilā (25) sanah yanāmūna miqdār (9) sā'āt.*¹³ The thing that makes me interested in studying this when I find several verses that state that God has created the day to work and the night to rest, there are also words that read "*an naumu stubata*" which states that sleep is silent, in the interpretation of Fakruddin ar razi states that in the silence of the body there are things that the body does to remove the toxins contained in the body.

¹² Hesti Ratna Pratiwi, Ery Hermawati, and Umi Kalsum, "Pengaruh Kualitas Tidur Terhadap Memori Jangka Pendek Mahasiswa Program Studi Kedokteran Universitas Tanjungpura" 49, no. 6 (2022): 305–9, <https://doi.org/10.55175/cdk.v49i6.237>.

¹³ Jauhari Thantowi, *Jawahir Fil Quran*, p. 81

Ibnu katsir has said in his tafseer with *"Wa qawluhu: "Wa huwa allathee ja'ala lakumu al-layla libaasan" ay: yalbisu al-wujooda wa yughasseeh (2), kamaa qala: "Wa al-layli idhaa yaghshaa" [al-Layl: 1] wa qala: "Wa al-layli idhaa yaghshaaha" [ash-Shams: 4]. "Wa al-nauma subaatan" ay: qataa'an lil-harakaati li-raahati al-abdaani, fa'inna al-a'daa'a wal-jawaariha takillu min kathrati al-harakaati fi al-intishaari bil-nahaar fi al-mu'aayish, fa-itha ja'a al-laylu wa sakana sakhanati al-harakaati, fa-istaraahat, fa-hassala al-naumu allathee feehi raahatul-badani wal-roohi ma'an.*¹⁴ where he also said that in the word an naumu subata there is that silence in sleep is not just silent.

Melatonin levels rise about two hours before bedtime," Buenaver says. "Create optimal conditions for it to do its job by keeping the lights low before bed. Stop using your computer, smartphone or tablet—the blue and green light from these devices can neutralize melatonin's effects. If you watch television, be sure you're at least six feet away from the screen. Turn off bright overhead lights too." Meanwhile you can help program your body to produce melatonin for sleep at the right time of day by getting exposure to daylight during the morning and afternoon. Take a walk outside or sit beside a sunny window.

Therefore in this study we use several verses in the Koran that will be used to support the course of research, which contains: *Wa Huwa alladzī ja'ala lakumu al-layla libāsan, wan-nawma subātan, wa ja'ala an-nahāra nusyūrā (Al-Furqon:47) Wa min āyātihi manāmukum bil-layli wan-nahāri wa ibtigāukum min faḍlih. Inna fī zālīka la-āyāti liqawmin yasma'ūn. (Ar-rum:23) Wa ja'alnā naumakum subātā (An-Naba:9).*

In the dictionary of roghib al ashfahany it is written as follows :*An-Naum: Fussiro 'alā awjuhin kulluhā ṣaḥīḥ binazarātin mukhtalifah. Qīla: huwa*

¹⁴ Ibn Katsir, *Tafsir Al-Qur'an Al-'Azhim* (Beirut: Dar al-Kutub al-'Ilmiyyah,.) p.262.

istirkhā'u a'sābi ad-dimāghi biruṭūbāti al-bukhāri aṣ-ṣā'idi ilayhi. Wa qīla: huwa an yatawaffā Allāhu an-naḥsa min ḡhayri maṭw. Qāla ta'ālā: "Allāhu yatawaffā al-anfusa" (al-āyah) [Az-Zumar: 42]. Wa qīla: an-naumu maṭwtun ḡhafīf, wal-maṭwtu naṭwmun ṭhaqīl. Wa rajulun na'ūmun wa nuwamah: ḡathīru an-naum. Wa al-manām: an-naum. Qāla ta'ālā: "Wa min āyātihi manāmukum bi al-layl" [Ar-Rūm: 23], "Wa ja'alnā naumakum subātā" [An-Naba': ...].¹⁵In the dictionary of Maqayis al-lughah by ibn Faris says : Nawm: an-nūn wa al-wāw wa al-mīm aṣl ṣaḥīḥ yadullu 'alā sukūn wa futūr. Yuqālu: nāma yanāmu nauman, wa an-nā'im: as-sākīn.¹⁶

