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Back pain is one of the top reasons that people begin to lose mobility in middle age. Pain can keep people from engaging in physical activity, making it more difficult for them to maintain a healthy weight and keep up their strength, stamina, and balance as they age. So treating and managing back pain that results from injuries or health problems is crucial for staying on the path of a healthy and active life. Considering that most people spend roughly a third of their lives lying in bed, choosing the right mattress is essential for managing low back pain. It can make the difference in whether you can sleep at night and function the next day. In the past, doctors often recommended very firm mattresses. But one survey of 268 people with low back pain found that those who slept on very hard mattresses had the poorest sleep quality. There was no difference in sleep quality between those who used medium-firm and firm mattresses. Soft mattresses, on the other hand, can also be problematic. While a soft mattress that conforms to your body's natural curves may help the joints align favorably, you might also sink in so deeply that your joints twist and become painful during the night. If you want to find out whether a firmer mattress would feel better than the one you're currently using, try putting a plywood board under your mattress to dampen the movement from the bedsprings, or try placing your mattress on the floor. Of course, you can also go to a mattress showroom and test a variety of models. But keep in mind that what feels comfortable for a few minutes in a store might not translate into a good night's sleep. A more reliable test is to observe how you feel after sleeping on different types of mattresses while away from home — for example, at a hotel or a friend or relative's house. Image: AndreyPopov/Getty Images As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. If you have a bad back, you should buy the firmest mattress you can find -- right? Not so fast. While that used to be the common wisdom, there's no solid research behind it. The latest thinking is that there isn't one type of mattress that's best for everyone, including people with chronic back pain. Let personal preference guide you, and choose what feels most comfortable.But making the right choice can be tricky. So many products are on the market, and just because a mattress feels good when you lie down on it in a showroom doesn't mean you're going to be happy sleeping on it for the next several years.Here are a few tips to guide you:You may not realize it, but good posture is important when you sleep. The muscles and ligaments (tissue that holds joints together) in your back need to relax and recover while you snooze. If a mattress is too firm -- or too squishy -- it won't support your spine at your neck or lower back the way it needs to. What's firm enough (but not too firm) is different for everyone: If you have wide hips, for instance, a slightly softer surface may be better. You need some more give in order to keep your spine in alignment. Someone with narrower hips might be better off with a firmer surface.Research is limited, but in one study, researchers assigned new mattresses to more than 300 people with low back pain. They used either "medium-firm" or "firm" mattresses for 90 days. Those in the medium group reported the least amount of discomfort.You might consider getting a memory foam mattress (instead of a traditional innerspring one). The foam molds to your body. The downside: Some memory foam mattresses keep in heat; and the material might have more chemicals.If you have a great night's sleep and wake up pain-free after staying at a hotel or in a friend's guest room, copy down that mattress's model number. Or choose a mattress that comes with a money-back guarantee: A growing number of companies will let you buy a mattress and use it for anywhere from 30 to 100 days and send it back for a refund if you're not happy with it.When researchers from Oklahoma State University randomly assigned 62 people to sleep in a variety of new beds for 28 days, they found that almost everyone started to sleep better. That was true regardless of which model they were given, though people who slept in the cheapest beds did report more lower back pain than those in the medium- and higher-priced beds.The most important thing seemed to be that the beds were new. They noted that the average age of the participants' old beds was 9.5 years. And they concluded that "sleep quality may be dependent on timely replacement of bedding systems." The takeaway: If you've been sleeping on the same mattress for 9 or 10 years (or more), it's time to get a new one. Almost any new replacement is going to be better than the saggy foundation of an old mattress. But it may pay to spring for at least a mid-priced model.Even if you have the right mattress, it’s not the only thing that counts when it comes to managing your back pain as you rest. Sleep position is important, as are the kind of pillows you use and where you place them. For those experiencing hip pain, a mattress that features durable construction and pressure-relieving materials can help ensure your hips receive the right balance of cushioning and support. In this guide, we break down how to find the best fit for your needs and share our top-rated mattresses for hip pain. Best Mattress Overall 9.7 /10 Test Lab Score A premium quality, hybrid mattress created with side sleepers in mind. 27% off sitewide with code: SF27 Shop At Helix Key Details Who It’s Best For: Side and back sleepers under 230 pounds who have hip pain. Feel: Plush, close-conforming memory foam, breathable quilted pillow-top, foam conforms closely to the body and gives a hugging sensation. What It’s Made Of: The Midnight Luxe is a hybrid, containing a quilted pillow top, two different memory foam layers, and coils in the core. What We Don’t Like: A bit expensive, starting around $1,000. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. SELECT AN ICON TO VIEW DETAILS: Motion Isolation Pressure Relief Temperature Control Edge Support Ease of Movement As a medium firm mattress with thick foam comfort layers, it’s no surprise that the Midnight Luxe tested very well for motion isolation. Our testers could barely feel any movement across the surface of the mattress when fellow testers rolled around on it. All of the Helix Luxe models have thick foam comfort layers and conform fairly close to the body. Consequently, they’ve all performed well in our pressure mapping tests, with notably less pressure in the hips and shoulders than many hybrids. With it’s 6 out of 10 firmness, The Midnight Luxe in particular performs average among other Helix Luxe beds. The Helix mattresses perform about average for hybrids when it comes to sleeping cool. Memory foam is well-known for its tendency to sleep hot, as it often traps and retains heat through the night, but the coil cores of these beds promote airflow to help balance out heat retention. All Helix mattresses feature a reinforced perimeter, meaning the coils on the edges are thicker than the coils in the middle of the bed. When putting this to the test, we found significantly less sinkage on the edge than the middle while applying weight. Helix Luxe mattresses tend to be somewhat responsive and bouncy, and all tested pretty well for ease of movement. The Midnight Luxe in particular had a middle-of-the-road performance in our tests, as the medium firm surface conforms a bit to the body, but doesn’t fully provide that ‘stuck’ feeling and inhibit motion. Full Breakdown The Helix Midnight Luxe is specifically tailored to side sleepers between 130 and 230 pounds. That said, our tests show the balanced feel and strong support make this mattress suitable to a wide range of people across different body types and sleep positions. How It Performs During our hands-on tests, most side and back sleepers on our team felt comfortable and adequately supported on the Helix Midnight Luxe. Those weighing up to 230 pounds were particularly impressed. Our stomach sleepers weighing less than 130 pounds also awarded the Midnight Luxe favorable ratings. We noticed minimal sinkage when testing the mattress for edge support, due to the reinforced perimeter coils. Temperature control was another testing area where the Midnight Luxe performed well. The coils should generate enough airflow to keep the entire mattress reasonably cool. Construction Breakdown The Midnight Luxe’s comfort system starts with a quilted pillow-top followed by a responsive polyfoam layer. This is followed by two layers of memory foam that enhance cushioning. We’ve rated this mattress as medium firm (6), so you should expect light contouring. Pocketed coils are zoned to provide extra support for the lumbar region, and perimeter coils are reinforced to push back against your weight when you lie near the edges or get in and out of bed. Midnight Luxe models come with your choice of a Tencel or GlacioTex cooling cover. GlacioTex is a phase change material engineered to capture and release body heat on contact. This option may be useful if you’re an excessively hot sleeper or prone to night sweats. Trial, Shipping, & Warranty The Midnight Luxe ships free throughout the contiguous U.S. The trial period lasts 100 nights, and if you opt to keep the mattress, you’ll also receive a lifetime warranty against structural defects. Read Our Full Helix Midnight Luxe Review Most Comfortable Mattress 9.1 /10 Test Lab Score A foam hybrid that cushions your body without trapping heat. 25% off select mattresses Shop At Leesa Key Details Who It’s Best For: Side and back sleepers across all weight groups, couples, and people who run hot in bed. Feel: You can choose from medium (5), medium firm (6), and firm (7) designs. What It’s Made Of: Comfort layers of gel-infused polyfoam, polyfoam, and transitional foam over three-zone coils and high-density base foam. What We Don’t Like: Off-gassing odor can be overwhelming for the first few days after unboxing, and the high profile necessitates a deep-pocket fitted sheet. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. Full Breakdown If you and your partner are in the market for a new mattress, the Leesa Sapira Chill Hybrid checks off a lot of important boxes for co-sleepers. Thick foam layers absorb movement to ensure excellent motion isolation, but the coils are fairly responsive and reinforced along the perimeter to bolster the edges and allow you to use the entire sleep surface. Three firmness options are available, all offering a nice balance of cushioning, support, and bounce. How It Performs During our tests, we found the medium (5) Sapira Chill Hybrid well suited to side and back sleepers under 130 pounds. This is the softest option, so it may be your best match if you live with chronic or intense hip pain. Most testers weighing 130 to 230 pounds preferred the medium firm (6) model for its gentle contouring and overall sturdiness, while those over 230 pounds found the firm (7) design most supportive. As its name implies, the Sapira Chill Hybrid excels at temperature control. A cooling gel infusion in the top layer and steady airflow throughout the coil system help the mattress maintain a comfortable temperature inside and out. Thanks to the thick comfort system, we also found that the Sapira Chill Hybrid isolates motion well and effectively alleviates pressure points along the spine – though choosing the right firmness for your sleep position and body type is key. Construction Breakdown The Sapira Chill Hybrid contains four comfort layers, beginning with 2 inches of adaptive, gel-infused polyfoam sewn to the Euro-top cover. Memory foam and polyfoam layers add to the cushy feel, though how closely the mattress conforms to your body depends on which firmness level you choose. Transitional foam creates a buffer to prevent you from sinking into the support core. Pocketed coils and dense base foam stabilize the mattress. The coils are zoned to feel more robust beneath your midsection, and reinforced along the perimeter to secure the edges when you get in and out of bed. At 14 inches thick, the Sapira Chill Hybrid is a high-profile mattress, so you’ll need to purchase a deep-pocket fitted sheet. Trial, Shipping, and Warranty Leesa offers free ground shipping to all 50 states and select locations in Canada. The Sapira Chill Hybrid comes with a 100-night sleep trial. If you choose to keep the mattress after the return period ends, your purchase is also backed by a lifetime warranty against structural and material defects. Best Mattress for Side Sleepers 8.4 /10 Test Lab Score High end hybrid bed providing ample support, cushion, and cool sleep. Get $300 off all mattresses at Winkbeds Shop At WinkBeds Key Details Who It’s Best For: People with hip pain, side and back sleepers under 230 pounds, and hot sleepers. Feel: Bed from a 5-star hotel — plush and airy on the surface but bouncy and supportive. Regulates temperature well and is really easy to move around in. What It’s Made Of: Plush Euro-top, thin foam layers, and coil support core. What We Don’t Like: Won’t relieve quite as much pressure as a bed with thicker memory foam layers. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. SELECT AN ICON TO VIEW DETAILS: Motion Isolation Pressure Relief Temperature Control Edge Support Ease of Movement During testing, we found the Softer WinkBed performed well at absorbing movement — especially for a hybrid model. The plush Euro-top and dual foam layers helped minimize disruptions when one of our testers changed positions or got in and out of bed, making this mattress a solid pick for couples sensitive to motion transfer. This was one of the strongest areas of performance in our tests. The plush, adaptive foams contoured evenly to our testers’ bodies and delivered deep cushioning around pressure-prone zones like the shoulders, hips, and lower back. Side sleepers in particular reported noticeable relief. Foam-heavy beds often sleep warm, but the Softer WinkBed did a nice job of offsetting heat buildup. We credit this to the breathable Tencel cover and the steady airflow through the coil system. While our testers didn’t feel overly cool, the mattress maintained a comfortable, neutral temperature throughout the night. We were pleasantly surprised by how supportive the edges felt, given the mattress’ softer feel. Reinforced coils around the perimeter kept us stable while sitting or lying near the edges, and the surface didn’t compress too much — even for testers weighing more than 200 pounds. Compared to firmer WinkBed models, the Softer WinkBed had a more “sink-in” feel. While the coils offer some bounce, the thick foam layers absorbed movement more readily, which slightly hindered mobility for our testers, especially those who prefer to move around freely or sleep on their stomachs. Full Breakdown Side sleepers with hip pain typically need a soft sleep surface, so most hybrids are off the table. The Softer Winkbed bucks this trend with a medium-soft (4) feel and thick foam layers that contour closely to cradle the spine and reduce pressure. This version of the WinkBed was particularly popular among side sleepers on our team weighing up to 230 pounds. How It Performs Back and stomach sleepers under 130 pounds also awarded favorable ratings to the Softer WinkBed. The foam layers were adaptive enough to cushion the hips and other areas along the spine, but the support system kept their bodies on even planes and prevented excessive sinkage. Those weighing more — as well as side sleepers over 230 pounds — may need a firmer version of the mattress. We also found the Softer WinkBed excelled at pressure relief and motion isolation. Firmer hybrids tend to underperform in these areas, but the thick foam layers make a noticeable difference. Temperature control was another strong point during our tests. The Softer WinkBed’s comfort system may still retain some heat, but a moisture-wicking cover and steady airflow through the coils should prevent the mattress from feeling uncomfortably warm. Construction Breakdown Like other WinkBed models, the Softer WinkBed begins with adaptive polyfoam quilted into a Euro-top cover. A comfort layer of proprietary SupportCell foam cradles the body, while a third foam layer not found in firmer WinkBeds provides additional cushioning. The support core contains pocketed coils. Thicker coils rest beneath the midsection to push back against the extra weight people tend to carry in their shoulders, stomach, and hips. The perimeter is also reinforced to reduce sinkage when you get in and out of bed. A cover made of breathable, moisture-wicking Tencel fabric encases the mattress. Trial, Shipping, & Warranty WinkBeds offers free ground delivery throughout the contiguous U.S. Your order comes with a 120-night trial. If you aren’t satisfied with the Softer WinkBed, you may exchange the mattress for a firmer model backed by an additional 60-night trial period. All mattresses come with lifetime warranties against structural defects. Read Our Full Softer WinkBed Review Best Value Mattress 8.6 /10 Test Lab Score Hugs and soothes pressure points for restful sleep. 25% off sitewide with code: SUMMER25 Shop At Brooklyn Bedding Key Details Who It’s Best For: Side sleepers who weigh at least 130 pounds and back sleepers up to 230 pounds. Also a good option for couples and hot sleepers. Feel: Medium firm (6) with plush comfort layers that create memory foam’s signature “hug” sensation. Support layers provide enough pushback to keep you on an even plane. Some warmth in the top foam layers, but copper fiber infusions offset a fair amount of heat. What It’s Made Of: Comfort system contains adaptive polyfoam, two memory foam layers, and zoned transitional polyfoam. Two high-density polyfoam in the support core. GlacioTex cover to dissipate heat. What We Don’t Like: Not enough support for stomach sleepers who weigh 130 pounds or more. Initial odors, while temporary, can be intense. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. SELECT AN ICON TO VIEW DETAILS: Motion Isolation Pressure Relief Temperature Control Edge Support Ease of Movement The CopperFlex Memory Foam provides great motion isolation, with our testers clocking almost no motion transfer across the bed during movement. This is due to the all-foam construction—with memory foam comfort layers and an all-foam base, there is little means for one side of the bed to affect the other. This bed provides excellent pressure relief, which notably reduced pressure on the shoulders and hips compared to other beds. With a thick foam comfort layer and a foam base, the bed conforms close to the body and ‘hugs’ the sleeper quite a bit. As an all-foam bed, the CopperFlex is inevitable going to trap a decent amount of body heat. Luckily, the top layer of quilted polyfoam isn’t very dense, allowing for some airflow. We don’t find copper-infused foam to make too much of a difference in cooling. Like most all-foam beds, the edge support of the CopperFlex memory foam is mediocre. The high density support core provides a bit of support, but there’s definitely some noticeable sinkage when sitting around the edges. Perhaps not the best choice for those with mobility issues. As an all foam bed with a memory foam comfort layer, it’s no surprise that our testers found the CopperFlex Memory Foam a bit hard to move around on. The foam conforms close to the body, giving you that sinking sensation, and it definitely requires a bit more effort to roll around on the bed, especially for heavier sleepers. Full Breakdown Brooklyn Bedding’s CopperFlex Memory Foam is one example of a well-crafted mattress that’s also easy on your wallet. Plush memory foam layers provide next-level cushioning beneath the surface and — thanks to cooling copper infusions — also resist heat buildup fairly well. Zoned transitional foam and dense support layers help ensure you won’t sink too deeply into the mattress. How It Performs The CopperFlex Memory Foam is medium firm (6). After evaluating the mattress in our Test Lab, we found it best suited to side sleepers weighing 130 pounds or more, back sleepers weighing 230 pounds or less, and stomach sleepers under 130 pounds. The mattress hits a sweet spot for people who want a plush, adaptive surface that pushes back enough to keep their body on an even plane. Motion isolation proved to be a major strength during our tests. All six of the CopperFlex’s layers work together to absorb movement and prevent motion from transferring to other areas of the mattress. This is key for couples and co-sleepers. For temperature control, we noticed some heat buildup on the surface, but this is to be expected of an all-foam bed. Overall, the CopperFlex slept noticeably cooler than many of the other foam models we’ve tested. Construction Breakdown The CopperFlex’s top layer consists of adaptive polyfoam, a material that gently contours to your figure without hugging too closely. Two memory foam comfort layers add extra cushioning, and the first of these is infused with copper fibers intended to minimize heat retention on the surface. The transitional foam layer is divided into three firmness zones. This delivers extra reinforcement to your midsection while gently cradling your head and legs. The support core contains two stacked layers of high-density polyfoam to stabilize the mattress and prevent you from sinking too deeply into the top foam layers. A cover made of cooling GlacioTex fabric encases the mattress, and copper fibers woven into the material further elevate the cover’s breathability. Trial, Shipping, & Warranty The CopperFlex Memory Foam qualifies for free ground delivery throughout the contiguous U.S. Each order includes a 120-night trial period. If you decide to keep the mattress, Brooklyn Bedding backs your purchase with a lifetime warranty against structural and material defects. Best Mattress for Seniors 8.5 /10 Test Lab Score The Saatva RX is a luxury model specifically designed for individuals with chronic pain conditions Save $300 on orders of $1,000 or more Shop At Saatva Key Details Who It’s Best For: Either seniors and people with chronic pain issues, or side sleepers under 230 pounds looking for an incredibly soft, cushiony mattress. Feel: Very cloud-like and soft yet supportive of the mid-section. You sink down to the perfect point while maintaining spinal alignment. What It’s Made Of: Anti-microbial organic cotton cover with thick quilting, thick foam layers, microcoils, over a pocketed coil support core. What We Don’t Like: On the expensive side, starting around $1,800. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. Full Breakdown Many mattresses alleviate hip pain, but the Saatva Rx is one of the only models on the market created for this exact purpose. Thick foam layers and transitional micro-coils create a medium soft (4) feel, resulting in a deep cradle for your body and excellent overall pain and pressure relief. Each pocketed coil in the support core features a foam tip to enhance the Rx’s cushioning even further. How It Performs Our hands-on tests show the Rx is best suited to side sleepers, especially those weighing up to 230 pounds — though heavier side sleepers on our team also gave the mattress stellar ratings. Back and stomach sleepers were more divided. Some testers who use these positions and weigh less than 130 pounds felt comfortable on the mattress, but most did not receive enough support and sank to an excessive degree. We recommend a firmer mattress for back and stomach sleepers who weigh at least 130 pounds. Motion isolation and pressure relief are two of the Rx’s defining strengths. The foam tips suppress responsiveness from the coil system, so you and your partner should feel little to no motion transfer when the other person changes positions or gets up during the night. Deep contouring from the foam layers also helps promote even alignment, which in turn reduces pressure buildup along the spine. We found edge support to be somewhat lacking, and many of our testers struggled to move on the surface without feeling stuck — these issues are to be expected on softer mattresses. Construction Breakdown The Rx’s comfort system consists of adaptive polyfoam over pocketed micro-coils encased in foam rails. These materials form a close mold around your body’s unique curves to relieve discomfort in the shoulders, lower back, and hips. Pocketed coils and a dense base layer make up the support core. Polyfoam “modules” at the top of each coil provide additional cushioning. The cover is composed of organic cotton treated with Guardin, an antimicrobial agent intended to keep harmful bacteria out of your sleep surface. “Lumbar Zone” quilting places extra support beneath your lower back and hips. At 15 inches thick, the Rx is a high-profile mattress and requires a fitted sheet with deep elastic pockets. Trial, Shipping, & Warranty Saatva offers free White Glove delivery throughout the contiguous U.S. This includes full setup in a room of your choice and removal of your old mattress and box spring upon request. The company’s 365-night trial is one of the longest in the online mattress industry. If you’re satisfied with your purchase after one year, you’ll also receive a lifetime manufacturer’s warranty. Read Our Full Saatva Rx Review Best Mattress for Spinal Alignment 9.2 /10 Test Lab Score A cloud-like experience with a plush euro-top in multiple firmnes options. Key Details Who It’s Best For: Couples and sleepers of practically any weight or position, depending on firmness. Feel: Plush Euro-top and thick foam layers, making it feel quite “deep” and cloud-like. Somewhat bouncy and responsive but doesn’t hug your body quite as much. What It’s Made Of: Cool-to-the-touch fabric in the cover, an airy foam Euro-top, thick polyfoam comfort layers, and a coil support core. What We Don’t Like: A bit expensive, starting around $1,000. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. SELECT AN ICON TO VIEW DETAILS: Motion Isolation Pressure Relief Temperature Control Edge Support Ease of Movement Thanks to its thick polyfoam layers, the Nolah Evolution 15 Hybrid absorbs enough movement to prevent most sleep disruptions. However, there is still some motion transfer because of the bounciness of the coils. You can expect the most motion transfer on the firm (8) model and the least on the plush (5) option. Across the board, though, our testers noticed only light motion transfer across all three firmness levels. The combination of zoned coils and multiple polyfoam layers, including zoned AirFoam, enable the Nolah Evolution Hybrid to cushion pain points and provide above-average pressure relief. Choosing the right firmness option can optimize pressure relief. While individual preferences vary, a plush (5) or luxury firm (6) model works best for most side sleepers under 230 pounds, while the luxury firm (6) or firm (8) are better suited to the majority of back and stomach sleepers. Like many hybrids, the Nolah Evolution 15 excels at temperature regulation. Cooling fibers in the cover are engineered to draw heat away from the body, and the aerated polyfoam layers help reduce heat retention. The coil layer also promotes steady ventilation.In our testing, all three models resisted heat retention. That said, compared to the firm (8) model, the plush (5) and luxury firm (6) permit more sink and allow slightly less cooling airflow around the skin. The sturdy 8-inch coils gives the Nolah Evolution Hybrid a reliable level of edge support. While there can be some sink from the foam layers, resilient polyfoam prevents instability around the perimeter of the bed.Edge support does vary based on the firmness level. Our team noticed a reduction in edge support between the firm (8) and the luxury firm (6) and plush (5) models. Even on the softer models, though, you get solid edge support from this mattress. The Nolah Evolution 15’s foam layers don’t sink or hug excessively, and the bounce of the coils facilitates movement on the surface. This makes this mattress a solid fit for combination sleepers or anyone who hates feeling stuck in place when lying in bed. With its softer surface, the plush (5) model restricts movement a bit more than the other two. The firm (8) model provided standout ease of movement to all of our sleepers. Full Breakdown Nolah’s Evolution 15 is a pillow-top hybrid that offers top-tier pressure relief. Measuring 15 inches thick, this mattress earned high marks from our testers who enjoy the feel of a high-profile bed. The mattress is available in three firmness levels: medium (5), medium firm (6), and firm (8). How It Performs During testing, the softest model earned its highest ratings from side sleepers weighing up to 230 pounds, while the medium firm suited testers who weigh more than 230 pounds. Meanwhile, the medium firm and firm should offer sufficient support if you sleep on your back or stomach. Thanks to its softer feel, the mattress can reduce sleep disruptions if you share the bed with a restless sleep partner. The foams absorb movement when you or your partner change positions or get in and out of bed, resulting in limited motion transfer across the surface. Our heat guns also detected minimal heat buildup on the surface of the mattress, which should appeal to hot sleepers. Construction Breakdown A Euro-top quilted with polyfoam begins the comfort system, giving the surface a plush feel. Underneath is a comfort layer composed of AirFoamICE, a proprietary polyfoam that contours evenly to your body without hugging too tightly. The foam is also infused with cooling graphite intended to prevent the buildup of body heat. An additional polyfoam layer provides transitional support to prevent excess sinkage. The support core contains zoned pocketed coils that provide extra strength around your midsection and also reinforce the perimeter against sinkage when you sleep near or sit along the edges. The coils rest on a base polyfoam layer to prevent shifting. A breathable organic cotton cover infused with cooling ArcticTex fibers encases the mattress. Trial, Shipping, & Warranty Nolah offers free ground shipping anywhere in the contiguous U.S. Your purchase includes a 120-night sleep trial, along with a lifetime warranty should you decide to keep the mattress. Read Our Full Nolah Evolution 15 Review Best Mattress for Pressure Relief 8.5 /10 Test Lab Score A close-conforming memory foam hybrid offering great pressure relief. 35% off with code: SF35 Shop At Bear Key Details Who It’s Best For: Most types of sleepers with hip pain. Feel: Pretty standard memory foam mattress feel that conforms to and hugs the body, while supporting your midsection and keeping your spine aligned. What It’s Made Of: Memory foam and polyfoam toward the surface, coil system in the core, and optional Celliant cover to reduces heat retention and promote muscle recovery. What We Don’t Like: Pretty tall bed that may require deep pocket sheets. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. SELECT AN ICON TO VIEW DETAILS: Motion Isolation Pressure Relief Temperature Control Edge Support Ease of Movement The Bear Elite Hybrid shows considerable ability to prevent vibrations from traveling across the surface of the mattress. Its memory foam layer only reacts where weight is directly applied, which helps keep movement from causing ripple effects that spread to the other side of the bed.However, the bounce of the coils can cause some motion transfer, especially on the firm model that has a reduced amount of contouring. The Bear Elite Hybrid offers excellent pressure relief that stems from its comfort system and the zoned, pocketed coils in its support core. In our testing, it was side and back sleepers who tended to get the best pressure relief and support. That said, stomach sleepers liked the firm (8) model that maintained a flat, stable surface with just enough cushioning for the midsection. This mattress doesn’t feel overwhelmingly hot, but it also probably shouldn’t be the top choice for hot sleepers. The copper-infused foam makes it slightly cooler than some other memory foam mattresses, but heat can still collect in and around the foam. The risk of overheating is highest on the Luxury Plush model because it has the closest contouring around the skin, which may make it harder for heat around the body to dissipate during the night. Reinforced edges in the support core help give this mattress a solid rating for edge support. While you’ll notice foam compression around the perimeter, it’s not so significant that you’ll feel like the mattress is giving out beneath you.Of the three different firmness options, edge support is clearly strongest in the firm (8) model and weakest in the one with a firmness level of medium (5). When you need to switch your sleeping position or adjust your body’s alignment on the mattress, you generally won’t encounter much resistance. Sleepers over 230 pounds may find that there’s less ease of movement, especially on the softer models. But in most cases, the springiness from the thick layer of pocketed coils enables relatively easy movement on the surface of the Bear Elite Hybrid. Full Breakdown Spinal alignment is key to reducing hip pain, and some mattresses are better equipped to promote even alignment than others. The Bear Elite Hybrid is constructed with a transitional foam layer divided into five firmness zones, creating more pushback around the midsection and gentler cradling for the head and legs. The mattress’ pocketed coil layer is also zoned in the same manner, so you shouldn’t experience excessive sinkage beneath heavier areas of your body. How It Performs Our team tested each of the Elite Hybrid’s three firmness levels. The firm (5) design earned its strongest ratings from our side and back sleepers under 130 pounds. These testers enjoyed the deep contouring from the top layer bolstered by zoned transitional and coil support. The medium firm (6) model was most popular across the board, with particularly favorable ratings from side sleepers of at least 130 pounds and back sleepers up to 230 pounds. If you’re a stomach sleeper, we recommend the firm (7) model — especially if you weigh 130 pounds or more. Cooling proved to be a major strength of the Elite Hybrid during our tests. A Celliant-blend cover engineered to dissipate heat on contact, breathable copper infused into the top layer, and steady circulation through the coils all help the mattress maintain a comfortable temperature. We were also impressed with the Elite Hybrid’s edge support, particularly for the two firmer models. The reinforced perimeter delivers strong pushback to prevent excessive sinkage when you lie near the edges of your mattress or get in and out