

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's 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," says Christopher Regan, who oversees CR's mattress tests. "Our testing separates the good mattresses from the subpar."

To make those distinctions, Consumer Reports 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 that's the most widely sold size. 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 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 firmness precisely for each mattress we test. Using an objective industry test standard, we apply a load of up to 1,000 newtons (4.4 newtons equal a pound) to the mattress and then plot the results on a scale of 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 Avocado, Casper, Leesa, Reverie, Tuft & Needle, and more. For our latest tests, we brought in mattresses from BedGear, Bob-O-Pedic, Brooklyn Bedding, Dreamcloud, Helix, Mainstays, Rivet, and Shifman.

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.

1 RECOMMENDED Sleep Number 360 p6 Smart Bed

 81

-  AVERAGE BACK SLEEPER
-  AVERAGE SIDE SLEEPER
-  STABILIZATION

CR's Take: This recommended mattress 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.

2 Sleep Number 360 c2 Smart Bed

 80

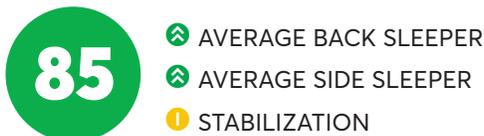
-  AVERAGE BACK SLEEPER
-  AVERAGE SIDE SLEEPER
-  STABILIZATION

CR's Take: This Sleep Number model is an update of an older mattress by the same name, though in our tests we found that its construction had changed. The Sleep Number c2 earns a Very Good rating for side sleepers and back sleepers of all sizes but doesn't stand out for any size in particular. Like the 360 p6, it earns an Excellent rating in our stabilization test, meaning you should be able to shift positions with ease. It's much firmer than the p6, though, with a firmness rating of 7 out of 10 (10 being the firmest).

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.

1 RECOMMENDED Avocado Green



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. 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.

2 RECOMMENDED Casper The Casper Hybrid



CR's Take: Petite back sleepers have a lot to like about the Casper's The Casper Hybrid innerspring mattress: It rates an Excellent in that test. In our support tests for all other side and back sleepers, this mattress rates a Very Good, making it a versatile bed. 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. The Casper Hybrid isn't a very firm mattress, earning a 3 out of 10 (with 10 being the firmest), but if you prefer a softer innerspring mattress, this is a terrific option.

3 RECOMMENDED Ethan Allen EA Signature Platinum Plush



CR's Take: A new mattress to our ratings, the Ethan Allen EA Signature Platinum Plush is made of a combination of silk, wool, cotton, gel, and latex foams padded on top of innerspring coils. It's a great option for petite sleepers: It earns an Excellent rating in our petite side and back support tests. For average and large/tall sleepers of all sizes, this mattress earns a Very Good rating for support. It holds up extremely well after eight to 10 years of simulated use. At 15 inches high, this is a very tall mattress, so you'll need a deep-pocket fitted sheet to cover it completely.

4 RECOMMENDED Charles P. Rogers Powercore Estate 500



CR's Take: Back sleepers have a lot to like about this innerspring from Charles P. Rogers—it rates an 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. 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.

Best Foam Mattresses

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

1 RECOMMENDED Essentia Stratami



CR's Take: Petite and average back sleepers will appreciate that the Essentia Stratami rates an Excellent for support, and petite, average, and large/tall side sleepers will enjoy support that rates a Very Good in our tests. The Stratami is quite stable, meaning you'll barely feel vibration and movement across the bed, and it rates an 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.

2 RECOMMENDED Reverie Dream Supreme II Hybrid Sleep System Firm



CR's Take: The Reverie Dream Supreme Hybrid II comes with more than 204 interchangeable foam "springs" so that you can adjust the firmness of this mattress to your liking. It earns an Excellent rating for petite back sleepers, and a Very Good rating for all other sleeper sizes and sleep styles. In our durability test, this mattress performed excellently, showing no noticeable change in performance. This mattress proved to be very stable, limiting the amount of vibrations felt.

3

🏆 BEST BUY

Sleep on Latex Pure Green Firm



- ⬆️ AVERAGE BACK SLEEPER
- ⬆️ AVERAGE SIDE SLEEPER
- ⬆️ STABILIZATION

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 an 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 eight years of simulated use, earning an Excellent rating on that test.