Melatonin is known to have effects as a free radical scavenger beyond its effects through receptors. However, it should be noted that this free radical scavenging effect occurs at concentrations higher than the peak concentration in the blood, so it is only relevant in a pharmacological context. In addition, melatonin has been shown to stimulate the synthesis of antioxidant enzymes such as glutathione peroxidase, superoxide dismutase, and catalase. Therefore, melatonin is considered a molecule with antioxidant properties.¹⁷And also sleep has two important things, namely relaxation and restoration of stamina that can maintain survival by repairing or restoring a person's brain performance.¹⁸

Therefore, the researcher conducted a study entitled "The Terms 'An-Naum' and 'subāta' in the Qur'an and Their Relevance to Their Role in Human

¹⁵ Roghib al ashfahany, *Mufrodatu Alfadzi Al Quran* (Beirut: Beirut: Dar el qolam, n.d.), p 830.

¹⁶ Ibn faris, *Maqayis al-lughah* (dar el hadist) p.567

¹⁷ Ergul Belge Kurutas, "The Importance of Antioxidants Which Play the Role in Cellular Response against Oxidative / Nitrosative Stress : Current State," *Nutrition Journal*, 2016, 1–22, DOI 10.1186/s12937-016-0186-5.p.7

¹⁸ Singgih Dirga Gunarsa et al., "HUBUNGAN KUALITAS TIDUR DENGAN KEBUGARAN JASMANI SISWA," *Jurnal Pendidikan Jasmani*, 2021, <https://ejournal.unesa.ac.id/index.php/jurnal-pendidikan-jasmani>.p 45.

Detoxification: A Linguistic and Scientific Study” with the aim of investigating whether sleep really releases free radicals or toxins in the body so that people do not underestimate the dangers of frequent stay-ups and lack of sleep. This thesis summarizes how dangerous staying up late and lack of sleep are for health, effectiveness in learning or working, and even the loss of the body's ability to function.

B. Formulation Of Problem

From the previous background, Surah al-furqon ayah 47, ar ruum 23, an-naba ayah 9 contain references to correlating between sleep and sains. In addition, the verse also contains semantic aspects. Therefore, researchers will examine the semantic and scientific relationships mentioned in the Qur'an with correlating the general concept of language miracles and scientific interpretation, with several problem formulations including:

1. What is the meaning of the word *an-naumu subāta* in the Qur'an?
2. What is relevance of Term *an-naumu subāta* in the Qur'an and How the body can remove free radicals or toxins in eastern perspective and quranic prespective ?

C. Objectives Of Research

Based on the problem formulation above, this research has the following objectives:

1. To reveal the meaning of the term *an-naumu subātan* in the Qur'an based on linguistic analysis and Qur'anic prespective.
2. To reveal the relevance of the concept of *an-naumu subātan* in the Qur'an in relation to bodily restoration, particularly the process of eliminating free radicals or toxins, viewed from Eastern holistic perspectives and the Qur'anic worldview.

D. Significance Of research

Researchers feel it is important that a study can provide benefits to its readers, therefore researchers hope that this research has the following benefits:

1. Theoretically

- a. Evidence of indications in the text that refer to universal truths about the process that sleep has a process in replenishing free radicals and eliminating toxins by scientists.
- b. Proof of biological facts contained in the body after the availability of evidence that reaches the level of security to prove it.
- c. Conformity between the evidence contained in the Qur'an and scientific reality.
- d. new scientific analysis for those who want to know the miracles of language and science.

