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5 Best Mattresses for Stomach Sleepers of 2024

By [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

Updated: June 11, 2024



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Stomach sleepers need a bed that's supportive enough to prevent their hips from sinking too far into the mattress. Sleep coach and Sleepably founder Seth Davis says stomach sleepers should avoid putting extra stress on the neck and back. Medium to firm beds are the best bet because they offer enough support to keep the spine in neutral alignment.

We found the Saatva Classic, which we [tested in our lab](#), to be the best overall mattress for stomach sleepers thanks to its supportive two-layered coil system. It offers exceptional edge support and comes in three firmness levels, including Firm and Luxury Firm, both of which are suitable for stomach sleepers. In addition to the Saatva Classic, our list includes options for stomach sleepers of different needs. Whether you sleep hot, are on a tighter budget, or want a bed that's supportive enough for larger bodies, we found a bed that's right for you.

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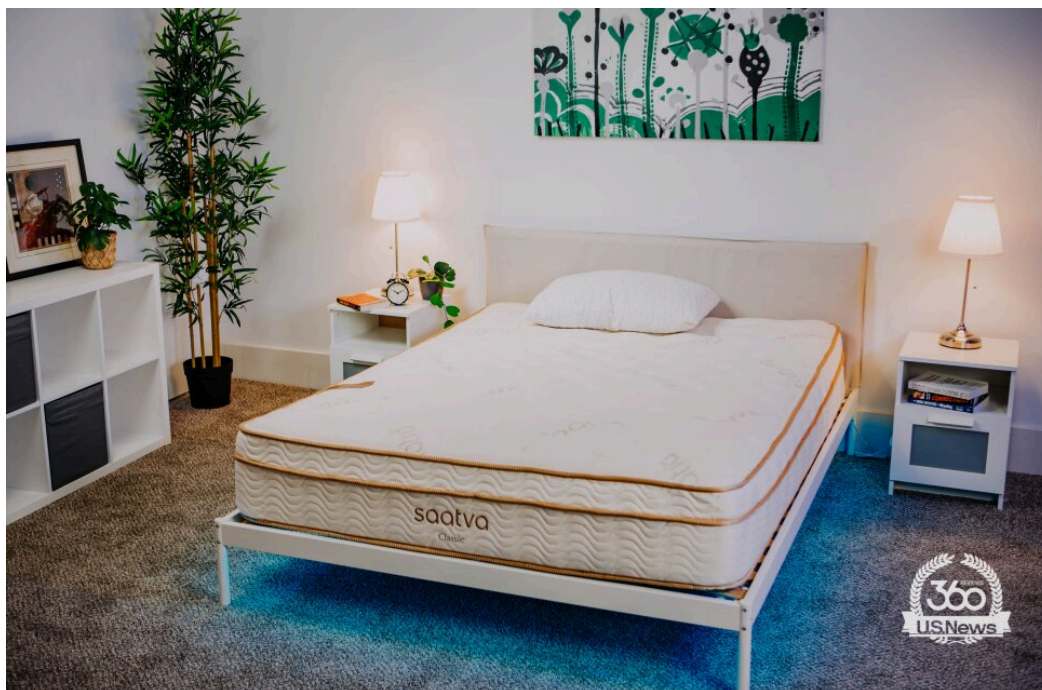
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Our Top Picks

Best Overall: [Saatva Classic](#) »

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Best Budget: [Nectar Memory Foam »](#)[Jump to Review ↓](#)**Best Organic:** [Saatva Zenhaven Latex Mattress »](#)[Jump to Review ↓](#)**Best Cooling:** [The WinkBed »](#)[Jump to Review ↓](#)**Best for Heavy People:** [Nolah Evolution 15 »](#)[Jump to Review ↓](#)**Best Overall****Saatva Classic »****3.9** ★★★★★ ☆ U.S. News Rating**PROS:**

✓ Customizable options

CONS:

✗ Taller height (14.5)

with three levels of
firmness and two heights

inches) isn't compatible
with adjustable bases

✓ Strong edge support

✗ Returns incur a \$99 fee

✓ Available in a split
California king size

✓ Free white-glove delivery

U.S. News
Exclusive Offer:
Save Up to \$250
OFF Mattresses!

Buy From Saatva

The Saatva Classic comes in three levels of firmness: Plush Soft (3 on a 10-point firmness scale), Luxury Firm (5-7 on a 10-point firmness scale), and Firm (8 on a 10-point firmness scale). We tested the Luxury Firm model, which Saatva says is suitable for all sleeper types. If you prefer an even firmer mattress, the brand particularly recommends the Firm model to stomach sleepers.

