

# Best Mattresses of 2019

Take your pick of the top adjustable air, innerspring, and foam mattresses from CR's tests

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Buying a new mattress can be a headache because it's difficult to separate the marketing hype from a mattress' actual attributes. "There are so many mattresses out there, that claim a layer of this, and a layer of that, so you might think you're getting a superior product. Our testing separates the good mattresses from the subpar," says Christopher Regan, who oversees CR's mattress testing.

To make those distinctions, Consumer Reports mechanically gauges firmness and measures precisely how much support each mattress provides to people of different sizes, whether they sleep on their back or on their side.

## How We Test Mattresses

At CR we buy and test queen-size mattresses because they're the size most widely sold. Using lab equipment and human 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 their partner, and how well the mattress keeps its shape over time.

To mimic the typical eight- to 10-year useful life span of a mattress, we conduct a mechanical test in which a 308-pound roller is pushed over each model 30,000 times.

For firmness, rather than take a manufacturer's word for it, we measure that attribute with a highly calibrated instrument and give the mattresses a score from 1 to 10, with 10 being the firmest.

We test mattresses from well-known brands such as Sealy, Serta, Stearns & Foster, and Tempur-Pedic, and from relatively new players such as Casper, Leesa, Reverie, Tuft & Needle, Avocado, and more.

Below, CR members can read ratings and reviews of top picks from each of the three types of mattresses we test: adjustable air, innerspring, and foam.

## Best Adjustable Air Mattresses

You can inflate each side of these mattresses—meaning each partner can select his or her desired firmness—using a remote control.

### Sleep Number 360 p6

**Overall Score:** 81

**Ranking:** 1 out of 1

**CR's take:** This is the top air mattress in our ratings—but it's also the only air mattress currently in our ratings. This recommended model has a firmness rating of 4 on our scale of 1 to 10, with 10 being the firmest, though it can be adjusted to an even softer firmness of 3. It earns a Very Good rating for side sleepers 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.

## Best Innerspring Mattresses

These traditional mattresses are composed of steel coils in various configurations. The most widely sold, they also tend to be the least expensive.

### Avocado Green Mattress

**Overall Score:** 85

**Ranking:** 1 of 79 innerspring mattresses

**CR's take:** The Avocado Green performs superbly in our side-support tests for average and large/tall side sleepers and in back-support tests for petite, average, and large/tall side sleepers, earning a rating of Excellent in those tests. The Avocado is 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.

### Charles P. Rogers Powercore Estate 5000

**Overall Score:** 80

**Ranking:** 2

**CR's take:** Back sleepers have a lot to like about this innerspring from Charles P. Rogers, because it rates Excellent in back support for all sizes. It's almost as good for side sleepers of all sizes, rating Very Good. With a latex-foam topping, this mattress is among the best at supporting the curve of the spine and very good at keeping side sleepers' spines horizontal. 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 from

across the bed. It's 14 inches high, so you'll probably need deep-pocket fitted sheets.

### **Avocado Green Mattress Pillowtop**

**Overall Score:** 79

**Ranking:** 3

**CR's take:** You'll notice that this version of the No. 1 Avocado Green mattress is more expensive but doesn't score as highly in our support tests. The Avocado Green Pillowtop earns a Very Good rating for almost every body size and sleeping style except for large/tall back sleeping support, where it rates Good. Like the non-pillowtop version, it's not as stable as some other mattresses in our tests. It's less firm than the non-pillowtop version, earning a score of 5.

See our full innerspring mattress ratings for a variety of choices.

## **Best Foam Mattresses**

The foam mattress category is seeing the most innovation, with a flurry of beds-in-a-box coming on the market.

### **Casper** The Casper

**Overall Score:** 85

**Ranking:** 1 out of 61 foam mattresses

**CR's take:** Casper's newest version of The Casper mattress gets a full 5-point improvement over its identically named predecessor. (See how Casper's line of mattresses stack up.) It earns an Excellent rating in tests for petite side and back sleeping support, and a Very Good for average and large/tall side sleepers, and average and large/tall back sleepers. This mattress earns a rating of Excellent for durability. It has a firmness score of 4 on our scale of 1 to 10.

### **Essentia Stratami**

**Overall Score:** 81

**Ranking:** 2

**CR's take:** Petite and average back sleepers will appreciate that the Essentia Stratami rates Excellent for support, and petite, average, and large/tall side sleepers will enjoy support that rates

Very Good in our tests. The Stratami is quite stable, meaning that you'll barely feel vibrations and movements across the bed, and it rates Excellent 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 may need help.

### **Reverie Dream Supreme II Hybrid Sleep System Firm**

**Overall Score:** 81

**Ranking:** 3

**CR's take:** Though the Dream Supreme is on the pricier end of the mattresses we've tested, it does have a unique foam spring system that allows you to rearrange the springs. They come in four levels of firmness, so you can configure the bed to your liking. Reverie offers the mattress in three configurations if you don't want to experiment. We tested all three, and this one, the firm, rated best. The medium and soft versions came in lower in CR's rankings (16 and 26, respectively). The firm mattress rates Excellent for petite back sleepers and Very Good for petite, average, and large/tall side sleepers, and for average and large/tall back sleepers. It earns a 4 in firmness on our scale of 1 to 10, with 10 being the firmest. Durability is top-notch.

### **Sleep on Latex Pure Green Firm**

**Overall Score:** 81

**Ranking:** 4

**CR's take:** At a much lower price than the Essentia Stratami and the Dream Supreme, the Sleep on Latex Pure Green Firm is made of two layers of 100 percent natural latex foam. It gets a 7 in firmness on our scale of 1 to 10, making it one of the firmer options in our ratings (only two models are firmer). In our tests, it rates Excellent for petite, average, and large/tall back sleeper support. For petite, average, and large/tall side sleepers, the Pure Green Firm earns a Very Good rating, because the mattress kept test sleepers' spines in reasonably horizontal alignment. This mattress is also extremely durable, holding its shape after 8 years of simulated use, earning an Excellent rating on that test.

See our full foam mattress ratings for a variety of choices.