2. Practically

- a. Clarify the relationship between the words of the Qur'an and the liberation of free radicals when humans are in the process of sleeping.
- b. Clarifying the misconceptions of those who believe that the structure and choice of words in the Qur'an are wrong and full of ambiguities.
- c. To make an intellectual contribution to the study of language and science for the entire academic community of Al-Qur'an Science and Tafsir Darussalam Gontor University in particular, and researchers on the process of free radical liberation when humans are in the process of sleeping.

- d. Providing interpretative information about the process of free radical liberation when humans are in the process of sleeping in al-Qur'an Surah al-furqon verse 47, ar ruum 23, an-naba verse 9, through the miracle of language and the miracle of science.

E. Theoretical Framework

In this research, Author will uses science methodology and linguistic methodology, as we know tafseer methodology is an organized and well-thought-out way of reaching a correct understanding of what Allah intended in the verses of the Qur'an.¹⁹. from there we can understand how the interpretation methodology analyzes the verses of the Qur'an.

And I'jaz lughawi is something where the words in the Qur'an become something that makes the meaning in the Qur'an into something that has an implied or special meaning²⁰. The Qur'an is also a guideline that has many implied meanings that we must look for, taste, feel for ourselves so that we know the meaning itself²¹.

In addition, the author also examines scientific miracles (I'jaz 'Ilmi), which are defined as the collection of human knowledge about the universe and the world obtained from the results of critical analysis and observation of natural phenomena.

The steps taken in applying this method include: first, examining verses that have scientific content or references to the life cycle of plants. Second, paying attention to the context of the Qur'anic verses related to the

¹⁹ Abdurahman Hadi, *METODOLOGI TAFSIR DARI MASA KLASIK SAMPAI MASA KONTEMPORER* (surabaya, 2020).p.77.

²⁰ fadl hasan Abbas, *I'jaz Al-Qurany* (palestina: huqūq al-ṭab' maḥfūzah, 2007),P. 39.

²¹ Abdul Qahir al-Jurjani, *Dalā'il Al-I'jāz* (kairo: Perpustakaan Al-Khanji, 1081).

life cycle of plants, without separating the verses from the preceding and following parts²². Furthermore, the linguistic component involves lexical and morphological analysis to determine the meaning of words and their basic forms. Subsequently, semantic disambiguation is performed to ensure the selected word meaning aligns precisely with its specific Qur'anic context.

The thematic method involves collecting Qur'anic verses that share a common meaning and organizing them into a single coherent topic based on the order and context of revelation (*asbāb al-nuzūl*). This approach aims to construct a Qur'anic perspective on a particular issue by integrating verses from different surahs that are conceptually, lexically, or contextually related. Through this method, explanations and interpretations are systematically presented in order to derive comprehensive conclusions on issues related to human life from the Qur'an's viewpoint²³.

Thematic interpretation (*tafsīr mawdhū'ī*) seeks to gather all Qur'anic verses that address a specific objective or problem in order to identify the Qur'an's response to it²⁴. The main steps of this method include determining the research theme, collecting relevant verses, arranging them according to the chronology of revelation, analyzing their interpretations in depth, extracting the core elements of the theme, and synthesizing the discussion using a scientific and comprehensive interpretative approach²⁵.

²² Zaghlul AL Najjar, *Al-Madkhal Ilā Dirasat Al-I'jaz Al-'Ilmi Fi Al-Qur'an Al-Karim Wa Al-Sunnah Al-Nabawiyah* (Beirut, Lebanon: Dar al Marefah, 2009) p.79.

²³ 'Abd al-Hayy al-Farmawī, *Al-Bidayah Fi Al-Tafsīr Al-Mawdu'ī* (Jakarta: RajaGrafindo Persada, 1994) p.52.

²⁴ M.pd Dr. Abdul Fattah Nasution, *Metode Penelitian Kualitatif*, ed. MA Dr. Hj. Meyniar Albina (Bandung: Harfa Creative, 2023) p.15.