In our testing lab, we found the Saatva Classic to boast impressive edge support, a plus if you like to spread out in your sleep. It also provides exceptional comfort, with tester Melinda Yeaman, who is 5 feet, 7 inches, and 165 pounds, noting the Saatva Classic, "Hugs the body with plenty of support."

Catalina Arndt, a tester who is 5 feet, 8 inches tall, and 146 pounds, says it was very easy to move around on this mattress. "I had no issue either changing positions, reaching across the bed to the opposite side's night stand, or getting in and out of bed," she said.

While the mattress didn't warm up much, our testers didn't find it to feel especially cool, mostly it kept temperature neutral, so it might not work well for especially [hot sleepers](#).

Saatva offers a 365-night sleep trial, but keep in mind returns come with a \$99 processing fee.

"This is my favorite kind of firm mattress. Firm, but not like laying on the floor."

“” **Huston Evans, a 5-foot, 11-inch average-sized tester in our Salt Lake City lab.**

“The edge support is great on this one. Very nice to sit or lay right on the edge.”

“” **Tester Melinda Yeaman**

Specs

List Price \$2,095
(Queen):

Sizes: Twin, twin XL, full, queen, king, split king, California king, split California king

Firmness: Plush Soft, Luxury Firm, Firm

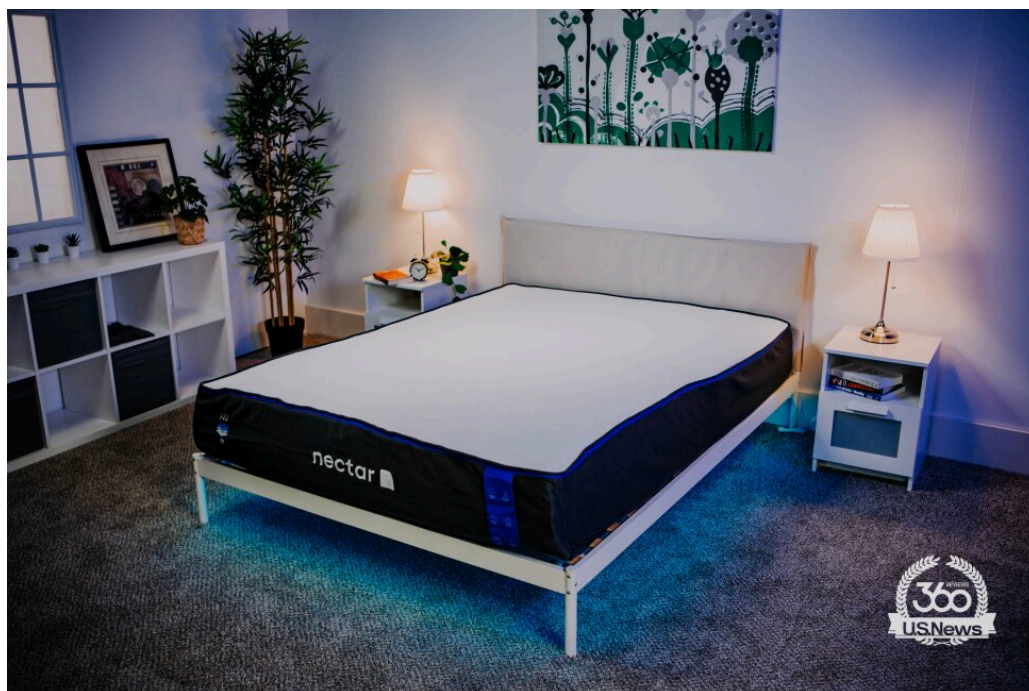
Type: Innerspring

[EXPAND LIST](#) ▾

[Buy From Saatva »](#)

Best Budget

Nectar Memory Foam »

**PROS:**

- ✓ Under \$1,100 for a queen size
- ✓ Shift-resistant cover
- ✓ Gel-infused foam provides pressure relief
- ✓ Strong motion edge support and motion isolation

CONS:

- ✗ Could be too soft for heavier people
- ✗ No coil support system

[Buy From Nectar](#)

In a queen size, the Nectar Memory Foam mattress costs about \$1,100 at full price and is less expensive than many hybrid options for stomach sleepers. This Nectar mattress is an all-foam bed with three layers of support that stay in place thanks to a shift-resistant lower cover.

