Whoever says three times: 'In the name of Allah, with Whose name nothing in the earth or the heaven can cause harm, and He is the All-Hearing, the All-Knowing' will not suffer sudden affliction until the morning

Abān ibn ‘Uthmān reported: I heard ‘Uthmān ibn ‘Affān (may Allah be pleased with him) say: I heard the Messenger of Allah (may Allah's peace and blessings be upon him) say: "Whoever says three times: 'In the name of Allah, with Whose name nothing in the earth or the heaven can cause harm, and He is the All-Hearing, the All-Knowing' will not suffer sudden affliction until the morning; and whoever says it in the morning three times will not suffer sudden affliction until the evening." He said: Abān ibn ‘Uthmān was struck with paralysis, and the man who heard the Hadīth from him started looking at him, so, he said to him: Why are you looking at me? By Allah, I did not tell a lie about 'Uthmān, nor did ‘Uthmān tell a lie about the Prophet (may Allah's peace and blessings be upon him), but the day I was afflicted with this, I got angry and forgot to say it.

[Authentic] [Narrated by Abu Dāwūd, At-Tirmidhi, and An-Nasā’i in Al-Kubra and by Ibn Mājah and Ahmad]

The Prophet (may Allah's peace and blessings be upon him) clarified that whoever says three times every morning, after the break of dawn, and every evening, before sunset: (In the name of Allah with Whose name) I seek help and protection against whatever is harmful that can cause no harm no matter how great it is along with mentioning His name, (in the earth) and the afflictions coming thereof (and the heaven) and the afflictions descending therefrom, (and He is the All-Hearing) of what we say (the All-Knowing) of our conditions. Whoever says it in the evening will not be overtaken by calamity until the morning comes, and whoever says it in the morning will not be overtaken by calamity until the evening comes. The Hadīth narrator, Abān ibn ‘Uthmān, was then afflicted with paralysis, i.e., loss of control over one half of the body, so the man who heard the Hadīth from him kept looking at Abān in wonder. Thereupon, Abān said to the man: Why are you looking at me?! By Allah, I did not tell a lie about 'Uthmān, nor did ‘Uthmān tell a lie about the Prophet (may Allah's peace and blessings be upon him). However, that day when I was afflicted by this, Allah did not decree for me to say it; I got angry, and I forgot to say the aforementioned words.

http://www.sunnah.global/hadeeth/en/show/6093