²⁵ Mustafa Muslim, *Al-Tafsīr Al-Mawdu'ī Fi Buhuth Al-Qur'An* (Beirut: Dar al-Qalam, 2000) p.45.

critical and observation of how the body can remove free radicals by itself through the process of sleep²⁶. As for science in the Qur'an, namely the miracles of scientific miracles (I'jaz 'Ilmi) contained in the Qur'an, as well as various news about natural science that has not been informed by humans that occurred during the revelation to the Prophet Muhammad SAW. But from what has been read from the Qur'an, it can be proven in this modern era. This aims as evidence of the power of Allah SWT.

Inseparable from the content of this thesis discussion about sleep, we know during deep sleep (slow-wave sleep) and REM (rapid eye movement) sleep, the body undergoes various recovery and detoxification processes. One of the main mechanisms is the activation of the glymphatic system, which is responsible for clearing metabolic waste from the brain, including beta-amyloid proteins associated with Alzheimer's disease.²⁷

F. Research Methodology

The research method used in this thesis is as follows:

1. Type of Research

Literature study is carried out by a researcher to find a foothold in obtaining and building a theoretical basis, framework of thinking and determining temporary conjectures or hypotheses research, so that researchers can understand, allocate, organize in the field of research

And this thesis uses the library Research method, which is where the research data comes from written reading materials such

²⁶ Zhao Ding et al., "The Glymphatic System : A New Perspective on Brain Diseases," *Frontiers*, no. June (2023),p.34. <https://doi.org/10.3389/fnagi.2023.1179988>.

²⁷ Matthew Walker, *Why We Sleep* (New york: Imprint of Simon & Schuster, Inc., 2017),p 11.

as books, articles, pictures, documents, and so on with additional relationships with the Qur'an and tafsir in the library²⁸.

2. Data Sources

In this study, researchers divided data sources into two sources, namely primary sources and secondary sources. The primary data source is the main reference in research and is the main basis for data search, while secondary data sources are other sources related to the subject of research that function as a supporting source for primary sources to obtain complete data.

A. Primary Data

Primary sources are data obtained directly or collected by researchers related to the topics discussed. The sources used are as follows:

First, *Al-Jawāhir fī Tafsīr al-Qur'ān al-Karīm* by Tantāwī al-Jawharī is used because this work discusses the concept of sleep from an Islamic perspective, including its relation to different stages of human age.

Second, the researcher uses *Mafātīḥ al-Ghayb* by Fakhruddin al-Rāzī, as his tafsīr is known for its scientific orientation, particularly its analysis of the terms *naum* and *subāt* from a scientific point of view.

Third, the researcher refers to *Why We Sleep* by Matthew Walker because this book examines the functions of sleep from a scientific perspective, including topics such as brain detoxification and researcher uses *Sleep to Save Your Life: The Complete Guide to Living*

²⁸ M.Ag Dr. Magdalena et al., *METODE PENELITIAN UNTUK PENULISAN LAPORAN PENELITIAN*, ed. M.Pd.I Dr. Sumarto (Bengkulu: Penerbit Buku Literasiologi, 2021)P.71.

Longer and Healthier Through Restorative Sleep by Gerard T. Lombardo, as it explains the long-term health impacts of sleep, including its relationship with heart disease, obesity, and diabetes.

Lastly, the researcher employs *The Promise of Sleep* by Dr. William C. Dement because this book discusses REM and NREM sleep cycles, offering a detailed explanation of the stages of sleep from a scientific viewpoint.

B. Secondary Data

Secondary data help researchers in supporting their research, maybe consist by dictionary and other books.

The second group of sources supporting this research consists of works by Islamic scholars with linguistic orientations, intended to sharpen the discussion on the meaning of the word *naum* itself. The researcher also uses several specialized Qur'anic dictionaries to clarify and deepen the understanding of relevant terms.

