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Best Twin Mattresses

U.S. News 360 Reviews takes an unbiased approach to our recommendations. When you use our links to buy products, we may earn a commission but that in no way affects our editorial independence.

By [Marlo Jappen](#)

☒ Reviewed by [Haniya Rae](#)

June 20, 2022


Best Twin Mattresses

Rating Details

Who Is a Twin Mattress Best


Popular Mattress Companies

Saatva Classic »



Buy From Saatva

Best Firm Mattress

3.9  U.S. News Rating

EXCLUSIVE U.S. News BF/CM Offer:
Get \$400 OFF mattress orders of \$1000+


PRICE (QUEEN)
~~\$1,770~~ **\$1,295**

TYPE
Innerspring

FIRMNESS
Medium-Soft, Medium-Firm, Firm
Price reflects discount


SEE REVIEW »

Nectar Memory Foam »



Buy From Nectar

Best Memory Foam Mattress for Heavy People

3.7  U.S. News Rating

Special Offer: Get 33% OFF all Nectar products sitewide now!


PRICE (QUEEN)
~~\$999~~ **\$669**

TYPE
Foam

FIRMNESS
Medium-Firm


SEE REVIEW »

The WinkBed »



Buy From WinkBeds

Best Mattress for Back Pain (tie)

3.9  U.S. News Rating

Special Offer: \$300 OFF all mattresses at checkout.

PRICE (QUEEN)
~~\$1,799~~ **\$1,499.00**

TYPE
Hybrid

FIRMNESS
Medium, Medium-Firm Firm

SEE REVIEW »

Though they’re smaller and less popular than queen-size beds, twin beds are ideal for those who live in small spaces or for growing children. They’re also easier to maneuver and their accessories (sheets, bed frame, foundation, etc.) cost less.

Compared to other mattress sizes (full, queen, or king), twin mattresses are the most budget-friendly choice. For instance, in a twin size, the [Avocado Green](#), which makes our list for the Best Twin Mattresses, costs \$500 less than the brand’s queen-sized model.

For those who prefer a mattress with a conforming feel, brands such as [Layla](#) and [Casper](#) sell twin-size memory foam mattresses, both of which land in our selection of the Best Twin Mattresses of 2023. [DreamCloud](#), [Avocado](#), and [Zinus](#) make top-rated hybrid twin mattresses that better suit those looking for medium-firm support. The five twin

mattresses in our evaluation range in price from \$288 to \$1,273. The Zinus Cooling Copper Adaptive Hybrid Mattress is the most affordable model, while The DreamCloud is the priciest.

To learn more about other mattresses we rated, check out our separate [Best Overall Mattresses of 2023](#) review, as well as our [Best Budget Mattress](#) list.

Our Selection of the Best Twin Mattresses

- **Best Twin Mattress Overall:** [Avocado Green](#)
- **Good Budget Twin Mattress:** [Zinus Cooling Copper Adaptive Hybrid Mattress](#)
- **Best Twin Mattress for Hot Sleepers:** [Layla Memory Foam](#)
- **Good Hybrid Twin Mattress:** [The DreamCloud](#)
- **Good Memory Foam Twin Mattress:** [Casper Original Foam](#)

Best Twin Mattresses

Avocado Green Mattress »

TWIN MATTRESSES

365 Nights SLEEP TRIAL

25 Years WARRANTY

Hybrid TYPE

\$899 ~~\$1,399~~ PRICE

Buy a Twin!

Zinus Cooling Copper Adaptive Hybrid Mattress »

TWIN MATTRESSES

100 Nights SLEEP TRIAL

10 Years WARRANTY

Hybrid TYPE

\$288 PRICE

Buy a Twin!

Layla Memory Foam »

TWIN MATTRESSES

120 Nights SLEEP TRIAL

Lifetime WARRANTY

Foam TYPE

\$689 ~~\$749~~ PRICE

Buy a Twin!

The DreamCloud »

TWIN MATTRESSES

365 Nights SLEEP TRIAL

Lifetime WARRANTY

Hybrid TYPE

\$954.76 ~~\$1,279~~ PRICE

Buy a Twin!

