

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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Models from popular brands like Sleep Number, Avocado, and Casper are among the more than 250 mattresses currently in our ratings.

Photos: Consumer Reports

The key to finding the right mattress is focusing on what works best for your sleeping position and body type, despite a mattress brand's claim that their products may be the "best" or "most comfortable."

That's because 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 (including hybrid mattresses, which combine foam with coils), and all-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 from established brands (such as Beautyrest, Sleep Number and Tempur-Pedic) or popular mattress-in-a-box companies (like Casper, Leesa, and Tuft & Needle), we put each mattress through rigorous testing.

Of the batch of 20 we recently tested (including emerging brands like Keetsa, Novilla, and Eco Terra), six scored high enough to earn CR Recommended status, and one even clinched a spot in our "best of the year" roundup, below.

To learn more about how to shop for a mattress and determine which one fits your needs the best, check our mattress buying guide or explore our mattress selector. To read about more mattresses we've tested, check our comprehensive mattress ratings.

Best Adjustable Air Mattresses

Adjustable air mattresses can be inflated to your desired firmness level using a remote control or a 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.

1 **Sleep Number C2**

80

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

We tested the Sleep Number C2 years ago and brought it back into our labs after adjustments from the brand. What we found is that the C2 remains a top performer and an all-around great bed. This adjustable air mattress earns a stellar rating for petite and average back-sleeper support and scores very well in our support tests for all other sleepers. This mattress is very durable, so expect to rest peacefully on it for the next eight to 10 years. Those sleeping with a partner will appreciate that this bed is quite stable, so movement throughout the night remains mostly isolated. CR members who own a Sleep Number mattress are very happy with their purchase, and the brand earns a top-tier comfort rating.

2 **Saatva Solaire**

78

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

Unlike the other mattresses in this category, the Solaire mattress by Saatva is made with certified organic materials. It's an all-around crowd-pleaser, with above-average results in just about every area, including nice support for all sleep positions and sizes, as well as good stabilization. Like the Sleep Number C2, it also excels when it comes to durability. As a brand, Saatva keeps its users quite content, in terms of both comfort and owner satisfaction.

3 **Personal Comfort H10 Bed**

77

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

The Personal Comfort H10 Bed is a standout for back sleepers, where it aced our tests for sleepers of all sizes—and it's almost as good for side sleepers. This mattress is very good when it comes to stabilization, and it has excellent durability. As with the two picks above, members are generally pleased with their Personal Comfort adjustable air beds, with good marks when it comes to comfort, though owner satisfaction was middling.

Best InnerspringMattresses

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.

1

RECOMMENDED

Avocado Green

84

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

The Avocado Green performs superbly in our support tests for all sizes and sleep positions, except for petite side sleepers, where it's still better than most. It's made with recycled steel-pocketed coils, GOLS-certified latex foam, and a GOTS-certified organic cotton cover. It receives only a middling score for stabilization, however, so if you don't like much bounce or motion transfer, this mattress might not be the one for you. With a firmness score of 7 out of 10, it's among the stiffer mattresses we've tested. In our member surveys, innerspring mattresses from Avocado earn very good ratings for both comfort and owner satisfaction. This top-performing model is among the eco-friendliest innerspring models in our ratings.

2

RECOMMENDED

Denver Mattress Doctor's Choice Plush

82

GREEN CHOICE

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

For \$800 you can own the second-best innerspring mattress in our ratings. The Denver Mattress Doctor's Choice Plush is the least expensive option among the top-scoring mattresses in this roundup. It supports side sleepers of all sizes well and provides even better support for all back sleepers. It's a relatively soft mattress, scoring a 3 out of 10 on our firmness scale. As with the Avocado in this roundup, it receives only middling stabilization scores. In our member surveys, Denver Mattress innerspring mattresses receive middle-of-the-road ratings for comfort and owner satisfaction.

3

RECOMMENDED

SleepFresh Hybrid

82

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

The SleepFresh Hybrid model combines two layers of polyurethane foam and a single layer of memory foam (totaling just over 3 inches) over pocketed coils to produce a top-notch mattress-in-a-box. It's especially fitting for back sleepers, who can look forward to excellent support. The durability is impressive, with little discernible sagging, softening, or other damage. With a firmness rating of 3 out of 10, it's on the soft side, and an average stability rating means sleepers may feel vibrations from a partner's movements.

How CR Tests Mattresses

There are over 280 mattresses 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 (also known as motion isolation), 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, and how to choose the right one for you, check 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.

Best Foam Mattresses

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

81

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

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 rating for comfort, and just a tad shy of that for 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

Earthfoam Organic Medium

81

GREEN CHOICE

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

This newcomer to the ratings receives very good scores in our tests for the largest group of slumberers. The latex Earthfoam Organic Medium is a back sleeper's dream. The mattress-in-a-box offers the best support you can find for this position, no matter your size. Side sleeper support isn't shabby either. If you like the sinking feeling of foam but still appreciate a stiffer feel, this mattress offers both. It gets a 7 for firmness on our scale of 1 to 10, making it one of the firmer options in our ratings. It's also one of the most stable.

3

RECOMMENDED

Casper Original

81

AVERAGE BACK SLEEPER

AVERAGE SIDE SLEEPER

STABILIZATION

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. This synthetic-foam option is middle-of-the-road for firmness, receiving a 5 out of 10 on our scale. Casper foam mattresses tend to please their owners in terms of both comfort and owner satisfaction in our member surveys.

How CR Picks 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 that you lie on a 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 high-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 and filter specifically for your needs.)

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 past decade, allowing us to collect the data needed to determine comfort and owner-satisfaction scores according to brand.