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5 Best Mattresses for Back Pain of 2024

By [Sheli Paige Frank](#) and [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

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Getting restful and comfortable sleep while dealing with back pain can be a challenge. Whether you're recovering from an injury or managing chronic pain, sleepers with back issues tend to sleep best on a mattress that provides a combination of ergonomic support with cushioned pressure relief.

The WinkBed is our top pick for those with back pain. When we [tested it in our lab](#), we felt its hybrid construction was ideal for supporting individuals in all sleeping positions. It comes in three firmness, which means sleepers have options to find their ideal match. Our list includes a range of models to suit back pain sufferers of different needs and preferences.

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Our Top Picks

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Best Cooling: [Bear Elite Hybrid »](#)[Jump to Review ↓](#)**Best for Side Sleepers:** [Nolah Evolution 15 »](#)[Jump to Review ↓](#)**Best for Couples:** [Helix Dusk Luxe »](#)[Jump to Review ↓](#)**Best Overall****The WinkBed »****4.0** ★★★★★ ☆ U.S. News Rating**PROS:**

- ✓ Zoned coil layer for added lumbar support

CONS:

- ✗ Sleeps more temperature neutral rather than cooling
- ✗ \$49 fee for exchanges

[Buy From WinkBeds](#)

- ✓ Gel-infused Euro pillow top delivers pressure relief
- ✓ Three firmness levels available
- ✓ Moisture-wicking Tencel cover

The hybrid WinkBed mattress uses a combination of pressure-relieving comfort thanks to the gel-infused foam with ergonomically supportive pocketed coils. These coils are separated into zones, with added support in areas with greater pressure like the back and hips. In the 360 Lab, our testers noticed the support with Catalina Arndt, who is 5 feet, 8 inches tall, and 146 pounds, saying, “I felt that the WinkBed had a good amount of pressure relief, leaving my back feeling fully supported and relaxed.”

The mattress comes in three levels of firmness and a Plus version designed to give better support to [those who weigh over 250 pounds](#). We tested out the Luxury Firm version of the WinkBed, and the majority of our testers felt it was easy to move around on and provided comfortable support in most positions. In our detailed consumer survey, 70% of people who sleep on the WinkBed said it helped relieve back pain. Tester Melinda Yeaman, who is 5 feet, 7 inches tall, and 146 pounds, said, “There is clearly good support built into this mattress. I did feel support on my achy hips.”

The Winkbed has a eucalyptus-derived Tencel cover that naturally wicks away moisture. According to textile expert Deborah Young, Tencel is “incredibly soft and incredibly absorbent, so it takes that sweat off your body which will create a cooling effect.” While our testers didn’t describe this mattress as particularly cooling, they did say that it was temperature neutral.

Specs

**List Price
(Queen):**

\$1,799

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

Height: 13 1/2 in.

Sleep Trial: 120 nights

[EXPAND LIST](#) ▼

[Buy From WinkBeds](#) »

Best Budget

The DreamCloud »

4.2 ★★★★★ ☆ U.S. News Rating



PROS:

- ✓ High-quality materials
- ✓ Medium-firm, not-too-soft hybrid

CONS:

- ✗ Heavy, so can be hard to pick up and rotate

[Buy From DreamCloud](#)

The DreamCloud Hybrid Mattress contains seven layers of carefully balanced luxury materials including a shift-resistant lower cover with handles, a stability base layer, individually wrapped coils, three different foam layers, and a cashmere-blend top cover. With the addition of supportive lower layers of memory foam and coils, tester Craig Hanks, who is 5 feet, 11 inches tall, and 200 pounds, said, “Great firmness from the springs, and a touch of softness with the upper foam portion.”

This combination of plush on top and support below is particularly important if you suffer from back pain, regardless of the cause of the back pain. According to Dr. Christopher Gharibo – a board-certified doctor, professor, and pain management specialist through the NYU Langone Health System – the mattress should give just the right amount when you shift positions and shouldn’t be too soft to cause too much resistance to your body’s movements.

Our testers were also impressed with the bed’s ability to isolate motion since all-foam beds tend to perform better. “For a mattress with springs, this isolates movement really well. Yes, you can feel some movement, but it's minimal,” said Hanks. Our testers also praised the edge support, which can be particularly significant for those with back pain who might struggle to get in and out of bed. “The reinforcement around the edge of this mattress is amazing,” said tester Yeaman. “Even the foot of the bed is easy to sit on.”

