



medical prayer mat **buyer's guide**

The ultimate buyer's guide to
purchasing a medical prayer mat

First Edition, 2017

A TIMEZ5 labs publication

save thousands of dollars

by buying the right **medical prayer mat** and avoiding
medical expenses resulting from poor-quality products.

Medical Prayer Mat Buyer's Guide

This guide has been designed to help consumers buying medical prayer mats make an educated decision. The medical prayer mat industry is a relatively new product category and is highly fragment. As this industry is still new consumers are being confused by dishonest manufacturers tricking them into purchasing non-functional or inferior products.

This guide will help users:

- Understand what a medical prayer mat is and why it is important
- Decide if a particular medical prayer mat is right for you or not
- Conduct tests to verify if a medical prayer mat is genuine and if it works

This buyer's guide has tools, checklists, and tests any consumer can perform to determine if the product is real or not quickly. This guide is best used by understanding what a medical prayer mat is and is not, who it is for and is not, and how to determine what is a suitable medical prayer mat.



This medical prayer mat buyer's guide is a
TIMEZ5 Global Inc. publication

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introduction

Although prayer mats have been around for 1400 years, the medical prayer mat category is relatively new. In the early days, prayer mats were often used on soft surfaces like sand or mud. The purpose, of course, was creating a clean space where to pray or meditate. Therefore, the surface formed a natural, healthy solution for prayer mat users.

However, modern lifestyle has introduced two fundamental factors challenging our physiology. One is inactivity due to convenience, and the second is hard floors at home, at work, and in public spaces. These two factors alone brought about a new set of diseases, such as obesity and diabetes.

"A medical prayer mat is a stress management tool."

While other stress management tools and techniques have evolved, the development of prayer mats stagnated. Largely, medical prayer mats have not been considered stress management tools but rather traditional artifacts for performing a ritual and observing worship.

The progress in thinking, design, and technology has helped the emergence of this new product category, which we now call the "medical prayer mat."

These advancements helped direct and indirect users with physiological difficulties



START

What is a medical prayer mat buyer's guide, and why is it important

Medical prayer mats are a new type of prayer mats designed for medical purposes. The primary objective of a medical prayer mat is to relieve pain while praying or meditating. That said, several prayer mat manufacturers have extended their regular fabric prayer mat product line to include padded mats. Despite the fact that they are marked as a medical prayer mat, they are simply not. Padded prayer mats can be very dangerous for users on many levels, and this is why this buyers' guide is essential.

It is important to understand that there are three main broad categories of prayer mats. First is fabric, second is padded, and third is medical. Although there can be tricks with labeling and positioning to confuse consumers, it is important to be aware.



This guide will help you:

- Understand what a medical prayer mat is and why it is important
- Decide if a particular medical prayer mat is right for you or a loved one or not
- Conduct tests to verify if a medical prayer mat is genuine and if it works

This buyers' guide will be very useful in educating you about what a medical prayer mat is and is not. This guide will help consumers not to get confused by dishonest companies aiming to make a quick buck at the expense of your physical health.

PRODUCT

What is a medical prayer mat?

Medical prayer mats are a type of medical device designed to manage stress by reducing pain, increasing posture support, and giving more energy to the user. The objective is to alleviate pain in the major pressure points, allowing for better blood circulation. Additionally, a medical prayer mat will support the skeletal muscle structure to improve posture and result in an elevation of energy in the body.

There have been four phases in the evolution of medical prayer mats. First, there were the basic padded mats re-positioned as medical, but they did not yield results. The second-generation mats were ***designed for pain management***.

For the third, technologies focused on improving posture and energy were used. The fourth generation has hygienic capabilities intended to protect the user from airborne diseases including bacteria, dust, and fungi.



PRODUCT

What is a medical prayer mat?

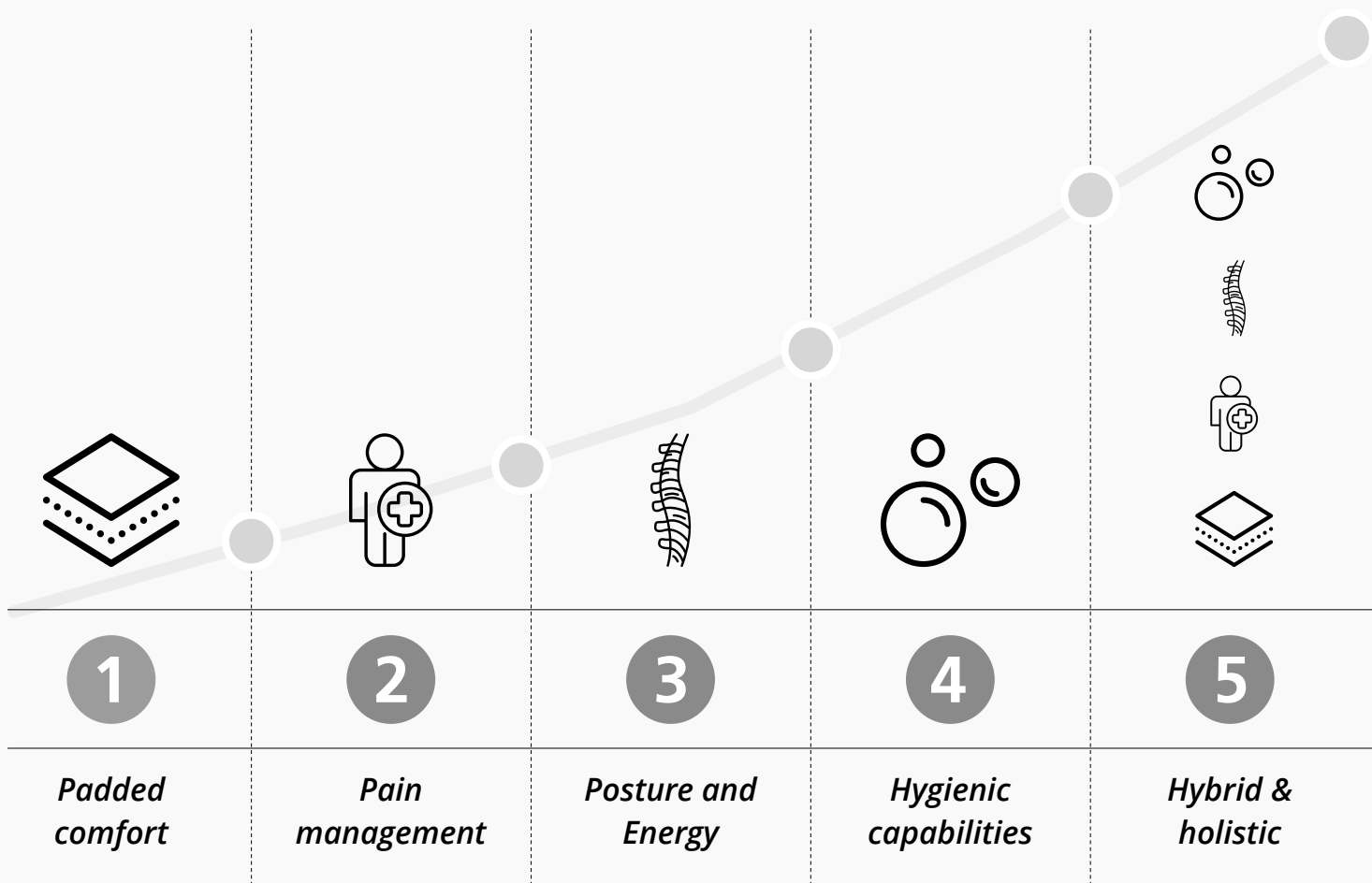
Today, we have the fifth generation mats, which are hybrid and holistic medical prayer mats that combine the best of all evolutionary technologies.