of bed. Construction Breakdown The Elite Hybrid’s comfort system contains memory foam over a five-zone layer of transitional polyfoam. Although contouring level depends on which firmness you choose, the mattress offers even cushioning to cradle the spine and help ensure optimal alignment. Copper infused into the memory foam is intended to promote breathability and consistent cooling. Pocketed coils and high-density base foam make up the support core. Thicker coils rest beneath the midsection and reinforce the perimeter, making the surface easy to move across and reducing sinkage while you sleep. The cover is composed of fabric containing Celliant fibers engineered to release heat before the foam layers absorb it. Seven sizes are available, including a split king if you and your partner use an adjustable bed. Should you opt for the split size, you can reach out to Bear and arrange for a different firmness level on each side. Trial, Shipping, & Warranty Standard shipping is free for customers in the contiguous U.S. Your purchase comes with a 120-night trial period, and those who keep the Elite Hybrid also receive a lifetime warranty. Read Our Full Bear Elite Hybrid Review Best Mattress for Combination Sleepers 8.6 /10 Test Lab Score Versatile hybrid with six differet firmness options. Extra $100 off with code: SLEEP Shop At DLX Mattress Key Details Who It’s Best For: Anyone seeking a well-cushioned sleep surface, couples, and hot sleepers. Feel: Quite plush with denser underlying foam layers and coils that push back against your weight and prevent excessive sinkage. What It’s Made Of: Viscose fibers quilted to the cover, followed by three foam layers, pocketed coils and dense base foam in the support core, and the cover made of knit polyester. What We Don’t Like: Initial odor after unboxing that typically dissipate within 72 hours. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. SELECT AN ICON TO VIEW DETAILS: Motion Isolation Pressure Relief Temperature Control Edge Support Ease of Movement The DLX Premier Hybrid tested pretty well for motion isolation. As a polyfoam hybrid, the foam comfort layers are gonna eat up a fair amount of motion transfer, but the coil support core won’t isolate motion as well as an all-foam base. Also the fact that the comfort layer is all polyfoam instead of memory foam contributes to this. Since this bed has three firmness options, it’s also important to consider that the softer the bed is, the better it will isolate motion. With a hefty 4″ foam comfort layer, the DLX Premier Hybrid did a really good job easing pressure points across the body, particularly in the shoulders and hips. If you like that close-conforming mattress feel, this is a good option for you. This bed tested pretty well for temperature neutrality. We found that while the coils in the support core allows for a good amount of airflow, the foam in the comfort layers trap a good amount of body heat throughout the night. This bed tested very well for edge support, with our testers find very little sinkage when applying weight to the edge of the mattress. This is due to the reinforced perimeter, where the coils on the edge are a bit thicker than those in the middle of the bed.Since this bed has three firmness options, it’s also important to consider that the firmer the bed is, the better edge support it will have. Our testers, particularly the heavier ones, noticed a bit more resistance to move across the bed when performing our ease of movement tests. This comes as no surprise, since the foam comfort layers are pretty thick and conform close to the body. Full Breakdown Choosing a mattress based on your primary sleep position can be tricky if you switch between your side, back, and/or stomach. The Premier Hybrid gives you a total of six firmness options: medium soft (4), medium firm (6), or firm (8) model, as well as a split design with any two of these firmness levels. How It Performs Our team tested all three of the Premier Hybrid’s standard firmness options, as well as a medium soft and medium firm split. Side sleepers up to 230 pounds gravitated toward the medium soft feel — this position often requires extra cushioning beneath the shoulders and hips to reduce pressure buildup. Back and stomach sleepers on our team preferred the medium firm and firm feels. These positions tend to produce fewer pressure points and typically need strong support to minimize uncomfortable sinkage around the midsection. All three models isolate motion to a degree, but anyone who awakens easily due to their partner’s movements may find the medium soft or medium firm model more conducive to a good night’s sleep. If edge support and ease of movement are two of your top priorities, the firm mattress should deliver — our testers noticed little to no compression along the perimeter and encountered minimal resistance when moving on the surface. Construction Breakdown Viscose fibers quilted to the Premier Hybrid’s cover provide bursts of cooling, which offsets heat retention from the comfort system’s thick foam layers. The top foam layer is fairly plush and adaptive, while the next two layers feel denser and push back against your weight. Pocketed coils and base foam in the support core stabilize the mattress nicely and provide some bounce. At 14 inches thick, the Premier Hybrid is considered a high-profile model — you may need to invest in some deep-pocket sheets to ensure a proper fit. Trial, Shipping, & Warranty Standard shipping is free throughout the contiguous U.S. DLX offers a 120-night sleep trial, and if you’re satisfied, your purchase is backed by a lifetime manufacturer’s warranty. Best Mattress for Hot Sleepers 8.5 /10 Test Lab Score A close-conforming, flippable hybrid with a different firmness on each side. Get an extra $10 off with exclusive code: sleepy10 Shop At Layla Key Details Who It’s Best For: Side and back sleepers. Feel: Softer side feels like the mattress is “hugging” you without allowing you to sink in. Firm side provides more support. What It’s Made Of: Topped with a layer of copper-infused memory foam, followed by a layer of polyfoam. The firmer side’s memory foam layer is thinner. What We Don’t Like: May be too soft for stomach sleepers, especially those who weigh more than 230 pounds. For a flippable mattress, it’s pretty heavy and difficult to move. Scoring & Reviews The following ratings show how suitable this mattress is for different sleeping positions and sleeper weights. These scores are determined by how well the mattress supports and relieves pressure for each sleeper type. In addition to the hands-on feedback from our team, we conduct a number of quantitative tests in our Test Lab. The below ratings are based on the experience of our testers. Full Breakdown The reversible Layla Hybrid features a sleepable surface on its top and bottom sides. One surface is medium soft (4) and the other is firm (7). This versatile construction is ideal for anyone whose firmness needs change from night to night, as you can adjust between plush cushioning and sturdy support with a simple flip of the mattress. How It Performs Our testing team found each of the Layla Hybrid’s surfaces is a good match for different types of sleepers. Side and back sleepers under 130 pounds who frequently experience hip pain can benefit from the deep contouring of the medium soft side, while back and stomach sleepers who weigh at least 130 pounds and side sleepers over 230 pounds should feel adequately supported on the firm surface. Both sides use breathable, gel-infused foams to reduce heat buildup and keep you cool. Construction Breakdown The mattress is built with a unique comfort system on each side. The first layer consists of memory foam infused with copper gel intended maintain a comfortable temperature for sleep. A shared pocketed coil support core provides reinforcement to both sides and promotes steady airflow for added temperature control. Reinforced perimeter coils stabilize the edges, allowing you and your partner to utilize the entire mattress surface. A stretchy fabric-blend cover encases the mattress, and handles on both sides allow you to lift and flip the Layla Hybrid — though you should only do so with a partner, as the mattress is quite heavy. Trial, Shipping, & Warranty Customers in the contiguous U.S. qualify for free ground shipping with their order. Layla allows you to test out the mattress for up to 120 nights. If you keep it, your purchase is backed by a 10-year warranty. Read Our Full Layla Hybrid Review What Makes a Good Mattress for Hip Pain? Pressure Relief: Memory foam and latex mattresses excel in contouring to the body, reducing pressure buildup around the hips and promoting comfort. Zoned Support: Some mattresses feature zoned support designs that offer enhanced cushioning around the hips while providing firmer support for the lower back and shoulders. Medium-Firm Feel: For most sleepers with hip pain, a medium-firm mattress often strikes the right balance between comfort and support. Meta Analysis: Within our database of 2,000+ mattresses, we selected 30 beds that scored 7.5 or higher out of 10 for pressure relief. We then did in-depth testing on those beds, and the top 9 made this list. Hands-On Testing: In our Seattle Test Lab, we tested these beds for pressure relief using a pressure mapping tool and measured spinal alignment as various types of sleepers lied on the bed. Field Testing: Next, we sent the top performers home with a member of our testing team to sleep on for up to two weeks to see how a mattress performs in real-world environment. User Reviews: We collected data from more than 23,000 reviews to make sure our mattress ratings reflect customers’ experiences. Watch the video below to get a closer look at some of our top recommendations for sleepers with hip pain. Selecting the best mattress to ease hip pain means understanding your specific needs to pinpoint the right combination of performance factors. A mattress’ ability to relieve pressure is influenced by how firm it is and how it balances contouring and support. Good pressure relief ensures even weight distribution across the mattress, minimizing stress on pain-prone areas like the hips. A mattress with sufficient pressure relief can alleviate hip pain by preventing undue strain on tender tissues and joints. Zoned support means a mattress has different firmness levels in specific zones. Zoned mattresses typically offer greater support under heavier parts of the body, like the midsection. For people with hip pain, a mattress with zoned support can offer targeted cushioning around the hips without allowing excessive sinkage under the midsection. “Zoned support can be beneficial for hip pain, especially for side sleepers,” says Dr. Dustin Cotliar, M.D., MPH, “as it can help maintain proper spinal alignment and reduce pressure on the hip joint.” The ideal mattress firmness is subjective, varying based on body type, sleep position, and individual preferences. However, for people with hip pain, we generally suggest a mid-range firmness between 4 and 7 on our 10-point scale. This provides a balance of support and cushioning, which can alleviate pressure on the hips while ensuring proper spinal alignment. “However,” Dr. Cotliar says, “lighter individuals may prefer slightly softer mattresses, while heavier individuals might need firmer support.” A durable mattress stays supportive and comfortable over time. This consistency is vital for those with hip pain, ensuring reliable support and reducing the need for frequent replacements. If you have hip pain on just one side of your