Specs

List Price (Queen):

\$1,332

Sizes:

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

Height:

12 in.

Sleep Trial:

365 nights

EXPAND LIST

Buy From DreamCloud »

Best Cooling

Bear Elite Hybrid »

4.2 ★★★★★ U.S. News Rating



PROS:

- ✓ Phase Change Material (PCM) fabric and Celliant fiber cover provides cooling relief
- ✓ Good pressure relief throughout the mattress
- ✓ Stable edge support

CONS:

- ✗ Edge support is so-so for the Soft version
- ✗ Only allow one return or exchange per household

[Buy From Bear](#)

The Bear Elite Hybrid is a six-layer memory foam and spring mattress with a five-zoned coil support system that provides zoned support for those with back pain. The mattress comes in three different comfort levels (Soft, Medium, and Firm) that may help cushion aching joints and cushion your spine. In addition to supportive springs, the Bear Elite Hybrid has a hand-quilted, plush cover made of PCM fabric and Celliant fiber, a cooling combination that Young describes as “textile magic” and which she credits as a reason why she chose her own Celliant fiber and PCM fabric bed a few years ago. In our consumer survey, about 65% of people who sleep on the Bear Elite Hybrid said it provided neutral to great cooling.

Unlike other materials typically used in mattress covers like Tencel and polyester, which are designed to cool by removing moisture from your body, Young explains PCM “cools you when you’re warm and warms you when you’re cool.”

When tested in our Lab, tester Yeaman noted the Bear Elite Hybrid, “doesn't seem to trap heat or cause sweating.”

When it comes to lumbar support for sleepers with back pain, Yeaman gave it high marks. “I need support for my curvy hips and temperamental back and neck. The substantial base support of this mattress with the soft, fluffy feel on top very much checks my boxes,” she said.

Specs

List Price
(Queen):

\$2,305

Sizes:

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

Height:

14 in.

Sleep Trial:

120 nights

EXPAND LIST

▼

Buy From Bear »

Best for Side Sleepers

Nolah Evolution 15 »



- PROS:

✓

Hybrid design cushions joints
- CONS:

✗

Mattress might not be supportive enough for stomach sleepers

Buy From Nolah

- ✓

Easy to move around and change positions
- ✗

Cooling sensation might fade over time
- ✓

Strong edge support

The Nolah Evolution 15 is a 15-inch-thick, nine-layer hybrid mattress with individually wrapped coils grouped in three zones to provide targeted support, three layers of foam of different densities, and a cover, a topper, and a gusset built to keep you cool all night long. Designed to relieve pressure while cushioning joints, the Nolah Evolution 15 has all the comfort and reactivity needed to support an aching back while conforming to side sleepers’ and back pain sufferers’ joints and spines.

Specs

List Price (Queen):	\$2,499
Sizes:	Twin, twin XL, full, queen, king, split king, California king
Height:	15 in.
Sleep Trial:	120 nights

EXPAND LIST ▾

[Buy From Nolah »](#)

Best for Couples

Helix Dusk Luxe »

4.2 ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Strong motion isolation
- ✓ Zoned lumbar support
- ✓ Easy to move between sleeping positions

CONS:

- ✗ Shorter sleep trial than many mattresses
- ✗ Only one firmness option

[Buy From Helix](#)

Couples who deal with back pain could be a match for the hybrid Helix Dusk Luxe. In testing, we found it provided comfortable support in the lumbar area while also doing a nice job at isolating motion. “Only a small amount of movement felt,” reported tester Huston Evans, who is 5 feet, 11 inches tall, and 200 pounds. “If you’re a light sleeper it shouldn’t even bother you.” Similarly, tester Yeaman detected minimal motion.

The Helix Dusk Luxe uses zoned lumbar support to help relieve back pain while providing pressure relief in the foam upper layers paired with the quilted pillow top. In our consumer survey, more than 57% of those sleeping on the Helix Dusk Luxe rated it a 4 or 5 when asked how helpful the bed is at relieving back pain, with 5 being the most helpful. Tester Yeaman said, “As

someone who needs support for my hips and shoulders, it was pretty comfortable, and I could see myself buying it.”

Helix says the Dawn Luxe has a medium feel, but the majority of our testers rated it as a medium-firm.

Specs

List Price (Queen):\$1,799

Sizes:Twin, twin XL, full, queen, short queen, king, California king, RV king

Height:13 1/2 in.