THE GENERATION EVOLUTION OF MEDICAL PRAYER MATS

Generation	Evolutionary characters
1	Padded comfort Low-cost mats designed to give superficial comfort, and which failed to do anything more
2	Pain management Mats designed to target key pain points like the knees, back, and ankles while praying
3	Posture and Energy Mats designed to enhance the overall body posture and energy level, providing more flexibility, stability, and support
4	Hygienic capabilities These are designed to help kill and protect against dust, bacteria, and fungi on the surface.
5	Hybrid & holistic These are intended to incorporate all four generations into a single premium medical prayer mat.

TIP: Look for fifth generation medical prayer mats that combine all four areas of capabilities. The first of its kind is the TIMEZ5 physiological prayer mat.

THE GENERATION EVOLUTION OF MEDICAL PRAYER MATS



PRODUCT

What is a medical prayer mat?

TIP: Look for fifth generation medical prayer mats that combine all four areas of capabilities. The first of its kind is the TIMEZ5 physiological prayer mat

A medical prayer mat can also be referred to as

- Physiological prayer mat
- Orthopedic prayer mat
- Ergonomic prayer mat

MEDICAL PRAYER MAT STANDARD ALTERNATIVE REFERENCE CARD

Physiological Prayer Mat	Ergonomic Prayer Mat
Physiological Prayer Rug	Ergonomic Prayer Rug
Physiological Prayer Carpet	Ergonomic Prayer Carpet
Orthopedic Prayer Mat	Medical Prayer Mat
Orthopedic Prayer Rug	Medical Prayer Rug
Orthopedic Prayer Carpet	Medical Prayer Carpet

That said prayer mat is also replaceable by such terms as prayer rug, prayer carpet, and, in more traditional references:

- | | |
|------------|------------|
| • Sajjāda | • namazlık |
| • sajājīd | • Jānamāz |
| • Musallah | • jaênamaj |

PRODUCT

What is a medical prayer mat?

MEDICAL PRAYER MAT *TRADITIONAL* ALTERNATIVE REFERENCE CARD

Physiological Sajjāda	Ergonomic Sajjāda
Physiological sajājīd	Ergonomic sajājīd
Physiological Musallah	Ergonomic Musallah
Physiological namazlık	Ergonomic namazlık
Orthopedic Sajjāda	Medical Sajjāda
Orthopedic sajājīd	Medical sajājīd
Orthopedic Musallah	Medical Musallah
Orthopedic namazlık	Medical namazlık

