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5 Best Firm Mattresses of 2024

By [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

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While it might not sound comfortable to everyone, a firm mattress is ideal for certain sleepers. Sleep science coach David Rubin says back sleepers, stomach sleepers, and heavier sleepers (those who weigh more than 230 pounds) could benefit from a firmer bed. For these sleepers, firm mattresses tend to promote proper spinal alignment throughout the night, keeping the neck, back, and hips all at an even level.

After [testing](#) dozens of mattresses in the 360 Reviews lab, collecting data from our consumer survey, and consulting sleep experts, we think the Helix Dawn is the best firm mattress. This model is affordable and supportive, and our testers found it easy to move around while lying on this bed. In addition to this mattress, our list also covers options for a range of budgets, body types, and sleep preferences.

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Our Top Picks

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Best Budget: [Brooklyn Bedding Signature Hybrid](#) »

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Best Cooling: [The WinkBed »](#)[Jump to Review ↓](#)**Best for Heavy People:** [Nolah Evolution 15-Inch Mattress »](#)[Jump to Review ↓](#)**Best for Couples:** [Avocado Green Mattress »](#)[Jump to Review ↓](#)**Best Overall****Helix Dawn Mattress »****3.6** ★★☆☆☆ U.S. News Rating**PROS:**

- ✓ Firm feel that lightly contours to the body
- ✓ Affordable price
- ✓ Supportive, hybrid design

CONS:

- ✗ Lacks stable edge support at the foot and head

[Buy From Helix](#)

✖ Motion isolation could be better

Helix says this firm mattress is designed for stomach and back sleepers. Our testers felt it ranged between a medium and a firm mattress. “The Helix Dawn is definitely on the firmer side with enough give to allow my body to be conformed by the mattress,” said tester Catalina Arndt, who is five feet, 8 inches, and 146 pounds. She gave the bed a medium-firm ranking.

The hybrid mattress uses a firm foam comfort layer above individually wrapped coils to help with spinal alignment. In our detailed consumer survey, about 77% of those who sleep on the Helix Dawn said they’d recommend the bed to anyone looking for a new mattress.

While Helix mentions the layer of innerspring coils aims to limit motion transfer, our testers said they were able to detect motion from a partner. “I could feel motion all over this mattress,” said tester Lincoln Bailey, who is 5 feet, 11 inches, and 160 pounds.

However, the Helix Dawn’s responsiveness makes it a suitable match for those who tend to toss and turn at night. Most of our testers said it was easy to move around on the Helix Dawn. “Bouncy springs combined with a firm foam on top make it easy to switch from one position to another,” said tester Craig Hanks (5’11”, 200 pounds).

Specs:

Price (Queen): \$1,332

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

Type: Hybrid

Height: 11 1/2 in.

EXPAND LIST ▾

Best Budget

Brooklyn Bedding Signature Hybrid »



PROS:

- ✓ Less than \$1,400 for a queen bed
- ✓ Stronger coils around perimeter for edge support
- ✓ Extended size range available

CONS:

- ✗ \$99 return fee
- ✗ Pillow-top version costs extra

[Buy From Brooklyn Bedding](#)

Costing about \$1,330 in a queen size (and often on sale for even less than that), the Brooklyn Bedding Signature Hybrid comes in three firmness levels

including a Firm option. The brand considers this version to fall at a 7 on the 1-to-10 firmness scale. Brooklyn Bedding says the firm hybrid mattress is ideal for stomach sleepers, back sleepers, and those who want extra lumbar support.

The bed features two layers of foam for comfort and support above an 8-inch layer of coils. Individually wrapped in fabric to limit motion transfer, the coils along the sides of the Signature Hybrid are higher gauge for stronger edge support.

The Brooklyn Bedding Signature Hybrid comes in a range of sizes including somewhat uncommon options like short full and short queen, which could be ideal for those shopping for an RV mattress.

You can try the Signature Hybrid mattress at home for 120 days, but Brooklyn Bedding charges a \$99 return fee.