First, *The Origins of the Koran* by Ibn Warraq is a work that examines the history of the compilation of the Qur'an from philological and historical perspectives. This book provides an overview of the process of collecting Qur'anic texts, the variations in readings, and the structure of classical Arabic, making it a useful reference for understanding the linguistic authenticity of the Qur'an. Furthermore, *Mufradāt Alfāz al-Qur'ān* by al-Rāghib al-Aṣṣahānī serves as an important reference for exploring Qur'anic vocabulary in depth, including the analysis of root words, core meanings, and the usage of terms across different verses.

Another source, *Maqāyīs al-Lughah* by Ibn Faris, offers an etymological study of Arabic by tracing the foundational meanings of words through their root patterns. This book provides a basis for interpreting terms such as *an-naum*, *subāt*, and others according to their

original meanings. Meanwhile, *Tafsīr al-Kasysyāf* by al-Zamakhsharī is used as a tafsīr reference that emphasizes linguistic analysis and aspects of *balāghah*, thereby aiding in the interpretation of structures and meanings of verses related to sleep and rest. As a complement, *Tafsīr asy-Syaukānī* (Fath al-Qadīr) offers a more comprehensive viewpoint by combining both *riwāyah* and *dirāyah* approaches in explaining Qur'anic verses.

Additionally, *Baḥr al-Muḥīṭ* by Abu Hayyān al-Andalusī strengthens the technical linguistic aspect of the study, as this tafsīr focuses on the analysis of *nahwu*, *ṣaraf*, and sentence structure. Meanwhile, *Lisān al-'Arab* by Ibn Manzur functions as the primary Arabic dictionary, providing extensive definitions of various vocabularies, including terms related to the theme of sleep in the Qur'an.

3. . The Method of Collecting Data

The method of collecting data in this research was carried out through documentation, namely by gathering various references that are relevant to the study. The data were obtained from an in-depth examination of texts, books, journals, magazines, as well as other literature sources that provide theoretical and empirical support. This approach was chosen because it allows the researcher to explore, compare, and synthesize information from a wide range of scholarly materials, ensuring that the discussion is well-grounded and comprehensive Methode of Data Analysis²⁹.

4. Methode of Data Analysis

²⁹ John W. Creswell, *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (Los Angeles: Sage Publications, 2014), 19.

The data analysis method is a crucial step in the search for scientific knowledge.³⁰ Through this method, knowledge is organized systematically, allowing for a deeper understanding, and its findings are expected to provide new information to others.³¹ Qualitative data can be obtained through direct observation of the issues to be researched, using data analysis techniques, data processing, and data classification., the research method refers to the forms of research. The forms of research methodology used in this study are:

A. Analysis Method

The analysis method organizes data into basic patterns, categories, and units to find themes, which are then found as hypotheses from the results of data collection according to certain classifications³².

Descriptive Method

The descriptive method is a data collection method that aims to perfect the research³³. It is a study of science utilizing collecting facts, data, and current scientific documents relating to the verses of the Qur'an that will be discussed by researchers in research followed by proper organization³⁴.

³⁰ M. Afdhal Chatra Dkk, *Metode Penelitian Kualitatif: Panduan Praktis Untuk Analisis Data Kualitatif Dan Studi Baru* (Jambi: Sonpedia Publishing Indonesia, 2023). p.4-6

³¹ Abubakar, *Pengantar Metodologi Penelitian* (Yogyakarta: SUKA-Press UIN Sunan Kalijaga, 2021), p. 121

³² Sandu Siyoto, *Dasar Metodologi Penelitian* (Yogyakarta: Literasi Media Publishing, 2015) P.121.

³³ Syukran Affan, *Tafsir Al-Quran Dalam Sejarah Perkembangannya* (jakarta: Kencana, 2019), 30.