Casper Original Hybrid »

TWIN MATTRESSES

100 Nights SLEEP TRIAL

10 Years WARRANTY

Hybrid TYPE

\$895 PRICE

Buy a Twin!

Our Expert Guide of the Best Twin Mattresses

Avocado Green Mattress »

AVOCADO

GREEN MATTRESS

Buy a Twin!

Best Organic Latex Mattress

3.9 ★★★★★
U.S. News Rating

Exclusive US News offer: Get \$200 OFF with code USN200 at checkout

PRICE (TWIN)
~~\$1,399~~ **\$899**

TYPE
Hybrid

FIRMNESS
Medium-Firm

☐ Compare

MORE DETAILS ▼

SEE REVIEW »

Best Twin Mattress Overall: Avocado Green


The [Avocado Green](#) mattress is the brand’s most popular model. In our selection, it earns the title for the Best Twin Mattress Overall. It’s a great choice for eco-conscious shoppers because it uses wool and cotton that’s certified by the Global Organic Textile Standard (GOTS) and latex that’s certified by the Global Organic Latex Standard (GOLS). For the same cost, Avocado also offers a vegan version that uses more cotton instead of

wool. Since it's a hybrid mattress, it will likely sleep cooler than foam beds, which usually trap heat. If you're a hot sleeper, this could be a good choice for you.

The Avocado is medium-firm in feel, making it a great choice for back and stomach sleepers. Side sleepers, however, may find it to be too firm for their liking. For an extra \$400, shoppers can purchase an attached pillow top which will make the mattress feel more plush. Keep in mind, at \$1,099, the Avocado is one of the pricier twin mattresses in our list. While it's not the most budget-friendly option, it comes with a year-long return policy, which is more than the industry standard of 100 days.

Read more in our [Avocado Green mattress review](#).

Zinus Cooling Copper Adaptive Hybrid Mattress »



Buy a Twin!

PRICE (TWIN)
\$288

TYPE
Hybrid

FIRMNESS
N/A

☐ Compare

MORE DETAILS ▼

SEE REVIEW »

Good Budget Twin Mattress: Zinus Cooling Copper Adaptive Hybrid Mattress

Of all the models we considered in our Best Twin Mattresses list, the [Zinus Cooling Copper Adaptive Hybrid Mattress](#), which costs \$288, is the most affordable. It's also the only twin bed in our rankings that has a price tag lower than \$500.

The Zinus is a hybrid mattress with an innerspring base and a memory foam top layer. It has a couple of cooling features, such as copper-infused memory foam, a moisture-wicking cover, and coils that help make the mattress more breathable, making it a great pick for those who sleep hot.

Professional reviewers note that it's suitable for back sleepers but side and stomach sleepers may find the Zinus is not supportive enough.

Read more in our [Zinus Cooling Copper Adaptive Hybrid Mattress mattress review](#).

Layla Memory Foam »



Buy a Twin!

U.S. News Offer: \$160 OFF + 2 FREE Pillows (code: USNEWS)

PRICE (TWIN)
~~\$749~~ **\$689**

TYPE
Foam

FIRMNESS
Medium-Firm

☐ Compare

MORE DETAILS ▼

SEE REVIEW »

Best Twin Mattress for Hot Sleepers: Layla Memory Foam


In our selection for the best twin mattresses, the Layla Memory Foam mattress earns the spot for the Best Twin Mattress for Hot Sleepers. The mattress has a layer of gel memory foam that’s infused with copper, which may help dissipate heat and control odors. In our [Best Cooling Mattresses of 2023](#) list, we rate more mattresses that are ideal for hot sleepers.

The Layla stands out from the other twin mattresses on this list because it’s flippable. A flippable mattress gives sleepers two firmness options in one bed: one side is soft, the other is medium-firm. This is a perk for kids whose preferences may change as they grow. Even though it can be flipped, the Layla may not be supportive enough for heavier sleepers. Professional reviewers recommend it for those who weigh under 230 pounds.

Though it’s not as cheap as the Zinus (\$288), all Layla models are covered with a lifetime warranty, which exceeds the industry standard. The Zinus, for instance, only comes with a 10-year offer.

Read more in our [Layla Memory Foam mattress review](#).