Specs:

Price (Queen):	\$1,332
Sizes:	Twin, twin XL, full, short full, queen, short queen, olympic queen, king, short king, California king, split California king, RV king (three versions)
Type:	Hybrid
Height:	12 1/4 in.

EXPAND LIST ▾

[Buy From Brooklyn Bedding »](#)

Best Cooling

The WinkBed »

4.0 ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Cooling Tencel cover wicks away moisture
- ✓ Gel-infused pillow top helps dissipate heat
- ✓ Targeted lumbar support
- ✓ Four firmness levels

CONS:

- ✗ Delivery may take up to two weeks
- ✗ Extra cost for Plus version

[Buy From WinkBeds](#)

Hot sleepers shopping for a firm mattress may want to look into the WinkBed, which is designed with cooling features. This mattress is made with a Tencel cover for a cool and moisture-wicking surface, which can help minimize night sweats. The foam used in the Euro pillow top includes a gel infusion to reduce heat retention. Additionally, the support layer of pocketed coils naturally allows for airflow.

In our 360 Reviews lab, tester Catalina said, “The WinkBed 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.”

For comfort, this hybrid bed has an advanced design that incorporates a Euro pillow top with multizoned individually wrapped coils. The WinkBed’s LumbarLayer features additional support in the midsection. It comes in four firmness levels, with the firmest ones being Luxury Firm, Firmer, and Plus. On a firmness scale of 1 to 10, WinkBeds rates the Luxury Firm at a 6 1/2, the Firmer version at a 7 1/2, and the Plus at an 8.

In a queen size, both the Luxury Firm and Firmer versions of the WinkBed cost about \$1,800. The Plus version – which is the firmest WinkBed and designed specifically for heavier sleepers – is more expensive, coming in at about \$2,000 for a queen. The WinkBed Plus uses high-density foams and also adds a 2 1/2-inch layer of latex with zoned support.

Specs:

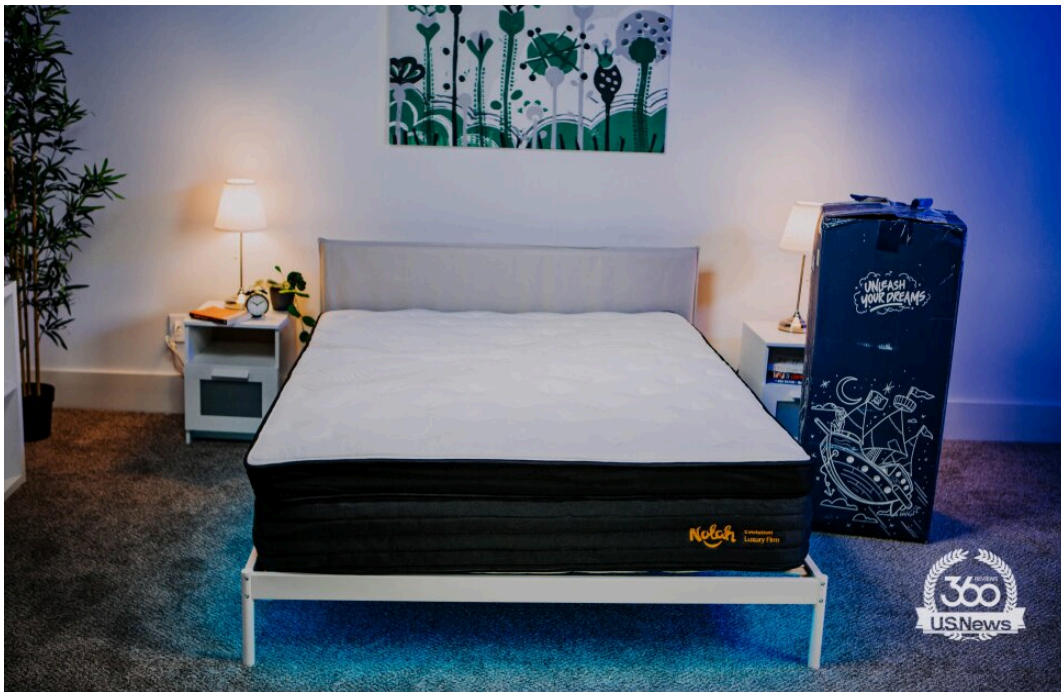
Price (Queen):	\$1,799 (Luxury Firm and Firmer); \$1,999 (Plus)
Sizes:	Twin, twin XL, full, queen, king, California king
Type:	Hybrid
Height:	13 1/2 in.