Marlo Jappen Porto, an editor at 360 Reviews, is a stomach sleeper who has slept on the Nectar for about a year.

“I can't imagine a more comfortable mattress,” she said. “It was one of the most affordable options at the store. Yet, it offers excellent pressure relief. Though it’s an all-foam bed, the edge support is notably strong. It also isolates motion well, making it a good choice if you share a bed.”

The mattress surface is covered by fabric made with polyethylene fibers designed to absorb excess heat and move it away from your body. Below this is a 2-inch layer of gel-infused memory foam for pressure relief and more cooling. Next is a 3-inch layer of responsive foam said to help with airflow, motion isolation, and spinal support. The base layer is 7 inches of durable foam.

Nectar labels the bed a medium-firm, or a 6 1/2 on the 1-to-10 firmness scale on which 10 is the firmest. The company says the design and materials are intended to provide a balance of firm support and soft comfort. However, if you have any hesitations, Nectar offers a 365-night sleep trial and includes free shipping and free returns on all mattresses.

Specs

List Price (Queen):	\$1,099
Sizes:	Twin, twin XL, full, queen, king, split king, California king
Firmness Level:	Medium-firm
Type:	Foam

EXPAND LIST ▾

[Buy From Nectar »](#)

Best Organic

Saatva Zenhaven Latex Mattress »

3.9 ★★★★★ ☆ **U.S. News Rating****PROS:**

- ✓ Natural and organic materials
- ✓ Flippable for two firmness levels in one
- ✓ Free white-glove delivery

CONS:

- ✗ \$99 return fee
- ✗ Expensive

[Buy From Saatva](#)

If you prefer to steer clear of synthetic foams, the Zenhaven Latex made by Saatva uses certified organic materials including latex and wool. The bed is dual-sided and flippable with one side offering a Luxury Plush firmness level (a 4-5 out of 10 on the firmness scale) and the other a Gentle Firm (7-8 out of 10). Saatva says the Gentle Firm is ideal for stomach sleepers and anyone else who feels best on a firm mattress. “For someone who likes a firm mattress, this one really delivers on the support factor,” says tester Craig Hanks (5'11," 200 pounds).

The bed has six layers of support including four layers of Global Organic Latex Standard (GOLS) certified organic latex for lumbar support and durability. Two layers of latex – one near the top of the bed and one near the base – are zoned for enhanced support to the lumbar region and feature ventilated airflow channels to add breathability. These layers determine the firmness of the bed, with one having a softer feel than the other. Sandwiched between them are two additional layers of durable latex that form the core of the mattress.

The bed also has two layers of Global Organic Textile Standard (GOTS) certified organic wool, with one layer located right beneath the surface of the bed and one at the very bottom. Wool is naturally temperature-regulating and antimicrobial, meaning it resists bacteria growth to keep your mattress hygienic. The quilted cover is made of breathable cotton. In testing, we found the bed to resist warming up or retaining heat. According to Hanks, “Thanks to the material and the firmness, I never really heated up.”

The Saatva Zenhaven Latex Mattress costs about \$3,300 in a queen size, which makes it one of the more expensive beds from our research. This high price tag may reflect the strict standards for sourcing and processing materials to qualify for an organic label. Natural [latex](#) is also a premium mattress material that can add to the price, though it’s also very durable, which may make it a good investment in the long run.

“The edge support on the Saatva Zenhaven is wonderful! I could both lay on the edge as well as sit on the edge without feeling like I’m going to fall off. It was great!”

“ Tester Catalina Arndt

Specs

List Price
(Queen):

\$3,295

Sizes:

Twin, twin XL, full, queen, king, split king, California king, upper-flex king

Firmness Levels:

Type:

EXPAND LIST ▾

Luxury Plush, Gentle Firm

Latex

[Buy From Saatva »](#)

Best Cooling

The WinkBed »

4.0 ★★★★★ ☆ U.S. News Rating



PROS:

- ✓ Cooling Tencel cover
- ✓ Gel-infused foam helps dissipate heat
- ✓ Four firmness levels

CONS:

- ✗ WinkBed Plus firmness costs extra
- ✗ Mattress weight may make setup difficult

[Buy From WinkBeds](#)

- ✓ Zoned support in coil layer

The [hybrid](#) WinkBed combines several layers of foam with a support core of individually wrapped coils separated into different firmness zones. This means the coils feel firmer beneath your midsection where you need more support but softer on the pressure points.