Sleep Trial:100 nights

[EXPAND LIST](#) ▾

[Buy From Helix](#) »

The Bottom Line

Those who have back pain need a [mattress](#) that lands in the sweet spot of providing strong lumbar support but also relieving pressure in the joints and muscles so you can fully relax each night.

After testing in the 360 Lab, we feel the WinkBed is a top option for sleepers with back pain. The zoned lumbar support in combination with the upper pillow top layer provides a nice amount of pressure relief while also keeping the spine aligned. Additionally, there’s three firmness options and a Plus model for heavier individuals.

Things To Consider When Buying Mattresses for Back Pain

Firmness Level: Regardless of if a mattress is made up entirely of [memory foam](#), [innersprings](#), or is a [hybrid](#) of the two, mattress brands usually give them a firmness rating or range, be it soft, medium, firm, or any combination therein. In choosing the right firmness level, back pain sufferers should balance the softness they need to cushion an aching back with the support necessary to align their spine. If you choose too soft of a mattress, you can sink in so much that your joints twist painfully through the night. However, if you choose too firm of a mattress, it could provide too much resistance and increase back pain and muscle stiffness.

Materials: Everything from the density of foam layers to the number of coils and how they're wrapped can be important when choosing a mattress if you suffer from back pain. High spring count mattresses can be very reactive to changes in position, which is important to avoid further irritating a strained back. While too much memory foam can affect spinal alignment, some memory foam provides a soft, cushioning effect that can soothe aching backs, muscles, and joints, which is important for back pain sufferers, especially those who are also side sleepers. For those concerned about memory foam's reputation for trapping heat, there are moisture- and heat-wicking materials and products available that provide consistent [cooling relief](#) all night long.

Edge Support: An aching back is never helped by a struggle to get in and out of bed, and when looking for a bed, you want to pay close attention to edge support. Hybrid mattresses like the ones on our list tend to provide good edge support, as they combine a supportive spring core with the softer, sinking memory foam layers, so you have the cradling comfort your back needs but don't have to settle for sagging edges, which can be an issue with all-foam mattresses. Edge support isn't just for getting in and out of bed, though. A good stable edge increases the usable space of your mattress, as it provides more surface area that can support your weight – something that makes edge support particularly important for couples or anyone sharing a bed.

Trial Period: A trial period is the amount of time you get to sleep on a mattress at home and, if you decide it isn't right for you, return it for a full refund or comparable compensation. Anyone looking to buy a new mattress should pay close attention during their trial period to how they feel while they sleep and when they get up in the morning, but a trial period is particularly important for anyone with back pain who struggles to find a comfortable, supportive mattress and could use some time to test it out and be sure it works for them.

Warranty: Not all warranties cover every problem or are fully free for life, and mattress owners with back pain need to read warranties carefully before selecting a mattress so they know what's covered and what their financial responsibility is should any important features (such as edge support or cooling properties) diminish over time.

How We Chose the Best Mattresses for Back Pain

The editors at U.S. News 360 Reviews chose the best mattresses for back pain by consulting multiple experts including [Dr. Christopher Gharibo](#), an NYU Langone-associated doctor and professor, and [Deborah Young](#), a textile expert, educator, and author. The biggest takeaway from Dr. Gharibo was that despite the running narrative that firmer mattresses are best for aching backs, soft or medium-soft mattresses are much better as they both adjust to the contours of your back and support the problem areas. We also tested dozens of mattresses in the 360 Lab with a panel of testers to decide which felt best for lumbar support.

WHY SHOULD YOU TRUST US?

At 360 Reviews, our editors and contributing writers have experience testing and reviewing products, as well as researching everything from broad categories to specific medical and textile information. Sheli Paige Frank, the author of this piece, is a scripted TV writer, researcher, and New York Times-published journalist. A side sleeper born with a slight curvature of the spine, Frank knows from personal experience the difficulty of finding a mattress that cushions and supports a troublesome back and the rarity of a mattress that can keep you cool when your bedmate is a heat-radiating, personal-space-resistant 16-year-young puggle dog.

[Lauren Allain](#) also contributed to this piece, bringing over six years of experience with testing and writing about sleep products and how they influence quality sleep. The editor of this piece, [Marlo Jappen Porto](#), is an editor at U.S. News' 360 Reviews, specializing in sleep and fitness.

FAQ

What are mattresses designed for back pain?



What is the recommended firmness level for those with back pain?



What are the signs or indicators that a mattress needs to be replaced?



About Our Team



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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

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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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