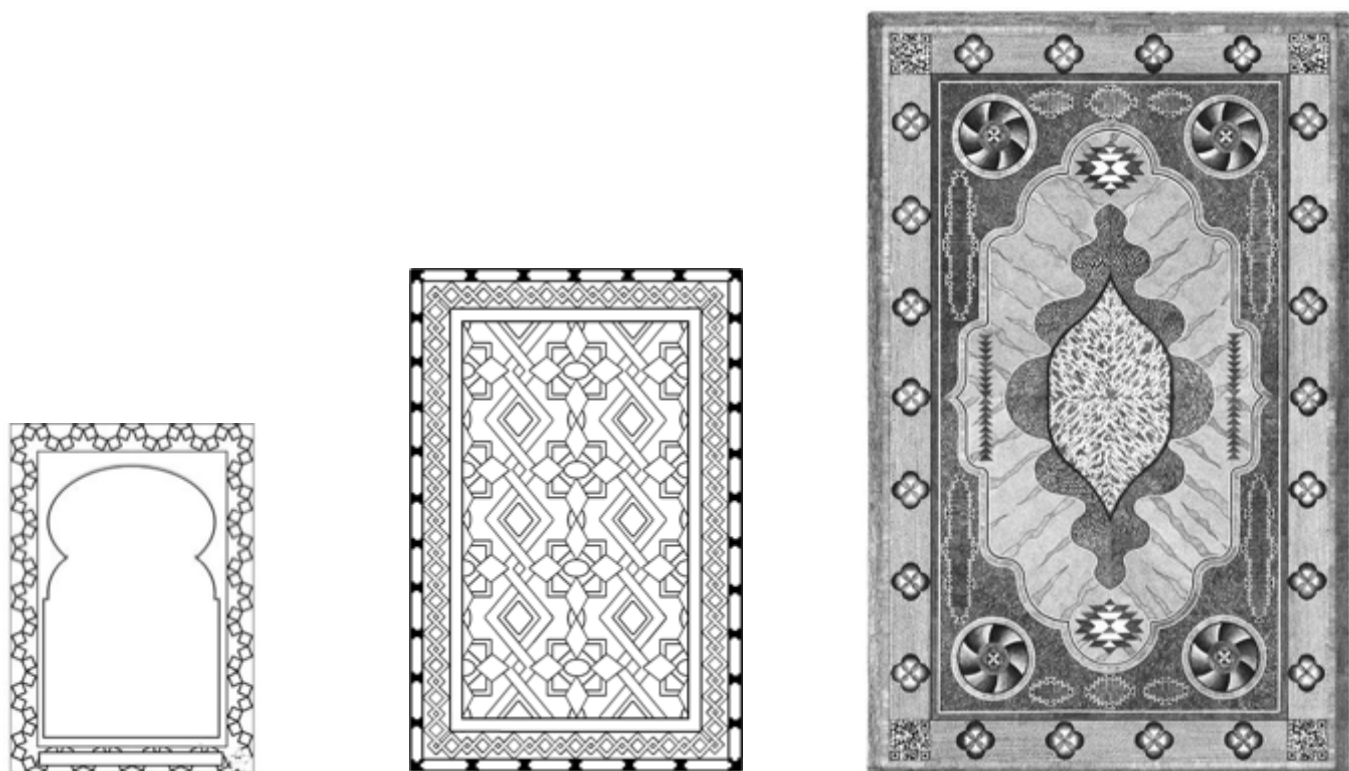
These reference cards are an excellent way to find, research, and analyze medical prayer mats on the market without getting confused in the process. Often, dishonest companies may use confusing terms, unsubstantiated claims, and different pricing levels to trick consumers.

There is no official medical prayer mat certification or certification body that researches and verifies manufacturing claims. Private research was conducted by organizations like [TIMEZ5 Labs](#) in conjunction with NASA, universities, and the medical community.



PRODUCT

What is a medical prayer mat?



WHAT IS THE DIFFERENCE BETWEEN A PRAYER MAT, RUG, AND CARPET?

Prayer mat	Prayer rug	Prayer carpet
Typically, a mat is, first of all, useful; its primary purpose is to provide a clean place to pray on.	Typically, a rug is a vanity piece for display or light usage. A prayer rug may not be used as often as a prayer mat.	A carpet is used in large areas like mosques or houses. Unlike rugs and mats, carpets aren't portable.

PRODUCT

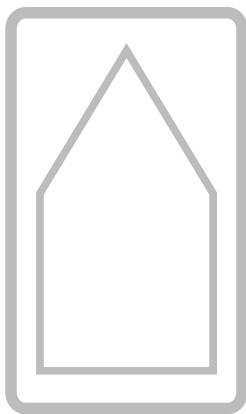
What is a medical prayer mat?

When selecting a prayer mat, there are four basic designs defined by two main approaches, directional and boundary-based. Furthermore, the main characteristics are determined by ***suggestive versus candid features***.

UNDERSTANDING PRAYER MAT DESIGN

Directional design

Explicit



A directional and explicit design provides a prominent directive design (mihrab).

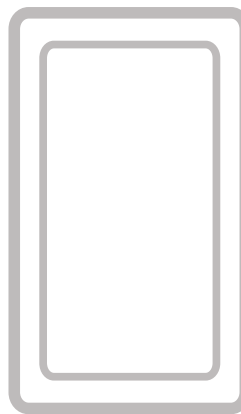
Implicit



Directional and implicit designs are suggestive of a single direction using patterns

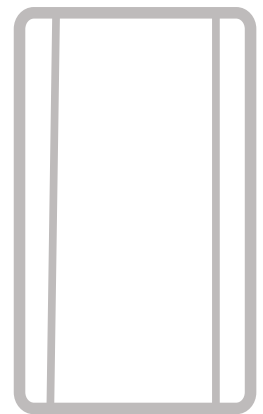
Boundary design

Finite



Boundary and Finite designs have a definitive nature defined by its borders.