The bed comes in three standard levels of firmness – Soft (4 1/2 out of 10), Luxury Firm (6 1/2), and Firm (7 1/2) – and a more expensive option for heavier sleepers called the WinkBed Plus, which ranks at an 8 out of 10 on the firmness scale. WinkBed says the Luxury Firm could work well for those stomach sleepers who want a balance of support and contouring comfort from the upper layer. The brand recommends the Firmer version for stomach sleepers who would prefer the feel of sleeping on the bed's surface rather than sinking in.

For cooling, the bed uses a cover made from Tencel fabric, which has moisture-wicking properties. The quilted Euro pillow top uses a gel-infused foam designed to prevent heat retention, while the pocketed coils allow for airflow throughout the mattress. In testing, some of our panelists felt a cooling sensation while others said it slept temperature neutral. Arndt said, "The Wink proves to be a great mattress as far as cooling is concerned - it does not get hot at all. It maintains itself at room temperature."

A queen size in the Soft, Luxury Firm, and Firm levels costs about \$1,800 at full price. The Plus version in a queen size costs about \$2,000. The Plus WinkBed has a slightly different construction with high-density foams, a layer of zoned latex, and additional edge support. The company recommends the bed for sleepers weighing more than 250 pounds or those who like better back support.

The WinkBed is one of the heaviest mattresses we researched, weighing 135 pounds in a queen size. For this reason, setting up the mattress and moving it around may be a two-person job.

Specs

List Price
(Queen):

\$1,799

Sizes:

Twin, twin XL, full, queen, king, California king

Firmness
Levels:

Soft, Luxury Firm, Firm, Plus

Type:

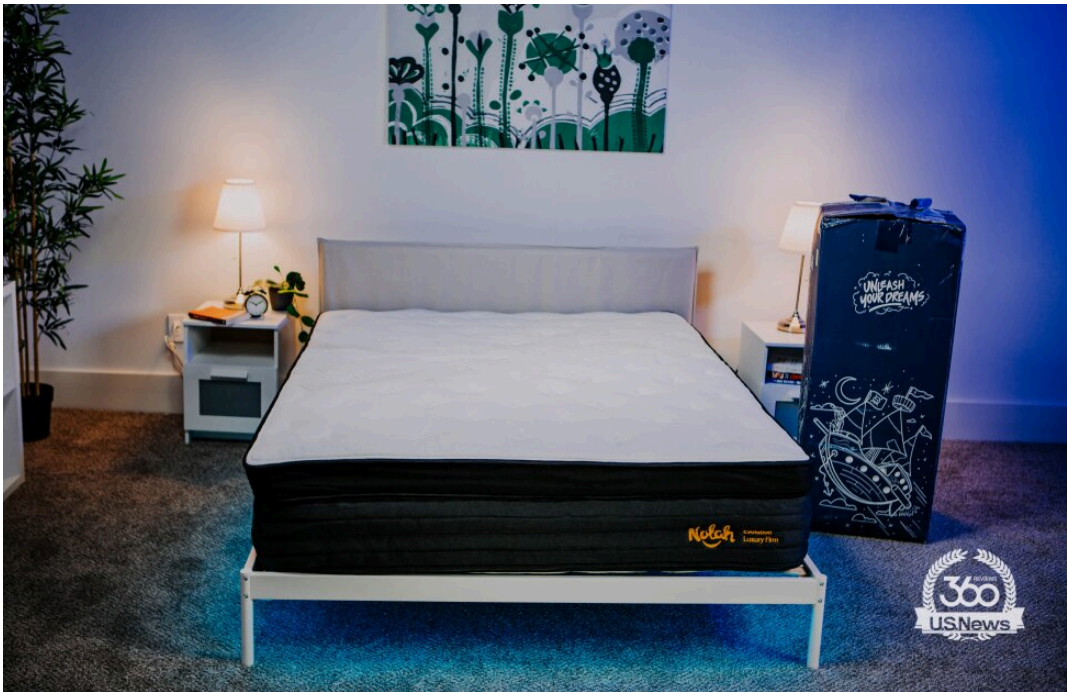
Hybrid

EXPAND LIST ▾

[Buy From WinkBeds »](#)

Best for Heavy People

Nolah Evolution 15 »



- PROS:

✓

Queen size
- CONS:

✗

\$99 return fee

accommodates 300
pounds per side

✗ May not fit in standard-
depth sheets

Buy From Nolah

- ✓ Three firmness levels
- ✓ Thicker profile can resist sagging

The hybrid Nolah Evolution 15-Inch Mattress is made with four layers of foam atop an 8-inch support core layer of individually wrapped coils. The mattress is 15 inches tall, making it one of the highest-profile beds you'll find. While a thick mattress with many layers can be ideal to resist sagging under weight, it may require you to purchase [deep-pocket sheets](#) if you don't already own them. It can also make getting on and off the bed difficult if you're on the shorter side.