The DreamCloud »

 DREAMCLOUD

Buy a Twin!

3.4 ★★★★★
U.S. News Rating

Get 25% OFF all mattresses site wide + \$599 in free accessories

PRICE (TWIN)
~~\$1,273~~ **\$954.76**

TYPE
Hybrid

FIRMNESS
Medium-Firm

Price Reflects Discount

☐ Compare

MORE DETAILS ▼

SEE REVIEW »

Good Hybrid Twin Mattress: The DreamCloud


The DreamCloud features multiple layers of material, including memory foam, polyfoam, and pocketed coils. Given its 14-inch thickness and its medium-firm feel, it's a good choice for heavier sleepers. Lighter-weight side sleepers (those under 130 pounds), on the other hand, may prefer a softer bed.

If night sweats are a concern, it's worth noting that this twin bed's cover is constructed from cashmere, which may help keep sleepers cool, and its coils allow for increased airflow. A layer of gel memory foam underneath provides pressure relief and supports spinal alignment.

For more hybrid mattress options, take a look at our [Best Hybrid Mattresses of 2023 list](#).

Read more in our [DreamCloud mattress review](#).

Casper Original Hybrid »



Buy a Twin!

PRICE (TWIN)
\$895

TYPE
Hybrid

FIRMNESS
N/A

☐ Compare

MORE DETAILS ▼

SEE REVIEW »

Good Memory Foam Twin Mattress: Casper Original Foam

Built with three layers of foam, the [Casper's](#) top layer is made with the company's proprietary AirScape technology, which uses perforations in the foam to boost airflow and may in turn help dissipate body heat. Additionally, the Casper stands out from competing foam mattresses because it offers zoned support which may offer more midsection support for some sleepers. Its middle layer uses softer foam under the shoulders to alleviate pressure, while firmer foam bolsters areas around the hips, waist, and lower back to help with spinal alignment.

Professional reviewers recommend the Casper Original for combination sleepers, making it a suitable option for growing children as their sleeping preferences may change over time. With a price tag of \$895, the Casper is an expensive twin mattress, which is something to keep in mind if you're on a strict budget. To learn more about other all-foam beds, check out our [Best Memory Foam Mattresses](#) list.

Read more in our [Casper Original Foam mattress review](#).

Who Is a Twin Mattress Best For?

Among [standard mattress sizes](#), twin beds are the smallest in dimension, which makes them suitable for kids, single sleepers, and small spaces. For college dorms, however, the standard size for a mattress is a twin XL, which is the same width as a traditional twin bed, but five inches longer.

While twin models are also the cheapest option, they're not suitable for heavier individuals or those who share a bed with a partner or pet. For kids whose sleep preferences may evolve as they grow, some twin mattresses come with a flippable design, offering two firmness levels in one bed with one side being firmer than the other.

How to Buy a Twin Mattress

Most mattress models are available in a twin size, whether you're interested in shopping in person or online. Before purchasing a twin bed, consider what mattress type you prefer. In general, memory foam beds are great for lightweight sleepers and those who like to sink into their mattress. [Innerspring](#) mattresses may offer more support for heavier sleepers. [Hybrid mattresses](#) combine both foam and springs and tend to sleep cooler than all-foam beds but still provide the support and springiness of an innerspring.

Some twin mattresses target pressure points by cushioning areas like the hips, shoulders, and lower back. If overheating is a concern, some twin beds come equipped with cooling features. You can also look for mattresses with a layer of coils which tends to allow more airflow than foam.

Since they're small, twin beds are the cheapest mattress size which also means the [bedding](#) is more affordable as well. Additionally, to encourage shoppers to test out twin beds at home, many brands provide customers with sleep trials and free delivery. To score a deal on a twin mattress, your best bet is to wait for a holiday such as Black Friday or Labor Day.

FAQ

What are the dimensions of a twin mattress?

A standard twin-size mattress measures 38 inches in width and 75 inches in length. In comparison, a full-size mattress shares the same 75-inch length, but it has a greater width of 54 inches.

Larger in dimension than both these options, a queen-size bed would be more suitable for those who share a mattress with a partner. With a width of 60 inches, it's 22 inches wider than a twin bed. Additionally, it measures 80 inches in length, making it five inches longer than a twin model.