Infinite

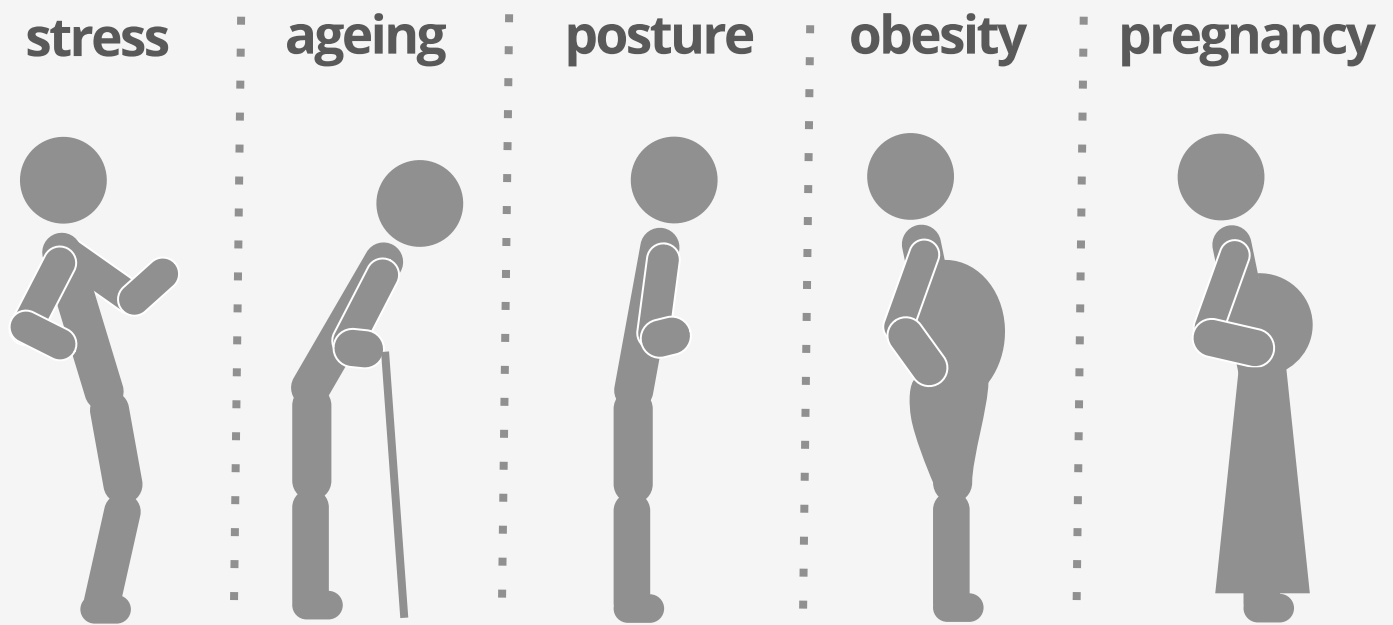


Boundary and infinite designs suggest a direction with endless patterns or lines

PURPOSE

did you know that **52%** of muslims have knee pain

we all face common physical challenges from our lifestyle habits and poor ergonomic environments



PURPOSE

Why buy a medical prayer mat?

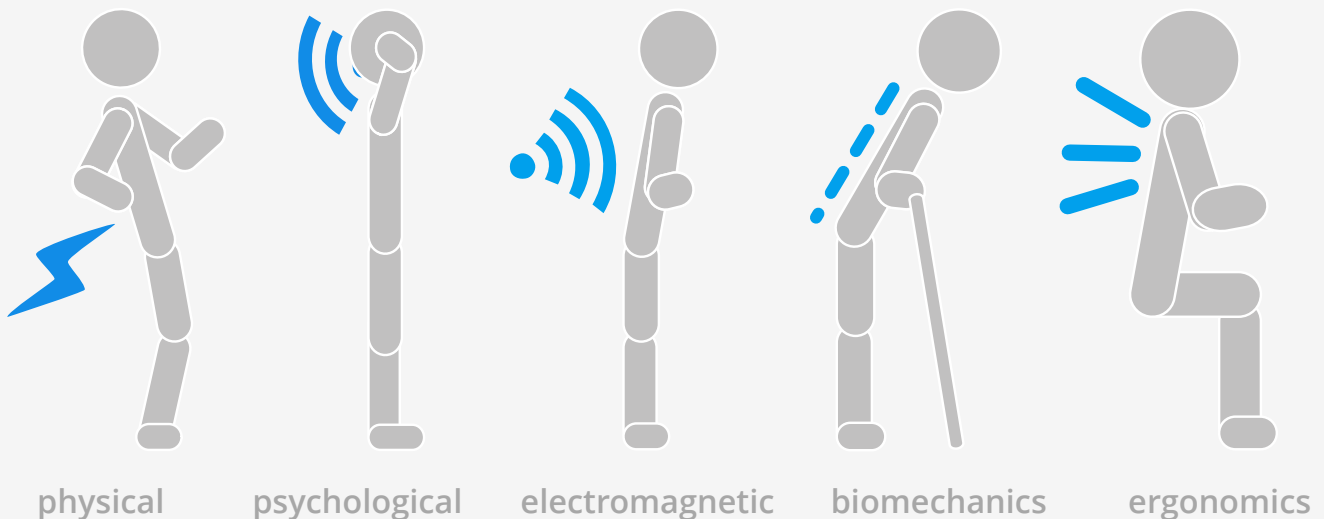
Stress management is essential for us all according to the type of lifestyles we lead today. We experience excessive stress that impacts our physiology. From spilling milk at the breakfast table in the morning to traffic jams and deadlines. They all add up and have a physiological effect on us.

Medical prayer mats are stress management tools like stress balls, acupressure devices, or electronic massagers. They are here to take the stress away and hopefully keep as much of it away as possible.

Like any other device, it is important you get the right one and use it correctly. Misusage or poor quality tools can lead to more stress and even serious medical conditions.

So where does all this stress originate?

Stress comes from five primary sources that have a physiological impact on our health and wellness



It is important to be aware of these sources of stress to identify, manage, and relieve such stress.

PURPOSE

Why buy a medical prayer mat?

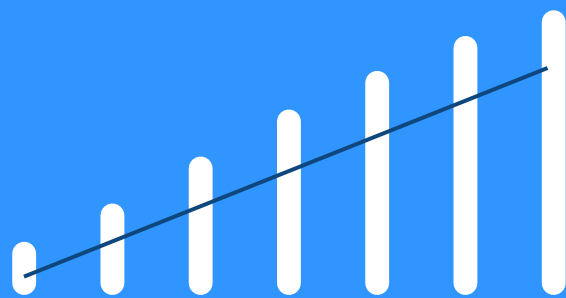
Do you understand how stress affects you?

More often than not, we believe stress is isolated, although it is ever-present in one's life.