In a queen size, the Nolah Evolution 15-Inch can support up to 300 pounds on either side for a total weight limit of 600 pounds. The king size bumps the weight limit up to 350 pounds per side to accommodate a maximum of 700 pounds.

The Nolah Evolution also aims to provide stable edge support with thicker coils around its perimeter, which could be ideal for heavier people who frequently like to sit or lie on the sides of the bed. Using Nolah's graphite-infused AirFoamICE material with heat-dissipation properties, the Evolution aims to help sleepers stay cool while also providing pressure relief.

You can choose between Plush, Luxury Firm, and Firm versions of the Nolah Evolution. The brand recommends the Firm option for [heavier sleepers](#), mentioning its body contouring is minimal to give you the feeling of sleeping on top of the mattress.

Nolah offers a 120-night sleep trial, but if you're certain you'll want to keep the mattress, you can opt out of it during checkout to save \$100. Note that if you do wish to return the mattress, Nolah will deduct a \$99 pickup fee from your refund.

Specs

Price (Queen): \$2,499

Sizes: Twin, twin XL, full, queen, king, split king, California king

Firmness Levels: Plush, Luxury Firm, Firm

Type: Hybrid

[EXPAND LIST](#) ▾

[Buy From Nolah](#) »

The Bottom Line

The best mattress for stomach sleepers keeps the spine in proper alignment, supporting the hips and lower back to make sure the lumbar area doesn't sink too deeply into the bed. Most stomach sleepers tend to prefer a medium-firm to firm bed, but each person's needs and preferences can vary.

Through testing and a consumer survey, we found the Saatva Classic to be the best overall mattress for stomach sleepers. The bed comes in three levels of firmness and Saatva recommends its Firm model for stomach sleepers. The bed's design of dual coil layers is meant to keep the spine aligned. We also found the Sattva Classic to have stable edge support.

Things To Consider When Buying Mattresses for Stomach Sleepers

Firmness Level: A bed's firmness level refers to how soft or hard the surface of the mattress feels when a sleeper lies on it. The firmness doesn't necessarily indicate the bed's level of support, but they can be related. Keep in mind a mattress that comes with a plush level of firmness can still provide ideal support and ergonomic alignment for some sleepers.

Firmness is subjective, and what feels comfortable to some sleepers might feel too firm or too soft to others. Not only does our personal taste come into play, but our body shape and size do, too. According to sleep coach and Sleepably founder Seth Davis, many stomach sleepers should consider a medium-firm to firm mattress. "This level of firmness helps maintain spinal alignment, which is crucial for stomach sleepers to avoid neck and back strain," Davis says.

If you're a stomach sleeper looking for a combination of comfort and support, look into beds that are labeled as medium-firm (which usually falls between a 6 and 7 on the firmness scale) or firm (about a 7 to 8). Heavier stomach sleepers weighing about 230 pounds or more could include extra firm beds in their search, too.

Materials: A mattress's materials impact the performance, feel, cost, and durability of the bed. Stomach sleepers are likely to feel best on a bed that provides enough support to keep the spine in a healthy alignment. Sleep coach David Rubin, director of product testing at The Sleep Doctor, says stomach sleepers generally can benefit from hybrid mattresses. "The innerspring core will offer lots of support, and the comfort layer – usually memory foam – will provide the cushioning needed," he explains.

For stomach sleepers who tend to run hot, Rubin recommends a hybrid that features latex for cushioning instead of memory foam, noting "Latex gives you the feeling of sleeping 'on' the mattress, and doesn't retain heat as much as memory foam."

Stomach sleepers should avoid mattress constructions that are overly plush – such as super-thick, soft foam top layers – which allow the hips to dip below the spine and may cause lower back pain.