How much does a twin mattress weigh?

The twin mattresses we evaluated range in weight from 41 pounds (the Layla) to 62.79 pounds (the Zinus). Hybrid and innerspring models are heavier because they're built with steel coils and foam beds are lighter, though this may not always hold true depending on the type of foam. Compared to the other standard sizes for mattresses, twin models are easier to maneuver because of their smaller size and weight.

What is the cheapest twin mattress?

In our list, twin mattresses sell for anywhere between \$200 to \$1,000. Based on our ratings, the [Zinus Cooling Copper Adaptive Hybrid Mattress](#), which costs \$288, earns the spot for Good Budget Twin Mattress.

Learn More

Other Mattress Guides

[Best Mattresses of 2023](#)

[Best Cheap Mattresses of 2023](#)

[Best Cooling Mattresses of 2023](#)

[Best Firm Mattresses of 2023](#)

[Best Hybrid Mattresses of 2023](#)

[Best Memory Foam Mattresses of 2023](#)

[Best Mattresses in a Box of 2023](#)

[Best Online Mattresses of 2023](#)

[Best Organic Mattresses of 2023](#)

[Best Latex Mattresses of 2023](#)

[Best Mattresses for Back Pain of 2023](#)

[Best Mattresses for Side Sleepers of 2023](#)

[Best Spring Mattress of 2023](#)

[Best Mattresses for Heavy People of 2023](#)

[California King vs. King Mattress: Which Is Best?](#)

[Mattress Sizes and Dimensions Guide](#)

[Casper vs. Purple Mattress](#)

All Mattress Reviews

[Allswell Mattress Overview](#)

[Amerisleep Mattress Overview](#)

[Avocado Eco Organic Overview](#)

[Avocado Mattress Review](#)

[Avocado Organic Luxury Plush Mattress Overview](#)

[Awara Mattress Overview](#)

[Bear Mattress Review](#)

[Beautyrest Black Mattress Overview](#)

[Beautyrest Hybrid Mattress Overview](#)

[BedInABox Mattress Overview](#)

[Big Fig Mattress Overview](#)

[Birch Mattress Review](#)

[Brentwood Home Hybrid Latex Mattress Overview](#)

[Brooklyn Bedding Mattress Overview](#)

[Brooklyn Bedding Signature Mattress Overview](#)

[Casper Mattress Overview](#)

[Casper Nova Hybrid Mattress Overview](#)

[Casper Wave Hybrid Mattress Overview](#)

[DreamCloud Mattress Review](#)

[Eight Sleep Pod Mattress Overview](#)

[GhostBed Flex Mattress Overview](#)

