Best Mattresses of 2023

Our rigorous lab tests cut through the hype and zero in on the top adjustable air, innerspring, and foam models

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Finding the right mattress means focusing on what works best for your sleeping position and body type rather than relying on how mattress brands rate their products as “best” or “most comfortable.” Comfort depends on a variety of factors and differs greatly from individual to individual. Instead of getting bogged down in marketing-speak during your mattress search, our lab testing and surveys can show you the way. We evaluate the three most common mattress types—adjustable air, innerspring, and foam mattresses—for multiple features and specifications so that you have the information you need to choose what’s right for you.

Whether they’re established brands (such as Beautyrest, Sleep Number, Tempur-Pedic) or popular mattress-in-a-box brands (like Casper, Leesa, Tuft & Needle), we put each mattress through rigorous testing. Our latest batch of 21 tested models includes 11 mattresses that scored high enough to reach CR’s recommended status. They did not, however, do well enough to make our “Best of the Year” list.

To find out more about how to shop for a mattress and determine which one fits your needs the best, check out our mattress buying guide and mattress ratings.

How We Pick the Best Mattresses

It can be difficult to find the best mattress for a particular person because comfort and feel are so subjective. For the best outcome, we recommend you lie on the mattress before committing. That said, CR’s engineers and survey teams assess every mattress that comes into CR’s labs for several objective criteria that can define a quality mattress.

Support. A great mattress should help keep your spine aligned throughout the night. For this roundup, we chose mattresses that performed well all-around, for both side sleepers and back sleepers. (But keep in mind, a mattress with a low score for, say, back-sleeper support may, in fact, be a good choice for side sleepers. That’s why it’s important to explore our comprehensive mattress ratings.)

Durability. Mattresses shouldn’t sag, soften, or provide less support after just a few years, so we highlighted those that score well in our durability test, which simulates eight to 10 years of use.

Stability. We look for mattresses with high stability scores, meaning they isolate motion well, so your partner’s movement on one side of the mattress won’t jostle you awake on the opposite side.

Positive feedback on CR’s member surveys: Our member-survey ratings cover thousands of mattresses purchased in the last decade, allowing us to collect the data needed to determine comfort and owner-satisfaction scores according to brand.

How Much Should You Spend on a Mattress?

CR’s tests show that spending more doesn’t necessarily get you a better night’s sleep. While many of our top mattresses typically cost around $1,000, you can still find a great mattress for a few hundred dollars. In fact, one of the best affordable mattresses we tested costs less than $300.

That said, we’ve seen some general trends as far as what mattresses tend to offer in different price ranges.
• Less than $600: A number of budget mattresses in our ratings earn high marks for durability and stabilization. Most of these consist of only one or two layers and generally do well in support tests.
• Between $600 and $1,000: These beds tend to do better overall than cheaper models, especially in support tests. You’ll often start to see more layers in this category, which
give a mattress its unique feel.

- **Between $1,001 and $2,500:** These mattresses tend to include higher-quality materials than lower-priced mattresses and often have more layers. It’s not unusual to find mattress thickesses of more than 12 inches in this category.
- **Above $2,500:** All of the adjustable air mattresses in CR’s ratings fall into this price range. The highest-end mattresses typically offer more customization, more layers, and extra touches like tufting, pillow tops, and handles.

In our mattress ratings, you can use the “price” filter to set your maximum price. That way, if you’re willing to spend, say, $1,800, you can see which mattresses did the best in our ratings for $1,800 or less. CR members can also use our interactive mattress finder, where your responses to a few key questions will generate a selection of some of the best mattresses for your needs.

How Consumer Reports Tests Mattresses

There are over 250 mattresses currently in our ratings—each with an Overall Score that is determined, in large part, by its performance on each test: sleeper support, firmness level, stabilization level, and durability.

To test stability, we drop a 38.5-pound weight onto the mattress and measure the vibrations at the point of impact and across the mattress. This tells us how easily sleepers should be able to shift their weight without disturbing a partner. We also test how well the mattress keeps its shape over time by operating a machine that moves a 300-plus-pound wood roller across the surface of each mattress 30,000 times.

The ratings for mattress comfort and owner satisfaction included in the Overall Score are based on data from survey results on almost 67,000 mattresses. To learn more about how we test and rate mattresses, check out our mattress buying guide.

We also recently started examining a mattress’s impact on the environment and health—taking into account a range of factors, including materials and construction, durability, owner satisfaction, and shipping footprint. Our Green Choice recommendations are designated with a green leaf icon in our comprehensive ratings and below.

Best Mattresses: Adjustable Air

Adjustable air mattresses can be inflated to your desired firmness level using a remote control or smartphone app. For queen or king beds, you can usually opt for separate chambers on each side. So if you’re sleeping with a partner, each of you can select a preferred firmness.

Best Mattresses: Innerspring

Innerspring mattresses are composed of steel coils topped with layers of cushioning made with either fiber-filled padding or foam. They’re typically a better choice than foam mattresses if you prefer a bit of bounce.
Best Mattresses: Foam

Foam mattresses consist entirely of foam layers. Latex foam mattresses have a somewhat springy feel to them; synthetic foam mattresses (memory foam in particular) tend to lack resilience. You'll feel as if you're sleeping “in” the mattress as opposed to on top of it.

1 RECOMMENDED

**Essentia Stratami**

- GREEN CHOICE
- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

**CR's take:** CR's take: Petite and average back sleepers will appreciate the Essentia Stratami’s excellent support. Side sleepers—as well as large/tall back sleepers—will find its support better than most, too. The Stratami, made out of latex foam, also has excellent stability. But this mattress weighs a hefty 122 pounds and has no grips, so you'll need someone to help you move it. Our member surveys suggest that consumers are happy with the mattress: Essentia foam mattresses receive the highest possible ratings for comfort and owner satisfaction. With a firmness level of 6 out of 10, it’s medium to medium-firm in feel. This top-performing model is among the eco-friendliest foam offerings in our ratings.

2 RECOMMENDED

**Casper Original**

- GREEN CHOICE
- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

**CR's take:** The Casper Original is a great option for back sleepers, with excellent support ratings for that position in every size, and it's still a solid choice for side sleepers. You also won't feel your partner’s movements too much on the mattress. The Casper is middle-of-the-road for firmness, receiving a 5 out of 10 on our scale. Casper foam mattresses tend to please their owners both in terms of comfort and owner satisfaction in our member surveys. This model also receives CR's Green Choice designation.

3 RECOMMENDED

**Sleep on Latex Pure Green Firm**

- GREEN CHOICE
- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

**CR's take:** Another back-sleeper-friendly mattress, the Sleep On Latex Pure Green Firm offers superb support for people of all heights and weights who sleep in that position. For side sleepers, the Pure Green Firm does better than most. This mattress gets a 7 for firmness on our scale of 1 to 10, making it one of the firmer options in our ratings. It's made of two layers of GOLS-certified natural latex foam and receives CR's Green Choice designation.