³⁴ Leon Andretti Abdillah and Sufyati HS, *Metode Penelitian Dan Analisis Data Comprehensive* (cirebon: insania, 2021), 25.

G. Literature Review

After researchers examined previous scientific literature explaining the process of sleep and its benefits based on the Qur'an and scientific knowledge, no researcher discussed the correlation between sleep in the Qur'an and scientific knowledge:

1. A thesis written by Hafidhotun Nabawiyah in 2021, published in the Darussalam Nutrition Journal Vol. 5 No. 1, with the title: *"Hubungan Pola Makan, Aktivitas Fisik, Kualitas Tidur dengan Status Gizi Santriwati di Pondok Modern Darussalam Gontor Putri 1"*. The results of this study analyze the correlation between lifestyle factors—specifically diet, physical activity, and sleep quality—and the nutritional health of adolescent students in a boarding school environment. Using a quantitative approach with analytical observational methods (Cross-Sectional) and instruments such as FFQ, IPAQ, and PSQI, Hafidhotun's research focuses on statistical data and practical health outcomes in a specific community setting. While Hafidhotun's research treats sleep as a variable affecting nutritional status through field surveys and statistical analysis, and the research gap is This study shifts the focus from quantitative field evaluation of sleep quality to conceptual and integrative analysis of the biological functions of sleep. Rather than examining the impact of sleep on nutrition, my research tends to explore the basic mechanisms of sleep itself—particularly in relation to detoxification—through the lens of 'ilmī interpretation (scientific interpretation). By analyzing the Qur'anic terms *An-Naum* and *subāta* alongside modern neuroscience (particularly the glymphatic system), this

study aims to reveal a theological and physiological synthesis of how sleep cleanses the body, rather than simply assessing the sleep habits of a particular demographic group.

2. A thesis to obtain a bachelor's degree written by Firda Mustikasari in 2023, a student of the Department of Al-Qur'an and Tafsir, UIN Imam Bonjol Padang, with the title: "*Penafsiran Ayat-Ayat Tentang Tidur Dalam Tafsir Al-Munir*". The results of this study reveal the interpretative nuances of sleep through the lens of Wahbah az-Zuhaili, highlighting sleep as a theological sign of God's power and a cessation of activity purely from a traditional tafsir perspective. While Firda's research focuses on analyzing the content of Tafsir Al-Munir and understanding az-Zuhaili's thoughts using a thematic method limited to a single exegetical work, and the research gap is this study employs a linguistic and scientific approach (tafsīr 'ilmī) to explore the specific Qur'ānic terms *An-Naum* and *subāta*. Through this method, the Qur'ān is positioned not merely as a theological text, but as a source of scientific truth that actively engages with modern medical discoveries regarding the lymphatic system and detoxification. Rather than simply reproducing general interpretations of rest, this research integrates classical Arabic lexicography with physiological evidence to demonstrate how the Qur'an accurately describes the mechanism of toxin elimination during sleep.
3. A thesis written by Dina Nurhayati in 2019, with the title: "*Sleep in the Qur'an (Islamic Education Perspective)*". The results of this study examine Qur'anic verses regarding sleep—specifically analyzing terms such as *naum*, *yatawaffa*, and *ruqud*—through a descriptive qualitative method and thematic interpretation. The discussion highlights sleep as a means of rest, a "small death," and a sign of Allah's power (*sunnatullah*), combining classical

and contemporary *tafsir* with general medical research to provide guidelines for Islamic sleep patterns based on the Prophet's *sunnah*. While Dina's research prioritizes the educational aspect of sleep and its significance in supporting learning and daily Islamic conduct, and the research gap is this study shifts the focus from educational perspectives to specific biological mechanisms, particularly detoxification, which has not been widely discussed in the Islamic context. Rather than viewing sleep solely as a resting period for educational productivity, this research investigates the physiological function of sleep through the specific terms *An-Naum* and *subāta*. It integrates these terms with the discovery of the glymphatic system, offering a novel scientific validation of how the Qur'an describes the body's essential waste removal processes during sleep.