GhostBed Mattress Overview

Helix Mattress Review

Layla Mattress Review

Layla Memory Foam Mattress Overview

Leesa Hybrid Mattress Overview

Leesa Mattress Review

Lucid Mattress Overview

Lull Mattress Overview

My Green Natural Escape Mattress Overview

Nectar Mattress Review

Nest Bedding Finch Mattress Overview

Nest Bedding Mattress Overview

Nest Bedding Sparrow Mattress Overview

Nolah Mattress Review

Novaform Mattress Overview

Plank Mattress Overview

PlushBeds Botanical Bliss Mattress Overview

Puffy Mattress Review

Purple Mattress Review

Purple Hybrid Mattress Overview

Saatva Latex Hybrid Mattress Overview

Saatva Loom & Leaf Mattress Overview

Saatva Mattress Review

Saatva Zenhaven Mattress Overview

Sealy Mattress Review

Serta Mattress Overview

Serta Perfect Sleeper Mattress Overview

Sleep Innovations Mattress Overview

Sleep Number Overview Page

Sleep On Latex Mattress Overview

Sweet Night Twilight Mattress Overview

Tempur-Pedic Mattress Overview

Tempur-Pedic Tempur-Breeze Mattress Overview

Tempur-Pedic Tempur-Cloud Mattress Overview

Titan Mattress Overview

Tuft & Needle Mattress Review

Tuft & Needle Mint Mattress Review

Tulo Hybrid Mattress Overview

Tulo Mattress Overview

WinkBeds Mattress Review

Zinus Mattress Review

Zoma Hybrid Mattress Overview

Zoma Mattress Overview

Other Guides from 360 Reviews

Best Mattresses of 2023

Chelsea Van Bloom and Victoria Sheridan



Best Pillows of 2022

Chelsea Van Bloom and Marlo Jappen



Best Bed Sheets of 2022

Chelsea Van Bloom



Best Refrigerators of 2023

Chelsea Van Bloom and Victoria Sheridan



Best Washing Machines of 2022

Kelly Burgess and Marlo Jappen



Best Dryers of 2023

Jeremy Brown and Chelsea Van Bloom



Best Mattress Toppers of 2023

Lauren Allain



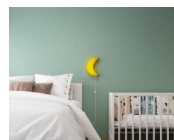
Best Air Mattresses of 2023

Lindsay Boyers



Best Crib Mattresses of 2023

Teresa Bitler



Our 360 Methodology for Evaluating Mattresses

Why You Can Trust Us: 312 Mattresses Researched

At U.S. News & World Report, we rank the Best Hospitals, Best Colleges, and Best Cars to guide readers through some of life's most complicated decisions. Our 360 Reviews team draws on this same unbiased approach to rate the products that you use every day. To build our Best Mattresses of 2023 rating, our mattress and certified sleep science specialists researched more than 312 mattresses and analyzed 20 reviews. Our 360 Reviews team does not take samples, gifts, or loans of products or services we review. All sample products provided for review are donated after review. In addition, we maintain a separate business team that has no influence over our methodology or recommendations.

The following describes our 360 approach to researching and analyzing mattresses to provide guidance to prospective buyers.

1. We researched the brands and products people care most about.

U.S. News analyzed and compared publicly available internet search data to determine which brands of mattresses consumers are most interested in. We found 47 mattress companies that stand out in terms of volume of searches and research among consumers. Once we identified these brands, we reviewed manufacturer data to determine every make and model of mattresses made by the brand at the time of publication.

We evaluated every product offered by each company. In some cases, there were certain add-on variations of the products offered. In these cases, we considered these as ancillary features of one product and not separate models. We decided given that the core product was the same, aggregating the consumer data on these products was the most useful way to evaluate mattresses.

Because product lines tend to launch or discontinue often, U.S. News made the best effort to review active and available product lines as of the date of publication.

2. We created objective 360 Overall Ratings based on our analysis of third-party reviews.

Our scoring methodology is based on a composite analysis of the ratings and reviews published by credible third-party professional and consumer review sources. The ratings are not based on the personal opinions, tests, or experiences of U.S. News. To calculate the ratings:

(a) We compiled two types of third-party reviews and ratings:

- *Professional Ratings and Reviews.* Many independent mattress industry sources have published their assessments of mattresses on the web. We consider several of these third-party reviews to be reputable and well-researched. However, professional reviewers often make recommendations that contradict one another. Rather than relying on a single source, U.S. News believes consumers benefit most when these opinions and

recommendations are all considered and analyzed with an objective, consensus-based methodology.

· *Consumer Ratings and Reviews.* U.S. News also reviewed published consumer ratings and reviews of mattresses. Sources with a sufficient number of quality consumer reviews were included in our scoring model.

***Please note that not all professional and consumer rating sources met our criteria for objectivity. Therefore, some sources were excluded from our model.

(b) We standardized the inputs to create a common scale.

The third-party review source data was collected in a variety of forms, including ratings, recommendations, and accolades. Before including each third-party data point into our scoring equation, we had to standardize it so that it could be compared on an apples-to-apples basis with data points from other review sources. We used the scoring methodology described below to convert these systems to a comparable scale.