EXPAND LIST ▾

[Buy From WinkBeds »](#)

Best for Heavy People

Nolah Evolution 15-Inch Mattress »

**PROS:**

- ✓ Queen size accommodates up to 300 pounds per side
- ✓ Zoned support coils
- ✓ Three firmness levels
- ✓ Graphite-infused foam for cooling

CONS:

- ✗ Pricey
- ✗ Returns cost \$99

[Buy From Nolah](#)

The hybrid Nolah Evolution 15-Inch comes in three firmness levels including Luxury Firm and Firm. Nolah ranks the Luxury Firm as a 6 to 7 out of 10 on the firmness scale and the Firm as a 7 to 8. The Luxury Firm is the bestselling firmness level of the Evolution, with Nolah recommending it for back or combination sleepers. The brand says the Firm version offers the most support and is ideal for [heavier individuals](#). The queen-size Evolution is designed for two sleepers weighing up to 300 pounds each, while the king-size model can support two sleepers weighing up to 350 pounds each.

At 15 inches tall, the Nolah Evolution is on the thicker side, which can help it resist sagging under weight. It has four layers of foam for pressure relief, lumbar support, and cooling that sit above an 8-inch layer of individually wrapped coils. This coil core is separated into three zones of support, while the perimeter has thicker coils for stronger edge support.

The queen-size Nolah Evolution costs about \$2,500 no matter which firmness level you choose. Nolah offers a 120-night sleep trial so you can make sure it’s comfortable before you commit to keeping it. However, if you choose to return the mattress, you’ll have a \$99 pickup fee deducted from your refund. If you’re certain that the Evolution is the right choice, you can opt out of the sleep trial, which takes \$100 off the total price of the bed.

Specs:

Price (Queen):	\$2,499
Sizes:	Twin, twin XL, full, queen, king, California king, split king
Type:	Hybrid
Height:	15 in.

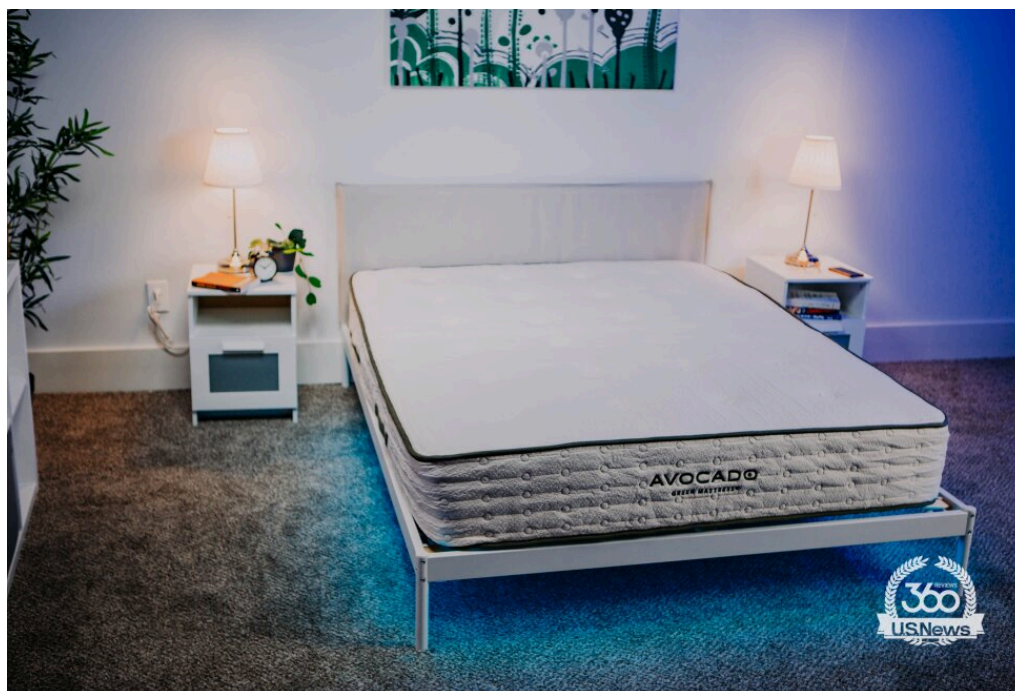
EXPAND LIST ▾

[Buy From Nolah »](#)