Temperature Regulation: Sleeping too hot or cold can cause a restless night. Hot sleepers may want to shop for a mattress that uses cooling materials to dispel any excess body heat. Fortunately, some of the best mattresses for stomach sleepers are naturally cooling hybrid and innerspring beds. These bed types contain coils for

support that help to cycle fresh air through the mattress for better breathability when compared to other mattress types.

The bed's surface material can also play a role in temperature. If you tend to sleep hot, check for a cover made from a heat-wicking fabric like Tencel or cotton. As for comfort layer materials, latex doesn't trap as much heat as memory foam, though some memory foams are ventilated or infused with cooling gels to address this issue.

Motion Transfer: Some sleepers are easily disrupted by motion on the mattress. This can be caused by a bouncing feel when they or their sleep partner switches positions. This can also happen if a pet decides to jump on or off the bed at night. Some mattress materials are very efficient at absorbing movement, while others tend to be more bouncy.

Memory foam tends to do a great job at isolating motion, so a supportive all-foam mattress can be ideal for stomach sleepers. Hybrid mattresses are another suitable option, as they usually include foam layers to help absorb movements.

Return Policy: Many mattress brands offer a return policy that includes an at-home sleep trial. Since you might need to buy a mattress online without being able to feel it in person beforehand, a sleep trial allows you to test out the mattress in the comfort of your home to make sure it's the right match for your sleeping style. Sleep trials generally range from 120 nights to a year. Some companies don't offer one at all. It's also worth noting that not all returns are free. Some manufacturers charge a fee – often \$99 – to haul away the mattress.

How We Chose the Best Mattresses for Stomach Sleepers

To compile this list of the best mattresses for stomach sleepers, we considered our experience testing mattresses that are said to be ideal for supporting this sleep position. We also consulted with sleep coach Seth Davis from [Sleepably](#), sleep coach David Rubin, who is the director of product testing at [The Sleep Doctor](#), and neurologist [Dr. Meredith Broderick](#), who is the founder of Sound Sleep Guru.

With this base knowledge, we narrowed down our selection by considering elements like materials, construction, price, and company policies. We identified options that stood out as ideal for specific types of sleepers, such as those who sleep hot, need to shop on a budget, or weigh more than 230 pounds. Our final list features all different bed types, including hybrid, memory foam, innerspring, and latex.

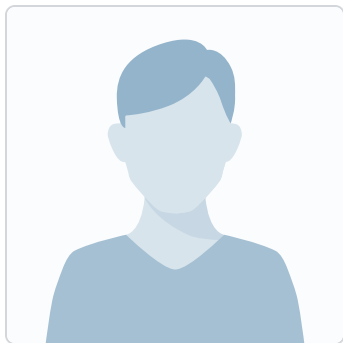
WHY SHOULD YOU TRUST US?

The sleep team at U.S. News 360 Reviews dives deep into mattress research and testing to formulate the top picks for each sleeper type. [Lauren Allain](#), the author of this piece, is a stomach sleeper herself who prefers a medium-firm bed. She also sleeps hot, so she pays close attention to the breathability of the mattress materials. Lauren has been testing, researching, and writing mattress reviews for more than five years. Her work has appeared in Homes & Gardens, Mashable, Reader’s Digest, and more. [Marlo Jappen Porto](#), an editor at 360 Reviews and the editor of this piece, is a stomach sleeper who recommends the Nectar Memory Foam Mattress.

FAQ

What type of mattress is best for stomach sleepers?	+
What mattress firmness is best for stomach sleepers?	+
What should stomach sleepers with back pain look for in a mattress?	+
What should heavyweight stomach sleepers look for in a mattress?	+
When should stomach sleepers replace a mattress?	+

About Our Team



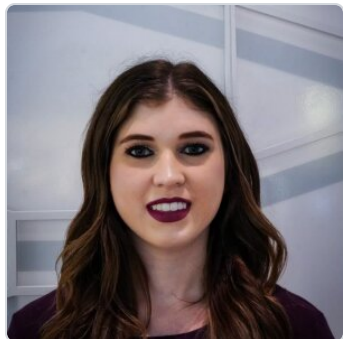
Lauren Allain

Contributor



Lauren Allain is a contributing writer for U.S. News 360 Reviews where she covers sleep products and other home goods. She's a trained journalist with expertise in sleep health, fitness, and wellness. In addition to 360 Reviews, her sleep-product writing has appeared in Homes & Gardens, INSIDER, tuck.com, Mattress Firm, and sleep.com.

[Read more](#)



Marlo Jappen Porto

Former Editor



Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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