The 360 scoring process first converted each third-party rating into a common 0 to 5 scale. To balance the distribution of scores within each source's scale, we used a standard deviation (or Z-Score) calculation to determine how each mattress that a source rated was scored in comparison to the source's mean score. We then used the Z-Score to create a standardized U.S. News score using the method outlined below:

Calculating the Z-Score: The Z-Score represents a data point's relation to the mean measurement of the data set. The Z-Score is negative when the data point is below the mean and positive when it's above the mean; a Z-Score of 0 means it's equal to the mean. To determine the Z-Score for each third-party rating of a mattress, we calculated the mean of the ratings across all mattresses evaluated by that third-party source. We then subtracted the mean from the mattress' rating and divided it by the standard deviation to produce the Z-Score. Calculating the T-Score: We used a T-Score calculation to convert the Z-Score to a 0-100 scale by multiplying the Z-Score by 10. To ensure that the mean was equal across all data points, we added our desired scoring mean (between 0 and 10) to the T-Score to create an adjusted T-Score. Calculating the common-scale rating: We divided the adjusted T-Score, which is on a 100-point scale, by 20 to convert the third-party rating to a common 0-5 point system. (c) We calculated the 360 Overall Score based on a weighted-average model.

We assigned "source weights" to each source used in the consensus scoring model based on our assessment of how much the source is trusted and recognized by consumers and how much its published review process indicates that it is both comprehensive and editorially independent. The source weights are assigned on a 1-5 scale. Any source with an assigned weight less than 2 was excluded from the consensus scoring model.

Finally, we combined the converted third-party data points using a weighted average formula based on source weight. This formula calculated the consensus score for each mattress product line, which we call the 360 Overall Rating.

Firmness is an important factor for many consumers, but unfortunately, there is no objective standard for what is considered "firm," "soft," or anything in between. Where possible, we used manufacturers' assessments for firmness ratings and standardized it to a 10-point scale. Where such information was unavailable, we omitted any mention of firmness relative to a mattress and excluded that product from certain sub-categories that depend upon firmness.

Mattress type is another important factor for many consumers. We considered four options for mattress type: innerspring, foam, latex, and hybrid. "Hybrid" mattresses are

growing in popularity, but there is no objective standard for what they consist of. In some cases, manufacturers will label a mattress as a hybrid when it is actually a standard innerspring mattress with a thin layer of extra material added to the top. Our standard for what counts as a hybrid is a mattress with more than 33% of its height composed of a non-primary material. For instance, if a mattress is 12 inches deep and consists of 7 inches of innerspring and 5 inches of foam, we would consider the foam to be a non-primary material. We then would calculate that 41.7% of the mattress depth consists of a non-primary material, which would meet our standard of a hybrid mattress.

Another important factor for some consumers is whether a mattress is cooling or not. A cooling mattress has one or more layers manufactured from a material designed to lower body temperature or wick away moisture and/or heat. The best cooling mattresses will contain a cooling top layer along with secondary layers that contain a gel or are infused with an element such as copper or graphite which have high thermal conductivity.

An organic mattress is made of natural and organic raw materials. To be considered organic the material must be grown or farmed in accordance with specific guidelines and must not contain petroleum-based fertilizers, pesticides, nor synthetic products. The raw materials may not be explicitly certified to be organic, however, the processed raw materials may have a certification. For this subrating, we only categorized mattresses as organic if they contain materials certified to be organic by a reputable organization.

A mattress is to be considered a memory foam mattress when it contains conforming viscoelastic foam. Our memory foam rating also includes mattresses that have proprietary foam materials that perform similar to memory foam. Memory foam softens and conforms to the body in response to temperature and weight.

A mattress-in-a-box is a mattress that is delivered compressed in a box and then expands to its full size. Our subrating includes mattresses that ship free and weigh less than average for a queen-size of that mattress type.

A mattress for side sleepers is typically one with a firmness rating of soft to medium and uses foam material that conforms to the body shape, performing similarly to memory foam. For this subrating, we referenced professional reviews that highlighted our top mattresses for side sleepers.

A cooling mattress is breathable and cool to the touch. For this subrating, we referenced professional reviews that highlighted our top mattresses with cooling capabilities.

Mattresses for heavy sleepers and those with back pain are typically on the firmer side and have zoned areas for comfort. For these subratings, we referenced professional reviews that highlighted our top mattresses geared toward sleepers with back pain or for sleepers that weigh more than 250 pounds.

All of the data used in our mattress ratings were accurate as of September 13, 2021.

U.S. News 360 Reviews takes an unbiased approach to our recommendations. When you use our links to buy products, we may earn a commission but that in no way affects our editorial independence.

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