

Best Mattresses of 2022

Take your pick of the top adjustable air, innerspring, and foam mattresses from Consumer Report's exhaustive lab tests

By Consumer Reports
Last updated: March 1, 2022

Most of us will spend roughly one-third of our lives in bed—assuming, at least, that we're getting at least 7 hours of sleep a night. That's a very good reason the mattress you're logging those hours on should be the most comfortable, supportive one you can afford.

But it's easy to get bogged down in technicalities and market-speak when you're searching for a new mattress. That's where Consumer Reports testing and surveys can clear the way. Our mattress testing team gauges firmness and calculates precisely how much support each model provides to people of different sizes, whether they sleep on their back or on their side. These are key measures of comfort.

This nuts-and-bolts information, combined with assessments of reliability and satisfaction from surveyed mattress owners (more on this below), will help you see through any hype you encounter and narrow down your choices. That way your mattress shopping can be one and done.

In our most recent round of tests, the top performers held strong. Among the models you'll see reviewed below, prices range from \$750 up to \$3,600. But spending more won't necessarily get you better support or a more comfortable night's sleep.

At CR we buy and test queen-size mattresses from such well-known brands as Beautyrest, Sealy, Serta, Stearns & Foster, and Tempur-Pedic, and from relatively new players including Avocado, Casper, Leesa, Reverie, and Tuft & Needle.

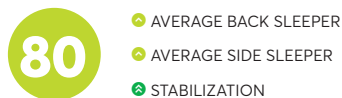
Using lab equipment and human test subjects, we evaluate how well a mattress supports the body for both back and side sleepers, how easily sleepers can shift their weight without disturbing a partner, and how well the mattress keeps its shape over time. For that last test we pass a nearly 310-pound roller over each mattress 30,000 times to simulate the typical life span of eight to 10 years. You'll see our test results reflected in each model's scores for support, stabilization, and durability, respectively.

And while our scientific ratings for support are a good proxy for how well you might sleep on a mattress, we also provide ratings for comfort and satisfaction that come from people who've actually lived with these mattresses—for up to 10 years in some cases. Our comfort and owner satisfaction ratings are based on data from recent surveys on CR members' experiences with nearly 70,000 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.

Best Adjustable Air Mattresses

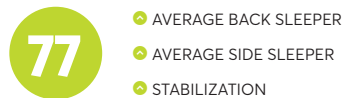
You can inflate these mattresses to your desired firmness using a remote control or smartphone app. If you're sleeping with a partner, each of you can select a preferred firmness for your side of the bed.

1 **Sleep Number 360 p6 Smart Bed**



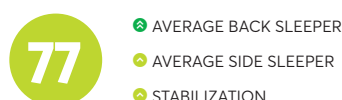
CR's take: The top-scoring mattress in the adjustable air category is the Sleep Number 360 p6 Smart bed, which has an average firmness rating of 4 on our scale of 1 to 10, with 10 being the firmest. (We adjusted the mattress firmness in the lab and found that on our 1-to-10 scale, it didn't change significantly.) It earns a rating of Very Good for support for side and back sleepers of all sizes but doesn't stand out for any size in particular. It earns an Excellent rating in our stabilization test, meaning you should be able to shift positions with ease. According to data from our survey, CR members who bought a Sleep Number mattress are pretty happy; the brand received Very Good scores for comfort and owner satisfaction.

2 **Saatva Solaire**



CR's take: The Solaire mattress by Saatva is made with certified organic materials—a plus for those who prefer that their bedding be organic and who don't mind the cost. It earns a Very Good support rating across the board and a Very Good score for stabilization. Like the Sleep Number above, Saatva air mattresses received Very Good ratings for both comfort and owner satisfaction based on data from our member survey.

3 **Personal Comfort H10 Bed**



CR's take: Relatively new to CR's ratings, the Personal Comfort H10 Bed is a standout for back sleepers, earning an Excellent rating for all body sizes. It's almost as good for side sleepers, earning a Very Good rating for all sizes. It earns a Very Good rating in our stabilization test, meaning you should be able to shift positions with ease, though you might feel your partner's movements slightly. And it's a firm mattress, earning a 6 out of 10 on our scale (10 being the firmest). Like the two picks above, members are generally happy with their Personal Comfort adjustable air beds. The brand received Very Good ratings for comfort and owner satisfaction.

Best Innerspring Mattresses

The most widely sold, these traditional mattresses are composed of steel coils in various configurations.