Best for Couples

Avocado Green Mattress »

4.0 ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Three firmness options for different sleeper types
- ✓ Certified organic cotton and wool materials promote cooling
- ✓ Minimal motion transfer

CONS:

- ✗ Returns cost \$99
- ✗ Softer versions are more expensive

[Buy From Avocado](#)

The Avocado Green Mattress is made of natural and organic materials and comes in three firmness levels. Its base level is a Firm mattress that costs about \$2,000, but you can upgrade to a pillow-top version with a Medium firmness (an extra \$500 in a queen size) or a box-top version with a Plush firmness (an extra \$1,300). Avocado recommends the Firm option for stomach and back sleepers and rates it at a 7 out of 10 on the firmness scale. In the 360 Reviews lab, tester Catalina said, “My first impression of the Avocado Green is that it is very comfortable to lay on in any position: my back, my sides, and my tummy.”

Overall, the bed is 11 inches tall and is made with a 3-inch layer of Global Organic Latex Standard (GOLS) certified organic Dunlop latex for support. The innerspring coil layer has multiple gauges separated into seven zones of support. These coils are wrapped individually in fabric and designed to move independently of each other in order to reduce motion transfer. This can help prevent couples who share the bed from disturbing each other when they move around. According to tester Catalina, “While I can feel some movement while my partner got in and out of bed or moved around, it wasn't enough to be bothered by it.”

In addition to the organic latex, the Avocado Green mattress uses Global Organic Textile Standard (GOTS) certified organic cotton and wool in the cover and upper comfort layer and uses no formaldehyde. These materials promote air circulation. Tester Huston Evans, who is five feet, 11 inches, and 200 pounds, noted, “The cooling was pretty effective.”

You can try the mattress at home for 365 nights, but keep in mind a return will cost \$99. If you have questions about the Green mattress or want personalized advice, Avocado offers customers free 30-minute video calls with team members.

Specs:

Price (Queen):	\$1,999
Sizes:	Twin, twin XL, full, queen, king, California king
Type:	Innerspring
Height:	11 in.

EXPAND LIST ▾

[Buy From Avocado »](#)

The Bottom Line

A firm mattress can provide the necessary spinal support for back sleepers, [stomach sleepers](#), and heavier individuals who weigh over 230 pounds. Firm beds aim to keep the body in ergonomic alignment and prevent sleepers from sinking too deeply into the mattress, which might lead to back, hip, or neck pain.

After testing [mattresses](#), consulting sleep experts, and reviewing the results of our consumer survey, we think the Helix Dawn is the best option if you prefer a firmer bed. This mattress is on the affordable side and our testers felt it had a bouncy nature that made it easy to change positions.

Things To Consider When Buying Firm Mattresses

Materials and Construction: A mattress's materials and construction are two of the most important factors to affect firmness level. "Because you're looking for more support with a firm mattress, look for a mattress with a strong support core, likely innerspring or individually wrapped coils," says Rubin. "A latex comfort layer on top will be most supportive, but a dense foam would also work."

He also advises anyone looking for a firm mattress to steer clear of ones with an all-memory foam construction, as this material will soften from your body heat throughout the night.

It's also important to remember each sleeper experiences a mattress differently and what feels like the perfect level of firmness to one sleeper might not be right for another. As a result, some sleepers who like a firm feel – for example, lightweight sleepers weighing less than 130 pounds – may find certain memory foam beds to be firm enough for their body type.

When considering mattress materials, you'll want to think about not only their impact on firmness but also their temperature regulation abilities or impact on the environment.