4. The thesis written by Luthfi Mahmudah in 2010, a student at the Faculty of Medicine, Yarsi University Jakarta, entitled: "*The Benefits of Proper Sleep for Health from a Medical and Islamic Perspective*". This research describes the physiological mechanisms of sleep, such as brain waves and sleep cycles, as well as its benefits for the health of the central nervous system, cell repair, and hormone production. This research also combines these medical views with an Islamic perspective, which emphasizes the ethics (*adab*) of sleep according to the *Sunnah* of the Prophet and the wisdom of night worship (*tahajjud* prayer) for physical fitness. While Luthfi's research is a general library research study that compares the broad benefits

of sleep between general medicine and fiqh worship without specifying micro-biological mechanisms, and the research gap in this study focuses on the specific mechanism of brain detoxification through the analysis of *An-Naum* and *subāta*. Unlike previous research published in 2010 (before the widespread discovery of the glymphatic system in 2012), this study integrates the latest findings in neuroscience on brain toxin removal (the glymphatic system) with linguistic analysis of the Qur'an. While Luthfi Mahmudah discusses sleep from the aspects of "general health benefits" and "ethics," this study scientifically proves how the Qur'an, through its choice of words, has hinted at the process of detoxification that is vital for the human body.

5. A thesis to obtain a bachelor's degree written by Ichwan Ma'rifatullah in 2023, a student of the Department of Al-Qur'an and Tafsir, Universitas PTIQ Jakarta, with the title: "*Tidur dalam Al-Qur'an Perspektif Tafsir Al-Munir Karya Wahbah Az-Zuhaili*". The results of this study explore the interpretation of sleep verses through the lens of Wahbah az-Zuhaili in *Tafsir Al-Munir*. It identifies sleep as a sign of Allah's power, a form of temporary death where the soul is withheld, and a mercy for human rest. The study focuses on the theological (*aqidah*) and jurisprudential (*fiqh*) implications of sleep, such as the rules of *wudu*, the ethics of sleeping positions, and the prohibition of excessive sleep, relying entirely on a descriptive-analytical library research method. While Ichwan's research is confined to a qualitative analysis of a single exegetical work to extract theological and

legal values regarding sleep in general, and the research gap is this study advances the discussion by adopting an interdisciplinary approach (*tafsīr 'ilmī*). It specifically isolates the terms *An-Naum* and *subāta* to correlate them with the biological mechanism of detoxification. Unlike the previous study which views sleep as a general state of rest or "small death" from a theological perspective, this research provides scientific evidence (via the glymphatic system) to explain *how* that rest functions as a physiological purification process, thereby bridging the gap between classical linguistic interpretation and modern neuroscience.

Therefore, I am sure that the title I discussed in this thesis discussion is different from the previous discussions of others and no one has discussed it.

H. System of The Study

The systematics of writing is made with the aim that readers feel more comfortable when reading this research. With the systematic writing of the thesis, it will be more coherent and directed. The technique of writing this thesis refers to the UNIDA GONTOR thesis, thesis, and dissertation writing guidelines. Furthermore, to facilitate writing, the discussion of this thesis is divided into several chapters, with the following details:

- a. Chapter One contains an introduction, which consists of the background of the problem, problem formulation, objectives and benefits of research, literature review, theoretical framework, research methodology, technique and writing systematics.

- b. Chapter Two contains an overview of tafsir ilmy and science verses in the Qur'an, especially those related with the verse stating that when humans sleep, they release free radicals and toxins.
- c. Chapter Three contains verses containing the word *An-naum* and its role in Toxin removal, and Comparative analysis Qur'anic Teaching and modern science by interpretations from classical and contemporary tafsir books as an explanation of the research theme being studied.
- d. Chapter Four contains the closing, including conclusions from the research results and suggestions or recommendations