1 RECOMMENDED
Avocado Green

85

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

CR's take: The Avocado Green performs superbly in our side support tests for average and large/tall sleepers and in back support tests for petite, average, and large/tall side sleepers, earning a rating of Excellent. It's made of recycled steel pocket innersprings and has latex foam padding and a certified organic cotton cover. It's not as stable as some other mattresses in our tests, though. If you sleep with a restless partner or don't like a lot of bounce, this mattress might not be the one for you. It's also among the very firmest of all the mattresses in our ratings, with a firmness score of 7. Innerspring mattresses from Avocado received top marks in our member survey: an Excellent rating for comfort and a Very Good score for owner satisfaction.

2 BEST BUY
Denver Mattress Doctor's Choice Plush

82

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

CR's take: For less than \$800 you can own the second-best innerspring mattress in our ratings. In fact, the Denver Mattress Doctor's Choice Plush is the least expensive option among top-scoring mattresses. It earns a Very Good support rating for side sleepers of all sizes and an Excellent rating for all back sleepers. It's a soft mattress, scoring a 3 on our firmness scale. We found that it's also a little bouncy. In our member survey, Denver Mattress innersprings received middling Good ratings for comfort and owner satisfaction.

3 RECOMMENDED
Casper Original Hybrid (2020)

82

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

CR's take: The Casper Hybrid mattress earns an Excellent rating for all of our side sleeper support tests, making it a versatile bed. Large/tall back sleeper support earns a Very Good rating; petite and average back sleeper support earn a Good rating. The mattress showed little wear after eight to 10 years of simulated use, and it's top-notch at muting vibrations, meaning there's little bouncing across the bed. The Casper Hybrid isn't very firm, earning a 3 out of 10 on our scale (10 being the firmest). In our member survey, Casper innersprings received Very Good ratings for comfort and owner satisfaction.

4 RECOMMENDED
SleepFresh Hybrid

81

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

CR's take: The SleepFresh Hybrid made its debut in our ratings last year. It's fairly soft, earning a 3 on our firmness scale, and it earns Very Good ratings for support for all sizes and sleep styles. In terms of stability, it earns a Good score in our tests because it was somewhat bouncy. (The Sleep Fresh Hybrid's Overall Score ties with the Ethan Allen EA Signature Platinum Plush, which costs more than twice as much and is slightly firmer, earning a 5 on that scale.)

Best Foam Mattresses

The most innovation is in the foam mattress category, and new mattresses-in-a-box continue to hit the market.

1 RECOMMENDED
Essentia Stratami

82

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

CR's take: Petite and average back sleepers will appreciate that the Essentia Stratami earns an Excellent rating for support. Petite, average, and large/tall side sleepers will get nice support, too. The Stratami is quite stable, meaning you'll barely feel vibration and movement across the bed, and it earns an Excellent score for durability, with no changes in performance after eight to 10 years of simulated use. This mattress weighs a hefty 122 pounds and has no grips, so if you're moving it, you might need help. Based on data from our member survey, Essentia foam mattresses received top marks: Excellent ratings for comfort and owner satisfaction.

2 BEST BUY
Casper Original (2020)

81

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

CR's take: Casper's flagship The Casper is a great option for back sleepers, earning Excellent ratings in our back sleeper support tests for every body size. For side sleepers, this mattress is still a solid choice, with ratings of Very Good for each body size. In our stability tests, it earns a Very Good rating. The Casper is slightly firmer than average, earning a 6 on our firmness scale. Casper foam mattresses received Very Good ratings for comfort and owner satisfaction in our member survey.

3 BEST BUY
Sleep on Latex Pure Green Firm

80

- AVERAGE BACK SLEEPER
- AVERAGE SIDE SLEEPER
- STABILIZATION

CR's take: The Sleep on Latex Pure Green Firm is made of two layers of GOLS-certified natural latex foam. It gets a 7 for firmness on our scale of 1 to 10, making it one of the firmer options in our ratings. In our tests, it earns an Excellent rating for supporting petite, average, and large/tall people who sleep on their backs. For petite, average, and large/tall side sleepers, the Pure Green Firm earns a Very Good rating. This mattress is also durable, holding its shape after eight years of simulated use, earning top marks in that test. (There's one mattress that ranks slightly above the Avocado, and that's the Reverie Dream Supreme II Hybrid, which costs considerably more. The Reverie comes with more than 204 interchangeable foam "springs" so that you can adjust the firmness to your liking.)