Comfort: Not all sleepers will find a firm mattress to provide both comfort and support. According to Rubin, those who should seek out a firm mattress include stomach sleepers, back sleepers, and sleepers weighing more than 230 pounds. “These groups need the extra support offered by a firm mattress to keep their spines aligned and bodies supported throughout the night,” he says.

As for those who might be unsuited to firm beds, Rubin says side sleepers should generally avoid them because “it will create pressure points on the hips and shoulders and lead to discomfort.” Instead, [side sleepers](#) typically require a more plush surface to relieve pressure.

Temperature Regulation: Temperature regulation is an important quality in a mattress, as feeling too cold or too warm at night is one of the most common disruptors of sleep. Dr. Meredith Broderick, a neurologist and founder of Sound Sleep Guru, says she prefers mattress materials with “heat dissipation and breathability.”

Fortunately, the design of many firm beds also happens to be good for preventing heat buildup. For example, coils not only provide a supportive feel – they also allow for air to flow through the mattress. Firm beds also tend to give the sleeper the feeling of sleeping on top of the mattress rather than contouring to the body for the feeling of sleeping in the mattress. Without this hugging sensation, a firm bed is less likely to trap heat around you.

Motion Isolation: Some sleepers are easily disrupted at night by a partner’s movement or a pet that sleeps on the bed. While memory foam mattresses tend to absorb the most motion, some firm innerspring and hybrid mattresses are also designed to minimize motion. Many hybrid beds offer a layer of innerspring coils but also include upper comfort layers of foam that can help absorb motion rather than allowing it to move across the bed. The springs in these beds may also be individually encased in a fabric cover, which can help them move independently of one another to prevent motion from transferring from one spring to the next. That said, some amount of bounciness is still to be expected from a bed with springs in its core.

Durability: Both the mattress materials and construction can play a role in its durability. Materials that lend firmness to a mattress are also frequently highly durable. For example, latex and high-grade coils are supportive of your body and resistant to sagging over time.

A bed's durability also depends on usage and maintenance. A mattress you sleep on every night might wear out sooner than a guest bed that isn't used as frequently. Using a mattress protector to keep the bed free from moisture and dust can help extend a mattress's lifespan and reduce the risk of damage.

Overall, The Better Sleep Council says a mattress should last for about seven years, but some professionals say a hybrid bed could last for up to 10 years.

How We Chose the Best Firm Mattresses

To compile this list of the best firm mattresses, the writer of this piece turned to three sleep experts:

- [David Rubin](#), a sleep science coach and director of product testing at The Sleep Doctor.
- Dr. Meredith Broderick, a neurologist and founder of [Sound Sleep Guru](#)
- Seth Davis, sleep coach and founder of [Sleepably](#)

These sleep professionals recommended materials and construction that increase mattress firmness and they offered recommendations on which sleepers would benefit most from a firm mattress. Our writer used industry knowledge paired with the experts' advice to narrow down the best firm mattresses that suit a range of sleep preferences. She also relied on feedback from the extensive mattress testing in our 360 Lab to help add real-life experiences of how each mattress feels.

When comparing mattresses, our writer considered materials, construction, design, and company policies like the sleep trial and warranty. Overall, she found innerspring and hybrid mattresses to be best for those who prefer a firm bed.

WHY SHOULD YOU TRUST US?

The sleep team at 360 Reviews has extensive experience researching, testing, and reviewing mattresses. We consulted two sleep coaches and a neurologist who specializes in helping people sleep better. [Lauren Allain](#), the author of this piece, has more than six years of experience with reviewing mattresses. As a stomach sleeper herself, she prefers a firm mattress to avoid lower-back pain. Lauren has worked at

Mashable, Homes & Gardens, and Reader's Digest, among others. [Marlo Jappen Porto](#), who edited this piece, is an editor at 360 Reviews, specializing in sleep and fitness.

FAQ

Is a firm mattress right for me?



Can a firm mattress help with back pain?



What does a firm mattress feel like?



What mattress type is firmest?



When should I replace a firm mattress?



About Our Team



Lauren Allain

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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



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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