body, try sleeping exclusively on the other side. Experts also recommend that side sleepers put a pillow between their legs to help maintain proper posture and potentially ease hip pain. Back sleepers need to keep their body on an even plane to prevent their hips from sinking excessively. Many back sleepers find that a medium firm mattress accomplishes this task while still providing enough cushioning under the lower back. Stomach sleeping is generally not recommended even for people without hip pain. But for those who can only fall asleep in this position, a firm mattress is typically required to prevent the midsection from sinking and throwing the hips out of alignment with the rest of the torso. “From a medical perspective,” Dr. Cotliar says, “stomach sleeping is the least advisable position for hip pain sufferers. It can exacerbate hip pain by increasing lumbar lordosis and placing undue stress on the hip joints.” Switching your sleeping position can be a challenge, as it’s a habit that’s often cultivated since childhood. For those wanting to alleviate hip pain by sleeping on their unaffected side, one approach is to surround yourself with pillows that help you maintain the new position. Another strategy is the tennis ball technique, where a ball is sewn into the front or back of your pajamas to deter you from sleeping on your stomach or back. There are also some tech wearables that vibrate when you revert to your old sleeping position. We recommend that people with painful or sore hips consider a foam, latex, or hybrid mattress. Foam: Mattresses constructed entirely of foam are known for their pressure-relieving qualities. The close contouring of memory foam can be especially beneficial for the hips, ensuring even weight distribution and alleviating pressure points. However, an overly soft mattress may cause the hips to sink too deeply, particularly for people who weigh more than 230 pounds. Latex: For those who want a bit more bounce and mild contouring, latex mattresses offer more of a floating sensation. While latex beds can be a good choice for people with hip pain, they may not offer the deep contouring found in memory foam mattresses. Hybrid: A hybrid mattress combines the benefits of a coil support core with foam or latex comfort layers. Hybrids generally offer a balance between responsiveness and pressure relief, making them a popular choice for people with hip pain. Hip pain can severely hamper sleep quality. When the hips are aching or uncomfortable, it can be challenging to find the right position and fall asleep. Hip pain can also lead to nighttime awakenings and fragmented sleep, preventing you from reaching deeper, restorative sleep stages and leaving you fatigued and unrefreshed in the morning. “The relationship between hip pain and sleep is bidirectional,” Dr. Cotliar says. “Poor sleep can lower pain thresholds, potentially worsening hip pain, while hip pain can significantly disrupt sleep.” If a mattress isn’t tailored to your body type and preferred sleeping position, it could contribute to increased hip discomfort or pain during sleep. A mattress without the right support — or one that’s either too firm or too soft — may cause your hips to become misaligned with the rest of your body. Firmness is primarily dictated by a bed’s uppermost comfort layers. While some softness can comfortably cushion pressure-prone areas like the hips, a bed that’s too soft can cause strain by allowing the hips to sink excessively. In contrast, support comes chiefly from the mattress’ core, which provides the stability and uplift that encourages healthy spinal alignment. All mattresses wear out over time, so be wary of aging or worn-out mattresses that sag, as this can exacerbate hip pain if the bed no longer offers the right mix of cushioning and support. If an upgraded mattress isn’t in your budget, here are some more affordable options that may ease sore or painful hips. A quality mattress topper can be a game changer if your mattress is causing hip pain. Unlike a mattress pad, which adds a thin protective layer, a topper can change the feel of your bed by providing added cushioning or support. The strategic use of pillows may alleviate pressure that contributes to nighttime hip pain. For side sleepers, a pillow between the knees can help align the spine and reduce strain in the lower back and hips. Back sleepers might benefit from a pillow under the knees to reduce pressure Body pillows offer full-length support, which can be especially beneficial for people who frequently move in their sleep. Our industry-leading product testing team cares deeply about improving your sleep. Having a holistic understanding of a mattress’s role as part of a sleep system is paramount to our testing process. Since a bed’s comfort and feel depend largely on body weight and sleeping position, our testing team represents a wide range of body types, sleep positions, and comfort preferences. In our Seattle-based Test Lab, we use an objective, hands-on process to evaluate mattresses across performance categories. The following are the key guidelines that inform our performance ratings. Our ultimate goal is to ensure you have all the information you need to make the best purchase decision for you. To determine a mattress’s overall score, we assign weighted percentages to performance categories based on how important they are to the individual sleep experience. For instance, areas like pressure relief and temperature control tend to matter more to people than something like off-gassing, and because more people sleep on their side and back than on their stomach, we weigh those positions more heavily. This criteria alludes to the amount of motion a mattress absorbs when a sleeper moves on the surface. We use two testers lying side by side to evaluate motion isolation, who each feel for transfer while the other person moves on the mattress. To determine how well a mattress regulates temperature, we perform temperature tests and look closely at its materials and construction. Many mattresses are designed with cooling components meant to reduce heat retention. A bed with strong pressure relief excels at preventing pressure from building up in areas like the shoulders and hips. Beds with even contouring and weight distribution are top performers when it comes to pressure relief. A mattress in a box may release unpleasant chemical odors for a short period after you’ve unboxed it. The initial smell may be strong but typically fades within 2 or 3 days. This criteria reflects how easily a sleeper can move across a bed’s surface. Responsive surfaces made of latex typically perform better than foam surfaces, which can inhibit movement. We perform sit tests along a bed’s perimeter to measure how well the edges push back against weight. Mattresses with strong edge support have minimal sagging when sleepers sit on or lie close to the perimeter. Like this guide to the best mattresses for hip pain, our team of sleep experts has compiled lists of the top-performing beds for a variety of needs. Each selection of mattresses is further broken down into several subcategories to provide tailored recommendations to a wide range of sleepers. The wrong mattress or a worn mattress can exacerbate or even trigger hip pain. If your mattress doesn’t provide adequate cushioning and underlying support, it can contribute to spinal misalignment and put pressure on one or both hips. For people with hip pain, the ideal mattress firmness depends on various factors, including body weight and habitual sleeping position. A mattress that’s too soft can shift the body out of alignment, straining tissues around the hips. Conversely, an overly firm mattress can put pressure on the hips. Finding the best mattress for hip pain requires finding the right balance between support and pressure relief. While the best sleeping position for hip pain varies based on the source of discomfort, many experts recommend sleeping on the side that doesn’t have pain. A rolled up blanket or pillow can also be placed between the knees to improve hip alignment. Mattresses constructed with a top layer of memory foam can be a great choice for some people with hip pain who sleep on their side. Memory foam contours closely to the body and can ease pressure in the hips. That said, balance is key, and heavier individuals may find that they sink too deeply into a memory foam mattress to maintain proper sleep posture. Talking to a doctor is the best way to determine the source of your hip pain, particularly if it’s severe or persistent. For mild discomfort that occurs only at night and improves with position changes, your mattress may be a contributing factor. Other signs that a mattress may be doing more harm than good include visible wear like sagging or lumps, consistently rolling toward the center of the bed during the night, finding other sleep surfaces more comfortable, or using a mattress beyond its typical lifespan of 7 to 10 years. Whether you live with everyday back pain or your mattress is contributing to your aches and sore spots, an accommodating model can offer relief and make a huge difference in your quality of sleep. Our team has tested over 200 mattresses (and retested over 60) to determine which ones stand out as the best mattresses for back pain—that is, the most supportive, comfortable and pressure-relieving models that promote spinal alignment. Ultimately, we named the Saatva Classic the best mattress for back pain overall because of its enhanced lumbar support, zoned layers and multiple firmness level options. And for additional insight on what makes a mattress especially suited for sleepers with back pain, we spoke with Dr. Michael Gerling, a board-certified orthopedic spine surgeon. Our editors hand-picked the Saatva Classic as the best mattress for back pain after thorough ... More testing.ILLUSTRATION: FORBES / PHOTO: RETAILER In addition to the Saatva Classic, we’ve identified 10 other mattresses that our testers deemed supportive, pressure-relieving and ideal for people who live with back pain; many are also named in our guide to the best mattresses of 2025. Ahead, see our picks for the mattresses that cater to various types of sleepers and preferences. Our Top RecommendationsForbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Forbes Vetted readers get $400 off all orders over $1,000 (with mattress in cart), automatically applied at checkout.Type: Innerspring hybrid | Brand firmness rating: Plush soft (3), luxury firm (5-7) or firm (8) | Thickness: 11.5 or 14.5 inches | Shipping: Free white glove delivery | Trial: 365 nights | Warranty: LifetimeBest for: All sleeping positions; available in three firmnessesIndividuals with back and joint pain concerns, thanks to its supportive dual-coil designComplimentary setup and mattress removal Skip if:You don’t want to pay $99 if you need to return itYou prefer the deep sinkage of memory foam If you suffer from back pain, you need a mattress that is both supportive and pressure-relieving to ease strain around the spine. Enter the Saatva Classic, our team’s favorite overall mattress for back pain relief. Built with two sets of coil systems, there’s no shortage of support to help keep your spine in a neutral alignment. It also features a luxurious pillow top that pads sensitive spots along the spine. Together, these elements create a lifted and cushioned feel that many of our testers spoke to. “I deal with lower back pain from time to time, and this mattress provides an impressive amount of relief. My spine felt aligned in its natural posture while lying on my back, and the