Stress situations
what happens now



lifetime of stress
what happens later

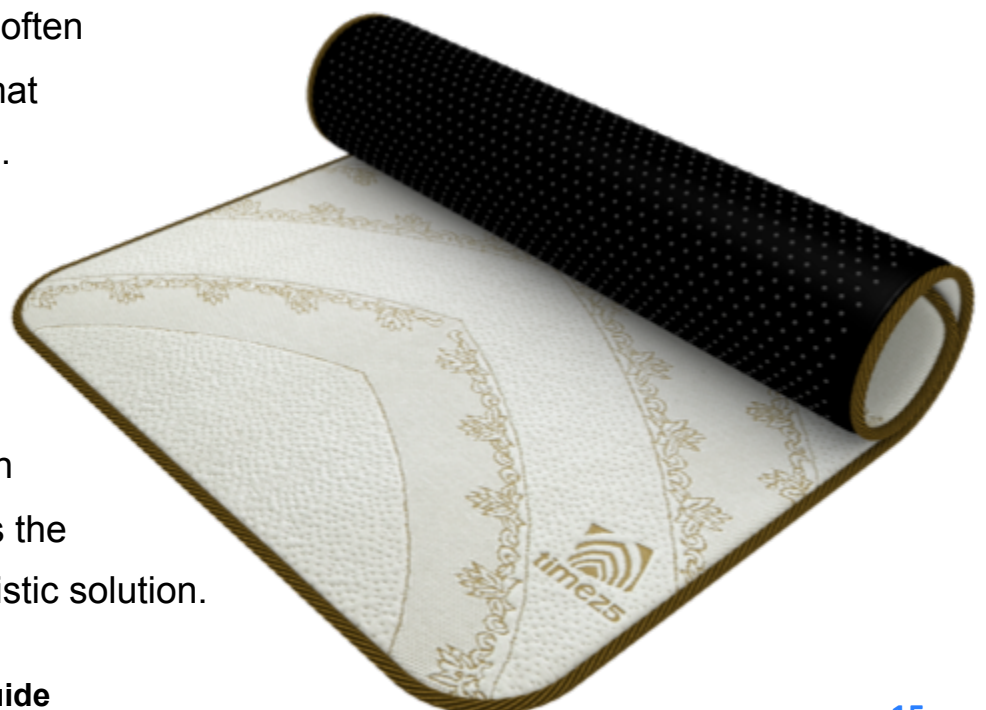


Why is stress a surprise at times? All the little stressful moments in life add up and can affect us at any time, often triggered by small events.

What does stress have to do with a medical prayer mat?

We use many stress management tools and techniques but often don't consider a prayer mat as a stress reduction tool.

A good medical prayer mat reduces physical stress, and this action, combined with spiritual practices, makes the medical prayer mat a holistic solution.



PURPOSE

4Why buy a medical prayer mat?



What happens beyond a medical prayer mat?

After intensive R&D by [TIMEZ5 Labs](#), the term "physio-spiritual experience" was coined and attributed to the medical prayer mat.

This holistic and uplifting experience has been scientifically proven to make you more focused, confident, and physically stable.

4 foolproof tools

Tools and techniques to ensure you purchase the right medical prayer mat

The image shows four overlapping forms used for evaluating medical prayer mats. The first form, 'IS A MEDICAL PRAYER MAT FOR ME CHECKLIST', contains seven questions about physical pain, flexibility, focus, weight, pregnancy, physical injury, and recent surgeries. The second form, 'MEDICAL PRAYER MAT PRICE RANGE', lists categories like Padded comfort, Pain management, Posture and energy, Hygienic capabilities, and Hybrid and holistic, each with a brief description and a price range of \$35-\$70. The third form, 'MANUFACTURE TEST SCORECARD', has four tests: environmental approvals, FDA compliance, awards/recognition, and patents/NASA. The fourth form, 'PHYSICAL TEST SCORECARD', has five tests: Bottom-out, Road bump, Mat surfing, Sleep, and Spillover. Each test has 'Pass' and 'Fail' checkboxes.

1

Physical tests

2

Manufacturer tests

3

Price of medical prayer mats

4

Is a medical prayer mat good for me?

BUYING

How to buy a good medical prayer mat?

It is vital to understand what a medical prayer mat is. In the previous sections, we have established what it is, whom it is for, and why it is important. Often, dishonest manufacturers use cushioning deception and false qualifications to trick customers. Here are some proven tricks and tips to ensure you don't get fooled into buying a counterfeit or harmful medical prayer mat.



BUYING

How to buy a good medical prayer mat?

Physical tests

There are five consumer tests to determine if your medical prayer mat is suitable for usage or just a counterfeit being positioned to you as a medical device. Use the test scorecard below to keep score when making your purchasing decision. Below, the scorecard is the details of each test.

PHYSICAL TEST SCORECARD

Test	Pass	Fail
1 Bottom-out test	<input type="checkbox"/>	<input type="checkbox"/>
2 Road bump test	<input type="checkbox"/>	<input type="checkbox"/>
3 Mat surfing test	<input type="checkbox"/>	<input type="checkbox"/>
4 Sleep test	<input type="checkbox"/>	<input type="checkbox"/>
5 Spillover test	<input type="checkbox"/>	<input type="checkbox"/>
If every test is a pass , the medical prayer mat you are evaluating is of high quality.	<input type="checkbox"/>	<input type="checkbox"/>

BUYING



How to buy a good medical prayer mat?

Bottom out test

This test aims to see if the cushioning is durable or not.

1. Sit on the mat.
2. Cross your legs.
3. Cross you hands.
4. Sit in the same place.
5. Do this for 5 minutes.

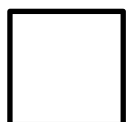


YES



NO

PASS



YES



NO

BUYING



How to buy a good medical prayer mat?

Road bump test

This test aims to see if the mat has uneven support.

