

When we wake up, we say:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.*

Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

Reference: Al-Bukhari, cf. Al-Asqalani, Fathul-Bari 11/113; Muslim 4/2083

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي، وَرَدَّ عَلَيَّ رُوحِي،  
وَأَذِنَ لِي بِذِكْرِهِ

*Alhamdu lillaahil-lathee 'aafaanee fee jasadee, wa radda 'alayya roohee, wa 'athina lee bithikrihi.*

Praise is to Allah Who gave strength to my body and returned my soul to me and permitted me to remember Him.

Reference: At-Tirmithi 5/473. See Al-Albani's Sahih Tirmithi 3/144