

# Mattress Face-Off: Avocado vs. Casper

Find out which of these innerspring mattresses comes out on top in CR's tests

By Haniya Rae  
June 28, 2021



Avocado and Casper make very high-performing hybrid innerspring mattresses, according to our exhaustive mattress tests.

“It’s clear that Avocado and Casper both know how to make mattresses for a wide variety of body types and sleep styles,” says Chris Regan, the project leader at CR who oversees our mattress testing.

So let’s get into it.

The Avocado Green and Casper Original Hybrid mattresses are CR-recommended models. The Avocado offers a one-year sleep trial, so you can return it for a full refund if you end up not liking it; Casper offers a 100-night sleep trial. Both companies offer straight-to-your-door delivery, and the mattresses sell for right around the same price, give or take a few hundred bucks. (At CR we buy and test queen-size mattresses because that’s the most widely sold size.)

Which one are you more likely to be happy with? Here’s a close look at how they match up in each of our extensive mattress tests.

## Vitals

**Avocado:** This mattress weighs 97 pounds and has a cover made of Global Organic Textile Standard-certified organic cotton and wool. (You can read about organic labels on mattresses in our report “Organic Mattress Labels You Can Trust.”) It also has

two layers of latex padding on top of a bed of pocket coils. This mattress is fairly firm, earning a 7 out of 10 on our firmness scale, with 10 being the firmest. Our testers measured this mattress to be 79 inches long by 59 inches wide by 12 inches tall.

### CR QUICK TAKE

85

RECOMMENDED

**Avocado Green**

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

**Casper:** Casper is known for its foam mattresses of the same name, but this is the company’s hybrid innerspring model. It’s made of several layers, including one of breathable open-cell foam—what Casper calls a “zoned support layer”—and a layer of high-density memory foam that pads a bed of pocket coils. This Casper is on the soft side, earning a 3 in our firmness test. Our testers measured this mattress to be 79 inches long by 60 inches wide by 11 inches tall.

### CR QUICK TAKE

81

RECOMMENDED

**Casper Original Hybrid (2020)**

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

CR members can read on for the details about how these two mattresses perform in tests where we assess support, stability, durability, and features.

## Test by Test

**Support:** Here, we assess how well a mattress keeps the spine aligned for both side and back sleepers. The Avocado is one of the best performers in our ratings in these tests.

For petite side sleepers (as a benchmark, we use a woman 4 feet, 11½ inches to 5 feet, 1½ inches tall and weighing 110 to 128 pounds), it earns a Very Good rating for support. For those who are large and tall, or average, who sleep on their side or back, it does even better, earning an Excellent rating in this test. (A large/tall sleeper is a man 6 feet, 2 inches to 6 feet, 4 inches tall and weighing 220 to 242 pounds; and an average size sleeper is between our petite and large/tall sizes.) For petite back sleepers, this mattress earns an Excellent rating.

But the Casper is not far behind. It earns ratings of Excellent across the board for side sleepers of all sizes. For back sleepers, it earns a Very Good for large and tall sleepers and a Good for average and petite sleepers.

The Casper has a lot for side sleepers to like, but the Avocado is more versatile. In our most crucial test for mattresses, the Avocado beats Casper.

**Stabilization:** In this test, we measure how much bouncing or vibration transfers when there's movement on a mattress. We also note how easy it is to move around and change positions. The less bounce and the easier it is to shift positions, the better.

With the Avocado, you might feel your partner shifting in their sleep; it earns a Good rating in our stability test. Our testing shows slightly more vibration traveling between the sensors we place on the Avocado than on the Casper, which is better at minimizing vibrations. It earns a Very Good rating here. For stability, the Casper edges out the Avocado.

**Durability:** To see how well a mattress holds up over time, we use a machine that pushes and pulls a 308-pound wood roller across each one 30,000 times to simulate eight to 10 years of use. Both the Avocado and the Casper earn Excellent ratings in our durability tests, so you probably won't see any change in support before a decade has passed. Both are winners here.

**Features:** Both are compatible with an adjustable bed frame, and both companies offer free shipping. Neither mattress retains warmth, so you're unlikely to toss and turn from being uncomfortably hot while you sleep. Concerned about moving the mattress? The Avocado has four grips for easy handling; the Casper has none. The Avocado has a slight advantage in terms of features.

**Comfort:** Our ratings for comfort and owner satisfaction are based on data from recent surveys on CR members' experiences with more than 74,000 mattresses purchased within the past decade. We asked them to rate the comfort of their mattress, and used the data to generate ratings by brand and type of mattress. Owner satisfaction is based on a member's overall judgment of such factors as firmness/softness, value, quality of sleep, and more. Avocado innerspring mattresses earn an Excellent rating for comfort. Casper earns a Very Good rating. CR members have spoken: The Avocado is more comfortable.

## The Winner

The Avocado is the winner due to its stellar performance in our support tests. No matter your size and whether you sleep on your back or side, it'll give you the support you need for a good night's sleep. That said, it's a fairly firm mattress. So if you prefer something softer and minimizing vibrations is important to you, the Casper might be the better choice.