foam layers cushioned my shoulders and hips nicely,” says mattress and sleep updates writer Alexandra Garrett, who tested the firm version of the Saatva Classic. We also found that the Saatva Classic works well for a wide range of sleep positions, especially since it’s available in three comfort levels: plush soft, luxury firm and firm. Our team recommends the plush model for avid side sleepers who need more cushioning to comfort pressure points along the hips and shoulders. The luxury firm and firm models are best for back and stomach sleepers seeking ample support for their spine and midsection. See more in our full Saatva Mattress review. Expert tip: Our testing determined that the luxury firm model feels slightly stiffer than a traditional medium-firm bed. That said, we recommend the plush soft model if you’re seeking a more cushioned mattress. Coupons By Forbes VettedThe Best Saatva Promo Codes | Online Promo Codes, Offers & Discounts Type: Hybrid | Brand firmness rating: Medium (5 to 6) | Thickness: 13.5 inches | Shipping: Free (in a box) | Trial: 100 nights | Warranty: Lifetime Best for: Side, back and combination sleepers Targeted support that eases lower back pain Couples, thanks to its excellent motion isolation Skip if: You’re a strict stomach sleeper; check out the Twilight Luxe or Dawn Luxe for a similar build with firmer support The Helix Midnight Luxe is a side sleeper favorite that’s featured in many of our mattress roundups—including the best mattresses for shoulder pain—and for good reason: it’s specially designed to relieve pressure and promote alignment, thus alleviating aches and pains that can be exacerbated by the wrong mattress. Our testers specifically appreciated the bed’s best-in-class pressure relief around the hips and shoulders, and its medium firmness that strikes the right balance between structure and softness. “I’ve been sleeping on the Helix Midnight Luxe for more than a year, and I continue to feel comfortable night after night on this bed while side sleeping,” says Garrett. “My hips and shoulders feel nicely cushioned, while my back feels properly held in a neutral position.” Based on our testing, the Midnight Luxe is also a good option for side sleepers who occasionally toss and turn onto their back. “This is one of my favorite mattresses because it tested well for pressure relief, support and responsiveness—and felt great for back and side sleeping,” says senior mattress and sleep editor Bridget Chapman. That said, the Saatva Classic is a better choice for stomach sleepers due to its firmer, more supportive feel. Check out our full Helix Midnight Luxe review for more details. Expert tip: The brand lets you upgrade to their “ErgoAlign” layer, which makes the mattress feel more supportive under your spine. We recommend this addition for anyone with sleep-disrupting back pain.Bear Elite Mattress Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Forbes Vetted readers get 40% Off Sitewide and two free pillows at Bear using code FORBES40 at checkout.Type: Hybrid | Brand firmness rating: Soft (5), medium (6) and firm (7) | Thickness: 14 inches | Shipping: Free (in a box) | Trial period: 120 nights | Warranty: LifetimeBest for:People who want an even balance of cushioning and supportCouples with different sleep preferencesHot sleepers, thanks to its cooling cover and copper infusionsSkip if:You’re a heavier-weight person who favors stomach sleeping; if so, consider a firmer option Pain in one area of the body is aggravating; pain in two areas can make it seemingly impossible to get a good night’s rest. For that reason, we named the Bear Elite Hybrid the best mattress for back and hip pain. Its cushy memory foam layers coupled with a zoned coil system create a luxurious-feeling sleep environment that relaxes pressure points on the hips and supports a healthy spine. “I tested the medium model of the Bear Elite and found it offered a great mix of pressure relief and support for side and back sleepers,” says Chapman. “It has a luxurious feel with nice cooling elements—and it was easy to move around on, which is a bonus for combination sleepers or anyone with mobility issues.” Other testers also praised the Bear Elite Hybrid’s ability to decompress their lower spine while lying on their back and side. Learn more in our Bear Elite Hybrid Mattress review. Expert tip: The firm model is balanced between support and pressure relief, but the medium model is more beneficial for side sleepers.Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Save up to $300 on Green Mattresses during Avocado’s Summer Sale.Type: Hybrid | Brand firmness rating: Plush (4), medium (6) and firm (7) | Thickness: 11, 13 or 15.5 inches | Shipping: Free (in a box) | Trial: 365 nights | Warranty: 10 years full, 25 years of prorated protectionBest for: Eco-minded shoppers; made with sustainable materialsPeople with allergies; it’s naturally hypoallergenicBack and stomach sleepersSkip if:You want a softer bed and prefer not to spend more on the pillow top version The Avocado Green is one of the few mattresses we’ve tested that holds both Global Organic Latex Standard (GOLS) and Global Organic Textile Standard (GOTS) certifications, meaning it’s been quality-checked by reputable third-party organizations to make sure the materials used in the mattress are organic and responsibly sourced. Because it holds these certifications and excelled in our performance testing, it earned a top spot on this list, as well as in our guide to the best organic mattresses for 2025. It comes in three firmness levels (firm, medium and plush); the softer firmness options cost more and feature thick pillow tops. Our testers note the firm model of the bed has a gentle-yet-firm feel that adapts to pressure points and provides relief where you need it most. Deputy editor Rebekah Lowin has had her Avocado Green Mattress for over two years. “It’s still just as durable and supportive as the day we got it,” she says. “After having a baby, my body has taken a real hit, and I appreciate the natural cushioning and medium support it offers.” Aside from durability, “the eco-friendly materials also help make it cooling,” says Chapman. Expert tip: The firm model is a true firm, so opt for the medium model for more pressure relief. You can learn more in our full Avocado Green review.Coupons By Forbes VettedThe Best Avocado Mattress Discount Codes | Online Promo Codes, Offers & DiscountsForbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Type: Hybrid | Brand firmness rating: Soft (4.5), luxury firm (6.5), firm (7.5) and plus (8.5) | Thickness: 13.5 inches | Shipping: Free (in a box) | Trial: 120 nights | Warranty: LifetimeBest for: Sleepers seeking a plush pillow top mattressZoned back support and pressure reliefMost side, back and stomach sleepers; available in multiple firmnessesSkip if:You prefer a traditional, slow-moving memory foam feel The WinkBed is the epitome of a plush-yet-supportive bed. When we tried it out ourselves, it offered a good balance of lift and pressure relief, with an extra touch of softness thanks to the bed’s cozy Euro pillow top—our favorite part of the mattress. “Its cushiony pillow top offers a nice cloud-like feel but without too much softness or sinkage,” says Chapman. “It’s really balanced.” The combination of these features provides those with back pain the proper support they need, along with ample cushioning to cradle the joints. Available in four comfort levels, the soft version is a safe pick for side sleepers who appreciate a plush bed, while the firmer models are good for back and stomach sleepers. WinkBeds also offers a Plus version that’s specifically designed for heavyweight individuals who weigh over 250 pounds and need a more durable mattress. Learn more in our full WinkBed Mattress review. Expert tip: We think the soft model is slightly firmer than advertised, while the plus model is a little softer than advertised.Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Materials: Memory foam | Brand firmness rating: Medium-firm (6.5) | Thickness: 13 inches | Shipping: Free (in a box) | Trial: 365 nights | Warranty: LifetimeBest for: Side, back and combination sleepers Hot sleepers (thanks to cooling fibers woven in the cover)Price-conscious shoppersSkip if:You weigh over 250 poundsYou’re a strict stomach sleeper in search of a firmer bed While the hug of memory can benefit sleepers with back pain, it’s equally important to get the right support from your mattress. For sleepers seeking a traditional memory foam mattress that doesn’t make you feel like you’re sinking into the bed, we recommend the Nectar Premier. Our testers note that it provides the classic, slow-moving sensation of memory foam while keeping the spine in alignment because of its lifted medium-firm profile. “It seems dense and lifted, with a generally firm feel,” says one tester. “It certainly doesn't have a pillowy, plush feel, like the Helix Midnight Luxe model I have tested. Instead, it’s contouring with minimal sinkage and no feeling of being ‘stuck.’” Another adds, “Its medium to medium-firm level helps keep you supported but still offers nice contouring around my body's curves.” The Nectar Premier has an all-foam construction with memory foam comfort layers, which makes it excel at deadening movement across the bed. Our testers rated it an 8.5 out of 10 in this category, with one saying, “Motion isolation on Nectar is great, and this is one of the bed's

strongest points.” The mattress does come in two constructions (memory foam and hybrid), and we recommend the hybrid model to those who weigh over 250 pounds for added support from the steel coils. Read more details in our Nectar Premier Mattress review. Expert tip: It feels firm upon first lying on the bed, but softens once your body warms up the foam.Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Type: Memory foam | Brand firmness rating: Firm (7) and extra firm (9) | Thickness: 10 inches | Shipping: Free (in a box) | Trial: 120 nights | Warranty: LifetimeBest for: Back and stomach sleepers who need a supportive bedThose interested in a dual-sided mattressCouples who share a small bed (thanks to strong motion isolation)Hot sleepers (with optional cooling cover upgrade)Skip if:You’re a strict side sleeperYou weigh over 250 pounds; try the hybrid instead We find that the Plank Firm is made for back and stomach sleepers who want a supportive mattress with a firmest-of-the-firm profile, as our testers rated it a 9 for back sleeping and 8 for stomach sleeping. With no trace of a sinking-in sensation, it keeps you lifted and helps you maintain spinal alignment, so you sleep on top of the mattress rather than inside its foam. As a bonus, it has a dual-sided design with two firmness options. One side is a true firm, while the other is extra-firm—giving those who live with back pain two chances to find their optimal firmness level. “This bed feels firm and supportive,” says Garrett. “As someone who deals with regular back pain, I could see this being really nice for back or stomach sleepers who need some extra lift in order to feel comfortable at night.” That said, this mattress might be a little too stiff if you’re under 150 pounds or prefer side sleeping; if that describes you, we recommend opting for a softer bed, like the Nolah Evolution or Nectar Premier. Another feature that performs well—especially for an all-foam mattress—is it perimeter support. Our testers rated this category a 9 out of 10 and all concur that it remains supportive from edge to edge. Expert tip: Dual-sided mattresses tend to have a longer life span because you can flip them over to the other side when the foam softens or becomes noticeably worn.Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Type: Hybrid | Brand firmness rating: Soft (3), medium (5) and firm (7) | Thickness: 13.25 inches | Shipping: Free (in a box) | Trial: 120 nights | Warranty: LifetimeBest for: Extra-hot sleepers, thanks to its active cooling featuresAll sleeping positions; comes in three firmness levelsBack support due to its zoned pocketed coils Skip if: You prefer the deep sinkage of an all-foam bed Aside from an achy back, temperature is often one of the biggest barriers standing between you and a good night’s rest. After testing dozens of cooling mattresses made with temperature-regulating features, we found none outperformed the Brooklyn Bedding Aurora Luxe. During testing, we were impressed with the amount of active cooling features in this model—in fact, there are seven. “Its cover is literally cool to the touch (although keep in mind it doesn’t stay that way all night), and I found the bed regulated my body temperature and kept heat from getting trapped,” says Chapman, who slept on the Aurora Luxe for several months. The mattress also excels at pressure relief, so it cradles sensitive pressure points along the back, helping to ease pain. With three firmness levels (soft, medium and firm), the Brooklyn Bedding Aurora Luxe offers a model for side, back and stomach sleepers, alike. You can also choose to add the brand’s Cloud Pillow Top, if you’re in need of extra plushness and pressure relief. See more in our Brooklyn Bedding Aurora Luxe Mattress review. Expert tip: If you’re seeking a cooling mattress with sturdy support and extra cushioning, consider opting for the firm model with the pillow top.Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Type: Hybrid | Brand firmness rating: Medium-firm (6.5) | Thickness: 12 inches | Shipping: Free (in a box) | Trial: 365 nights | Warranty: LifetimeBest for: Back sleepers, as it offers a good balance of softness and supportHeavyweight individualsCouples, thanks to its exceptional motion isolationSkip if: You’re a side sleeper; this may feel too firm DreamCloud is a top choice across many of our guides, including in our list of the best mattresses for sciatica. Because it offers a delicate blend of support and pressure relief along your hips and shoulders, we find that it’s a solid option for many back sleepers and heavier individuals who struggle with regular pain. One of our testers noted that it feels soft, but not too pillowy, with a good amount of support while back sleeping. “While lying on my back, I felt nicely held and supported on the DreamCloud Hybrid Mattress,” says Garrett, adding that she felt a similar amount of comfort and pressure relief as she did on the pricier Saatva Classic and Bear Elite beds. What’s more, this mattress performed well in our motion isolation tests, meaning it limited the movement on the other side of the bed caused by someone prone to tossing and turning. According to Chapman, this makes it “great for anyone sharing the bed with a partner or pet.” The DreamCloud also offers one of the best values on the market. During some of its promotions, the DreamCloud is often the most competitively priced mattress on our list. You can learn more in our full DreamCloud Mattress review. Expert tip: The DreamCloud is a good option for couples since it’s excellent at isolating motion. And if you enjoy a firmer feel with a touch more cushioning, you can upgrade to the DreamCloud Premier Hybrid.Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Type: Hybrid | Brand firmness rating: Medium-plush (2-4) | Thickness: 12 inches | Shipping: Free (in a box) | Trial: 100 nights | Warranty: LifetimeBest for:Back sleepers who seek a balance of support and reliefHot sleepers who want an optional cooling upgradePetite to mid-weight back sleepersSkip if:You’re a back sleeper over 250 pounds (opt for a firmer bed) We typically recommend medium-firm mattresses to back sleepers with back pain, but our testers found that the Leesa Legend offered the perfect balance between support and pressure relief for sleeping supine. Our testers under 250 pounds gave it a rating between 8 to 10 for this sleeping position, as one person says, “The mattress supports my spine fantastically. I do not experience any discomfort when lying on my back, and I enjoyed how much support it provides to my lower back during testing.” Garrett adds, “I experience a good amount of pressure relief around my hips and lower back, which helps me feel relaxed and comforted. I also like the support this bed provides, which makes feel like I am in a neutral spine alignment.” The bed’s supportive profile stems from is its two coil layers that add up to over 1,750 springs. The pocketed microcoil layer near the top of the mattress is zoned to provide targeted support under the lumbar region, while the pocketed spring layer near the base helps provide spinal reinforcements with extra-strong edge support. Inside its comfort layers is a blend of foams, including a layer that’s perforated for a responsive, breathable feel. Its construction makes it more breathable than your average bed, but hot sleepers can also upgrade to the Leesa Legend Chill for an extra $240 (for a queen size). Expert tip: The Chill model has a firmer profile that may appeal to heavier back sleepers over 250 pounds, or anyone who wants a touch more support than what the standard model offers.Forbes VettedForbes Vetted ratings are based on thorough evaluations by our editorial team to help you choose the best products with confidence.Type: Hybrid | Brand firmness rating: Medium-firm (5-7) | Thickness: 15.5 inches | Shipping: Free white glove delivery | Trial: 365 nights | Warranty: LifetimeBest for:Individuals or couples over 250 poundsBack, side and combination sleepersThose who want free removal of their old mattressAnyone who values good ease of movementSkip if:You don’t want to use deep-pocket sheets Saatva is a great go-to brand for people with back pain, including those who weigh over 250 pounds. The brand offers a specially designed mattress made to support up to 1,000 pounds (500 pounds on each side), with advanced features that provide long-lasting comfort. One heavyweight tester says, “I think this is my favorite mattress so far [during testing].” Another person in the 250-pound-plus category compared it to a fancy hotel mattress, while a third tester notes, “It feels a bit firm but not hard—it was supportive yet soft. The mattress offers a good balance of both.” Near the base is a system of 14-gauge coils and a lumbar spinal wire for added back support. Then, the perimeter of the coils is surrounded by dense foam rails to boost its edge support, which our testers rated an 8 out of 10. Above the coils are layers of memory foam, zoned latex foam for targeted relief and support, and a plush Euro top for extra cushion. See more in our full Saatva HD review. Expert tip: With a medium-firm profile, it’s ideal for side, combination and back sleepers, but stomach sleepers should consider a firmer plus-size mattress like the Titan Plus.Coupons By Forbes VettedThe Best DreamCloud Coupons | Online Promo Codes, Offers & Discounts Why Trust Forbes Vetted The Forbes Vetted sleep team has tested and reviewed hundreds of sleep products, which are documented in our large library of mattress and sleep guides. This includes dozens of mattresses designed for specific sleep needs, positions and preferences, from the best mattresses for hip pain to the best medium-firm mattresses. Mattress and sleep editors Bridget Chapman and McKenzie Dillon are certified sleep science coaches who’ve collectively tested more than 150 mattresses, including every one on this list. They oversee this guide and its updates. Mattress updates writer Alexandra Garrett, who also has mattress testing experience, helped compile the advice in this story. Garrett has tested several our picks, including the Helix Midnight Luxe, Avocado Green, Plank Firm, WinkBed, Bear Elite Hybrid and DreamCloud Hybrid. We tapped Dr. Michael Gerling, a board-certified orthopedic spine surgeon and founder of Gerling Spine Care and Research Institute, to inform the advice in this guide, including the most important factors that people with back pain should look for in a mattress. To keep this guide accurate, we regularly reevaluate our picks to make sure they continue to be the best recommendations for sleepers with back pain. This story was last updated in June 2025 by Garrett to include additional tips on sleeping with back pain in the buyer’s guide. How We Tested The Best Mattresses For Back Pain To identify the best mattresses for back pain, our testers tracked down best-selling models from brands we trust and compared their performance across several key features for back pain. Our sleep editors tested more than 150 beds, then we had a team of over a dozen people re-test 60 top-rated mattresses to evaluate how each mattress performed in categories that matter most for back pain. Support And Spine Alignment When testing for support, we examined the construction of each mattress and evaluated the bed’s comfort layers and base. We also tested the mattress in each sleeping position to see how well it supports spine alignment—a key factor for back pain relief. When side sleeping, we paid special attention to whether our hips and shoulders sank; when stomach sleeping, we considered whether our hips sank and if our back curved in. Pressure Relief Pressure relief refers to how well a mattress contours to and alleviates areas of pressure. For people with back pain, a pressure-relieving mattress can offer relief around the hips, back and shoulders. To test for pressure relief, we lie on the mattress in each sleeping position (side, back and stomach) and note where we feel pressure buildup and where we feel relief. Firmness A medium-firm to firm mattress is typically best for most people with back pain. With that in mind, we took a close look at each mattress’ firmness level during testing to see how it compares with the brand’s firmness rating. What To Consider When Buying A Mattress For Back Pain Mattresses aren’t one-size-fits-all, which is why it’s important to keep key aspects, such as mattress construction and firmness, in mind while shopping, as well as individual traits, like your sleeping position, back pain location and body type. Below, we break down these components and more. Back Pain Location Where you experience back pain (lower, middle or upper back and neck) can indicate where you’re lacking support with your current mattress—and what to look for in a new one. Lower back pain can be a sign your mattress is too soft or is starting to sag. Since the lower back has more range of motion than the rest of the spine, an unsupportive bed can cause the hips to sink, resulting in misalignment of the spine. To help relieve this type of back pain, look for a mattress that falls on the upper end of the firmness scale (think a 7 out of 10 or higher), which is less likely to buckle under your weight. Mid-back pain can happen when a mattress doesn’t strike the right balance of cushioning and support for your preferred sleeping position. For example, a mattress that’s too firm doesn’t adequately contour to a side sleeper’s shoulders and hips, leading to pressure buildup in those regions and discomfort around the mid-back over time. For sleepers with this type of back pain, consider a medium-firm mattress that’s equal parts cushioned and supportive. Upper back pain happens when the upper body, neck