1. Stand on the mat.
2. Stay in the same position for 2 minutes.
3. Push forward with the front of your foot.
4. Feel if the cushioning is even.

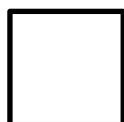


YES



NO

PASS



YES



NO

BUYING



How to buy a good medical prayer mat?

Mat surfing test

This test helps you see how much the mat slips on a hard floor

1. Stand with one foot on the mat and the other on floor
2. Like a skateboard, pushing the mat forwards and backward with the other foot.

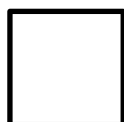


YES



NO

PASS



YES



NO

BUYING



How to buy a good medical prayer mat?

Sleep test

This test aims to see if the mat can support your full body weight.

1. Lie on the mat with you back to the floor.
2. Stay there for 2 minutes.
3. Feel if the cushioning is even.

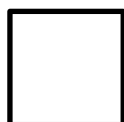


YES



NO

PASS



YES



NO

BUYING

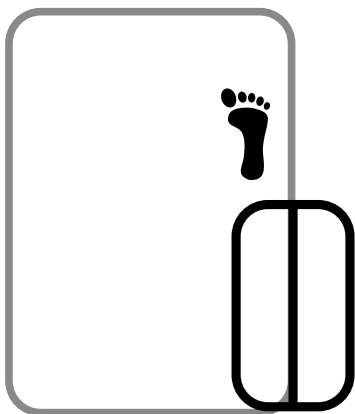


How to buy a good medical prayer mat?

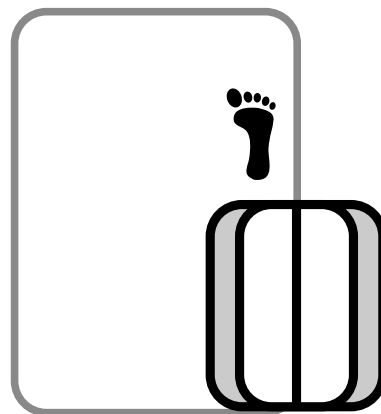
Spillover test

This test aims to determine the finishing quality and durability.

1. Stand on one foot at the edge of the mat.
2. Make sure your full weight is on the mat.
3. Step away & see if the cushioning exceeds the seams of the edge.

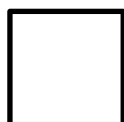


YES



NO

PASS



YES



NO

BUYING

How to buy a good medical prayer mat?

Manufacturer tests

There are four basic things you need to research about the producer of a medical prayer mat. These tests will help you determine if the product is of quality and will work or not.

MANUFACTURE TEST SCORECARD

	Test	Pass	Fail
1	Does the manufacture have environmental approvals for their materials? (e.g., EPA – Environmental Protection Agency)	<input type="checkbox"/>	<input type="checkbox"/>
2	Does the manufacturer have medical approval for their product? (e.g., FDA compliance)	<input type="checkbox"/>	<input type="checkbox"/>
3	Does the manufacturer have any credible public awards or recognitions? (e.g., innovation or quality award)	<input type="checkbox"/>	<input type="checkbox"/>
4	Does the manufacturer have specific technologies? (e.g., patents, NASA certification, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
	If <i>every test is a pass</i>, the medical prayer mat manufacturer you are evaluating is qualified.	<input type="checkbox"/>	<input type="checkbox"/>

Additional Research

It is also wise to go online and check and further research the medical prayer mat and the manufacturer. Some things to think about are the following:

- Check user reviews from genuine existing users.
- Ask on their social media channels for others' feedback.
- Ask a friend or family member who has used it before.
- Check if the manufacturer is a registered company.

BUYING

How to buy a good medical prayer mat?

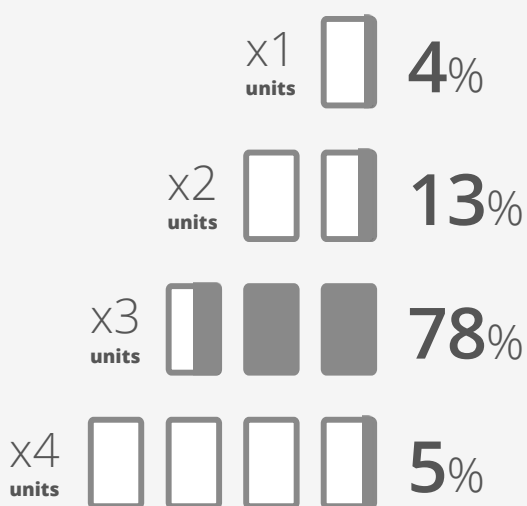
Price of medical prayer mats

Although the medical prayer mat product category is still relatively new, most of the products are counterfeit or of inferior quality. Many of those types of mats are positioned within pricing ranges to beat the price of the original products. Pricing is an indicator of quality, durability, and uniqueness of the product, so buyers need to be aware of such marketing tactics used by dishonest manufacturers.

The cost of purchasing non-genuine medical prayer mats

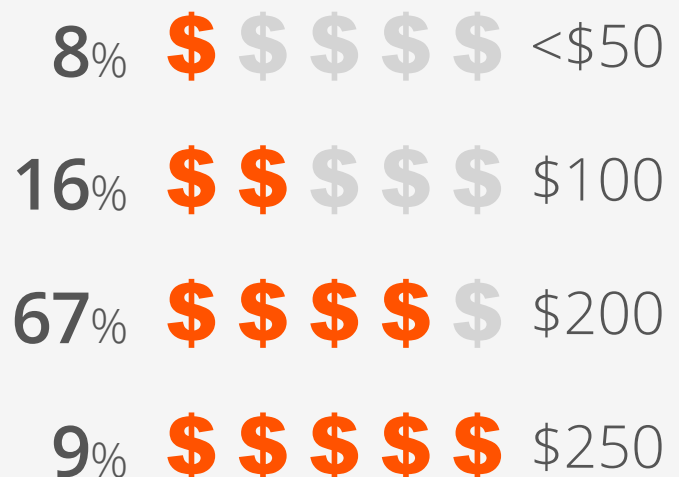
the number of units

purchased before buy a genuine
medical prayer mat



the amount spent

purchased before buy a genuine
medical prayer mat



BUYING

How to buy a good medical prayer mat?

