If any of you wakes up from his sleep, let him blow water out of his nose three times, as the devil spends the night on his nostrils

Abu Hurayrah (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) said: "If any of you wakes up from his sleep, let him blow water out of his nose three times, as the devil spends the night on his nostrils."
[Authentic] [Agreed upon]

The Prophet (may Allah's peace and blessings be upon him) urges anyone who wakes up from his sleep to make Istinthar, i.e., blowing water out of the nose after sniffing it, three times because the devil spends the night on the nostril, which is the whole nose.

https://sunnah.global/hadeeth/en/show/8377

النجاة الخيرية
ALNAJAT CHARITY
لجنة الدعوة الإلكترونية
EDC E-Da'wah Committee