and shoulders aren’t in alignment with the rest of the spine. This can occur when pillows are stacked too high or too low for a particular sleeping position. If you have upper back pain, consider tailoring your pillow to your preferred sleeping position. Side sleepers typically fare better with a taller pillow than stomach sleepers do, while back sleepers need a medium-loft pillow that sits somewhere between 3 to 5 inches. Neck pain can occur when your mattress or pillow throws your neck out of alignment with the rest of your spine. Similar to upper back pain, this can happen if your pillows are too high or too low for your sleeping position. If neck pain is your top concern, reevaluating your pillow is also a good idea. Mattress Type There are many types of mattresses, but not all are equipped to relieve back pain. Here’s a brief breakdown on how different mattress materials measure up for back pain sufferers: Innerspring mattresses offer the most structured support. However, they can sink over time and create pressure points, so be sure to pick a high-quality brand that’s built to last to avoid future back pain. Memory foam mattresses have a pressure-relieving feel that contours the natural curve of the spine, promotes alignment and cradles joints. Depending on the type and density of the foam, it can either be slow-moving or more responsive. Hybrid mattresses are a great choice for back pain because they contain comfort layers on top for pressure relief and supportive coils below to promote spine alignment. Gerling says if you live with back pain, “There are excellent steel coil mattresses that have had excellent ratings by customers and should be considered.” Most of the beds in this roundup are top-rated hybrid mattresses that offer maximum support. Latex mattresses are often a more natural alternative to memory foam. They cradle the joints without sinking too much, while also being supportive enough to keep the spine aligned. Sleep Position The primary position you tend to sleep in plays a role in which mattress will best address your back pain concerns: Side sleepers with back pain need a mattress that’s soft enough to cradle key pressure points, like the hips and shoulders, but supportive enough to keep the body from sinking too far into the mattress, which throws the spine out of alignment. This group needs a soft to medium-firm mattress for optimal back pain relief. Back sleepers with back pain typically benefit from a mattress that can keep the hips from sagging in order to accommodate the natural curve of the spine. These sleepers are typically better off with a medium-firm to firm bed that offers cushioning for the upper back but ample support for the midsection. Stomach sleepers with back pain can go firmer than both side and back sleepers to keep their midsection from sinking into the bed and putting stress on the lower back. Body Weight Similar to your sleeping position of choice, your body weight also plays a role in determining which mattress is best suited for relieving your back pain: Heavyweight sleepers over 250 pounds tend to sink into their mattress more than an average-weight or lightweight sleeper, so these folks are typically better off with a firmer mattress to prevent sagging and spinal misalignment. Lightweight sleepers (those who weigh under 150 pounds) tend to sit more on top of the mattress, making a medium-soft to medium-firm option a better fit for back pain. Average-weight sleepers with back pain tend to feel the best on a medium-firm to firm mattress, as these typically hit an ideal balance of comfort and support. Firmness Generally, a mattress that’s medium-firm to firm should work for most sleepers with back pain, since these beds hit the supportive-yet-cushy sweet spot. However, as mentioned above, the firmness you settle on is ultimately a matter of preference. Typically, a firm mattress is ideal for stomach sleepers, while a softer bed is a better choice for side sleepers. The best bed for back sleepers falls in between the two. Spine Alignment When shopping for a mattress, make sure it can provide sufficient support to your entire body—back and spine included. Spine alignment is crucial for back pain relief; a neutral, healthy posture helps keep pressure off your lower back. In order for a mattress to provide adequate spine alignment, it needs to be supportive, pressure relieving and firm enough to prevent sinking. Many beds are also fitted with additional lumbar support to help keep the spine in a neutral alignment. Oftentimes, these mattresses will say they feature “zoned support” or an ergonomic layer. For example, the Helix Midnight Luxe, our top choice for side sleepers with back pain, offers the option to add extra support via its ErgoAlign layer to provide more lift under your spine. Other Features To Consider While factors like mattress type, sleeping position, the level of support a mattress provides and how firm it is are all crucial to consider when looking for the best mattress for back pain for you, there are other features worth considering as well. Below, we break down other key factors to keep in mind; we also evaluated how each of our recommendations stacked up against these features during our testing process. Durability: The durability of a mattress ultimately dictates its ability to provide long-term support and its ability to consistently maintain spinal alignment. A good way to determine a mattress’s level of durability is to look at what materials it’s constructed with. Typically, higher-gauge steel coils, high-density memory foam and natural latex are the most durable materials. Ease of movement: An important feature to consider if you switch between your back and side or side and stomach while you sleep, ease of movement measures how responsive a mattress is to a change in position. Unresponsive beds can cause additional strain and further contribute to an achy back. Bouncy, responsive beds, on the other hand, mean you’ll exert less energy when switching from one position to another, plus make it easier to get in and out of bed. Edge support: A mattress with sturdy edge support makes sitting or sleeping on the perimeter of the bed comfortable, without worrying about slipping off or the bed sagging under you. This is especially helpful for people with back pain because it provides extra stability for getting in and out of bed. Temperature regulation: Back pain is tricky enough; add in night sweats and you get a recipe for sleeplessness. If you’re a hot sleeper with back pain, look for a hybrid or innerspring bed, both of which contain coils to promote airflow through the center of the mattress. Other Mattresses For Back Pain We Tested We’ve tested more than 150 mattresses, including dozens of beds designed for sleepers with back pain. While the mattresses listed below didn’t outperform the winners highlighted in our list, they still offer features that are worth considering for some sleepers. Below, we break down why they didn’t make the cut for this list in particular, as well as who each bed may be a good fit for. Saatva Rx (Forbes Vetted score: 8 out of 10): This mattress is designed to target chronic back and joint pain. It features a dual-coil design that pairs an 8-inch pocketed coil layer in the base with a 1-inch flexible microcoil layer above. While it’s a good choice for individuals with conditions like sciatica, arthritis, herniated disc and scoliosis, the Saatva Classic is a better choice for those who experience average back aches. Read more in our in-depth Saatva Rx review. The Saatva Rx in one of our mattress tester's homes.BRIDGET CHAPMAN FOR FORBES DreamCloud Luxe Hybrid (Forbes Vetted score: 9 out of 10): We rated this bed our favorite overall mattress for pressure relief thanks to its medium feel and plush pillow top. However, the OG DreamCloud offers a firmer feel that better suits individuals with back pain concerns. For further insights, read our DreamCloud Luxe Hybrid review. We tested every aspect of this DreamCloud mattress.McKenzie Dillon For Forbes Stearns & Foster Lux Estate (Forbes Vetted score: 9.5 out of 10): By combining Tempur-Indulge Memory Foam from Tempur-Pedic with a supportive base of coils, Stearns & Foster created a luxurious mattress that appeals to a variety of sleepers. The biggest downside, though, is its hefty price tag, at $3,599 for a queen. Read more in our Stearns & Foster Lux Estate review. Our mattress tester slept on the Stearns & Foster Lux Estate for over a month.Bre Richey For ForbesCoupons By Forbes VettedThe Best Tempur-Pedic Coupons | Online Promo Codes, Offers & Discounts Additional Tips For Back Pain Relief While your mattress plays a role in ensuring proper spinal alignment, other bedding accessories can help relieve pain, too. Below, we outline the best accessories for back pain relief. Pillows For sleepers who experience discomfort in the upper back and neck, the right pillow is key to easing aches and pains. In order to properly align your head, neck and shoulders, a pillow needs to match your preferred sleeping position. Side sleepers need a firm pillow that’s thick enough to fill the gap between the head and shoulder. Stomach sleepers do best with a soft, flatter pillow that avoids throwing the neck out of alignment, while back sleepers need a medium-loft pillow that’s not too firm nor too soft. Mattress Toppers A mattress topper can add extra support and comfort to your existing mattress—and by extension, provide some back pain relief. They’re typically less expensive than a new mattress, making them a good choice for sleepers who aren’t quite ready to upgrade their bed. If your current mattress is too firm, a plush mattress topper creates an added layer of cushioning to ease sensitive pressure points along the back. However, if your current mattress is sagging or unsupportive, a mattress topper won’t make up for the lack of support; in this case, it’s best to invest in a new (firmer) mattress. Adjustable Bed Frames If you find it uncomfortable to lie flat, an adjustable bed frame can be a game-changer for your sleep. Adjustable bed frames allow you to elevate your upper or lower body, which can reduce the pressure you feel on different areas of your back.What Type Of Mattress Is Best For Back Pain?We recommend medium-firm to firm hybrid mattresses for those looking for back pain relief. Hybrid mattresses offer a combination of supportive coils and plush foams, and a medium-firm to firm feel strikes the balance between softness and support.Which Mattress Is Best For Back Pain: Foam Or Spring?We typically recommend hybrid mattresses for back pain sufferers because they combine supportive coils and joint-cradling foam layers. Foam mattresses can be a good option for some sleepers, especially those seeking optimal pressure point relief, as long as they’re firm enough to keep the spine in alignment. Traditional innerspring mattresses are bouncier and don’t offer contouring foams, so we wouldn’t recommend these for back pain relief. Is A Soft Or Hard Mattress Better For Your Back? The answer lies somewhere in between, which is why medium-firm mattresses are a good place to start. Beds that are too hard can be uncomfortable and put pressure on joints, while those that are too soft can bend the spine out of alignment. Medium-firm beds are a good middle ground for most people (especially for combination sleepers), but heavier-weight sleepers or those simply needing more support do best with beds on the firmer side. Ultimately, it all comes down to personal comfort.

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