MEDICAL PRAYER MAT PRICE RANGE

Type of medical prayer mat	Price range
Padded comfort Low-cost mats designed to provide superficial comfort and which failed to do anything more	\$35 - \$70
Pain management Mats designed to target key pain points like the knees, back, and ankles while praying	\$100 - \$250
Posture and energy Mats designed to enhance the overall body posture and energy level, giving more flexibility, stability, and support	\$180 - \$320
Hygienic capabilities The surface of these mats is designed to help protect against dust, bacteria, and fungi	\$200 - \$250
Hybrid and holistic These mats are intended to incorporate all four generations into a single premium medical prayer mat	\$250 - \$400

These prices are based on a range of medical prayer mats available on the market. Several of the products reviewed are ***counterfeit or low-quality medical prayer mats***.

More often than not, the low-cost medical prayer mats are used to target consumers on pricing only but not quality. To resolve this, as a user, you need to do your research and use the tools made available to you in this buyer's guide.

USAGE

Is a medical prayer mat good for me?



To use a medical prayer mat doesn't require you to be ill or in poor physical condition. In fact, it's an excellent proactive tool to help prevent physiological challenges. There are two main types of users, reactive and proactive. Reactive users have an existing or emerging physical challenge. Proactive users don't have a physical challenge but are avoiding one in the future.

While both types of users may be distinctively different, a reactive user can become proactive by using a medical prayer mat as a diagnostic and prevention tool.

USAGE

Is a medical prayer mat good for me?

trusting your doctor

how muslims feel about their doctors



12%

how many muslims trust
their doctors medical
advise before taking
treatment



62%

how many muslims trust
their doctors understanding
about spiritual rituals when
giving conventional medical
advise



21%

how many muslims
trust their doctors
medical advise during
treatment

USAGE



Is a medical prayer mat good for me?

IS A MEDICAL PRAYER MAT FOR ME CHECKLIST

	Yes	No
1 Do you have physical pain while praying? (e.g., do you feel pain in the knees, back, ankles, spine, or neck?)	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you have inflexibility while praying? (e.g., do you have trouble while trying to bend, sit, or stand?)	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you have trouble focusing while praying? (e.g., do random thoughts emerge, or does your mind wander?)	<input type="checkbox"/>	<input type="checkbox"/>
4 Are you overweight in general? (e.g., are you obese, have a fat belly, or have big bones)	<input type="checkbox"/>	<input type="checkbox"/>
5 Are you currently pregnant? (e.g., are you pregnant at the moment?)	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you have a physical injury? (e.g., have you had a sports-related or workplace injury?)	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you had any surgeries recently? (e.g. have you had a sports-related or workplace injury?)	<input type="checkbox"/>	<input type="checkbox"/>
If you have answered "YES" to any of the above, then a medical prayer mat is an excellent tool to help with the conditions you have selected above.	<input type="checkbox"/>	<input type="checkbox"/>

Most people using medical prayer mats are self-healing by avoiding doctors and medical attention. Although this may be effective, people with chronic pain or who have had an injury or surgery in the past should consult a medical professional in this process.

MISUSAGE

Who should not be using a medical prayer mat?

Who should not be using a medical prayer mat?

It's significant to note that there are some people that a medical prayer mat will not help. Users with the following situations should not be using a medical prayer mat:

People with the following conditions should not be using a medical prayer mat. People with the following conditions should not be using a medical prayer mat.

- ☐ Extreme physical challenges
- ☐ Chronic pain, stiffness, or aches
- ☐ Healing from severe injury

If you suffer from one or all of the above, in part or in whole, whether you have been formally diagnosed or not, the use of these mats requires proper medical advice from your doctor.

What if someone is using a chair?

The usage of a chair isn't an issue as long as the user stands during the process. A medical prayer mat is designed to help with posture support. Although the user may not use the entire prayer mat, the posture support when standing can make a big difference to the user.



89%
refuse to use a
chair or other aids

GIFTING

How do I help someone who needs a medical prayer mat?



We often seek unique gifts that provide a benefit and won't just be sidelined or thrown away. Surprisingly, the average age of medical prayer mat users is 31 years. That said, 82% of the users above 55 years of age have the highest lack of adoption but require it the most.

Often, several myths or biases get in the way, and it's important to use facts to overcome them when helping others. Those myths are as follows:

- It is not like my mat.
- It feels different.
- It costs too much.
- It looks different.
- I don't trust such claims.



GIFTING

How do I help someone who needs a medical prayer mat?

HOW TO OVERCOME THESE MYTHS?

Myths	Fact	Suggestion
It's not like my mat.	The reality is your standard mat doesn't help your medical conditions in any way. Therefore, it's naturally going to be different.	Try it for some time and see how you respond. Also, share the experience with others.
It looks different.	The reality is your medical mat has more functions and materials. Therefore, it will be thicker than a usual prayer mat.	Explain how medical prayer mats work and the benefits
It feels different.	The reality is for a medical prayer mat to do its job, it has to feel different. It will be thicker, have more traction, and be firmer in its application.	Research lab-tested results by the manufacturer and third-party reviews.
I don't trust such claims.	You need to do your homework and research the companies who produce the medical prayer mat.	Research the manufacturer, read third-party reviews, and check media cover.
It costs too much.	The reality is medical devices have lots of R&D, quality materials, and applied third-party testing.	Ensure the manufacturer has proper certification and offers a warranty.

Getting a loved one to use a medical prayer mat isn't always easy. Like for any new product category, research and testing are important. Gifting such a tool is important, but ensuring the receiver understands what he or she is getting is equally important. Do spend time educating those for whom you purchase a medical prayer mat.

MEDIATION

Can a medical prayer mat be used for other purposes?



Yes, medical prayer mats can be used for meditation like yoga and light friction exercises. If the user is in still positions or engages in low friction movement for extended periods of time, a medical prayer mat can be useful for other applications.

Practices like yoga are more geared toward yoga meditation, not yoga exercise. Several yoga gurus worldwide do use medical prayer mats like the [TIMEZ5 physiological prayer mat](#). It has been adopted and used widely by yoga practitioners.

RECOMMEND

Which medical prayer mat has been widely accepted and used?

Fifth-generation medical prayer mats are rare in the market, as they are a new product category. This category is led by [TIMEZ5 Global Inc.](#), a NASA space certified technology company focused on health and wellness.

The [TIMEZ5 physiological prayer mat is a five-layer](#) patented system that has been proven to help thousands of people. The technology is similar to that used for NASA's spacesuits, used to reduce pressure, manage heat resistance, and G-force.

The way the TIMEZ5 physiological prayer mat works is by using the counterforce of your body and activating a 5-layer system to respond. When it responds, it delivers pressure relief, which leads to a reduction in pain, and it counters ground resistance, which leads to better posture. These elements combined increase blood flow for more energy.

microfiber

soft, cool & hygienic surface

weight absorption

adsorbs body pain

transfer grid

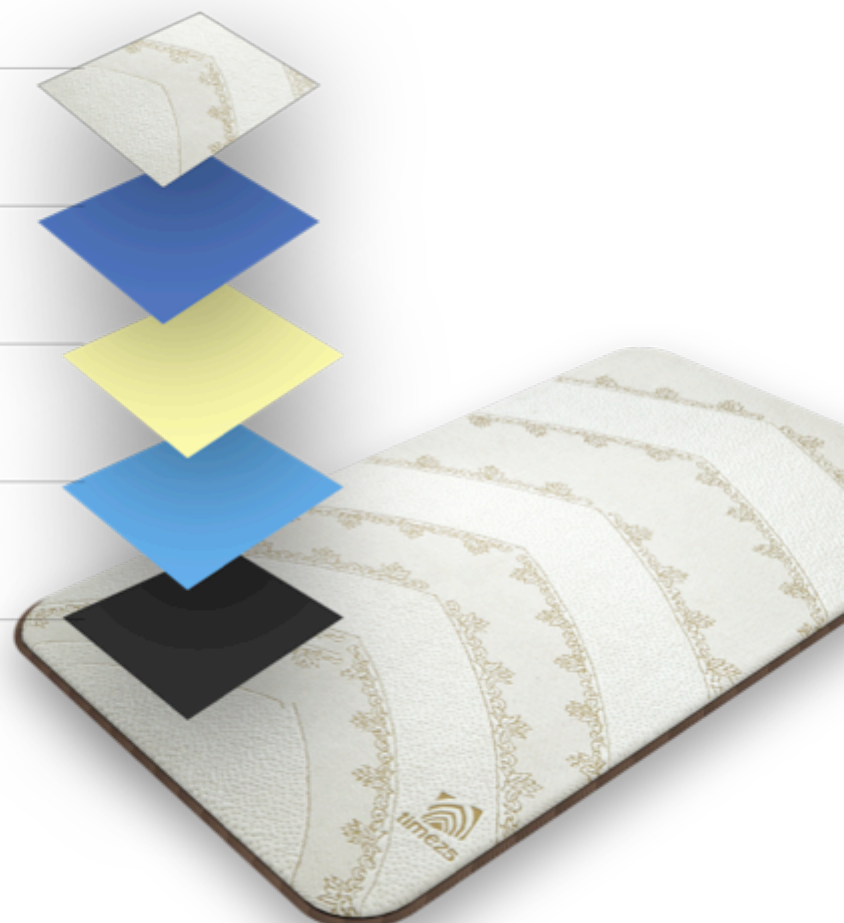
manages absorption and bearing

weight bearing

prevents ground resistance

microgrip

prevents slippage and movement



RECOMMEND

Which medical prayer mat has been widely accepted and used?

Physical therapists, chiropractors, neurologists, and many other medical professionals also recommend it globally. Several patients suffering from sports and workplace injuries have benefited greatly. In many cases, doctors have also used the [TIMEZ5 prayer mat](#) as a rehabilitation tool after surgeries or physical trauma. Aside from medical treatment, several patients with diabetes, obesity, asthma, arthritis, and depression have been recommended to use the product.

Below is a chart that can help you understand the difference between the fifth generation TIMEZ5 physiological prayer mat and earlier generations of medical prayer mats.

	fabric prayer mats	padded prayer mats	TIMEZ5 prayer mat
pain releif	×	×	✓
posture support	×	×	✓
anti-slip	×	×	✓
antimicrobial surface	×	×	✓
prayer time data	×	×	✓
warranty			one year warrnaty



Final thoughts

It is important to remember that a medical prayer mat is a stress management tool designed for two types of people: those who are proactive and seek to lead a healthy lifestyle and those with a physical challenge of some nature. The product category is still relatively new, lead on the market by [TIME25 Global Inc.](#), so several consumers are confused by counterfeit or low-quality products enticing consumers through lower pricing and unsubstantial claims. This buyer's guide is an educational tool to help consumers make an educated purchase decision and not to be fooled by dishonest manufacturers.

First Edition, 2017
A TIMEZ5 labs publication



medical prayer mat
buyer's guide