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5 Best Mattresses for Heavy People of 2024

By [Nina Derwin](#) and [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

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Larger or taller individuals shouldn't have to skimp on comfort when choosing a bed. These days, there are mattresses specifically designed to support heavier bodies – they typically have a higher weight capacity than standard mattresses and use materials that are more durable.

Our in-house panel of five testers spent hundreds of hours evaluating and testing the top mattresses, with the Helix Plus earning our pick for the best overall mattress for heavier people. When tested in our lab, we found it to be stable yet supportive. It was easy to change positions while lying on this mattress, and it excelled at motion isolation, which is good news if you share a bed – you likely won't be disturbed by your partner tossing and turning. That said, there are other mattress options for heavier individuals. In addition to testing, we relied on consumer surveys and extensive research to come up with a list of the top beds for larger sleepers.

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Best Overall

Helix Plus »

4.2 ★★★★★ ☆ U.S. News Rating**PROS:**

✓ Specifically designed to

CONS:

✗ Edge support can be

support larger bodies

inconsistent

✓ Hybrid mattress with a medium-firm to firm feel

✗ Could feel too firm for some

Buy From Helix

✓ Excels at motion isolation

✓ Cooling materials and design don't retain heat

The hybrid Helix Plus is our top pick for heavy people. We found the mattress to have a medium-firm to firm feel while still offering cradling support.

The Helix Plus did a great job at isolating motion, which is an advantage for couples who are easily disrupted by each other's movements. One of our testers, Melinda Yeaman, described the bed as "quite stable" and noticed little disturbance when her partner moved or got up and down from the bed.

The Helix Plus has a breathable Tencel cover and its hybrid design means hot air can naturally leave the mattress through the spring coil level. Though we didn't find the mattress to be particularly cool, it didn't heat up much over time, and slept mostly temperature-neutral. If you tend to sleep hot, you may benefit from adding [cooling bed sheets](#) to your mattress.

The Helix Plus is a win for heavier sleepers who toss and turn throughout the night. We found it to be easy to change positions on the Helix Plus. Our tester, Craig Hanks, noted, there's "not tons of sink, so moving around is quite simple."

Specs:

List Price (Queen): \$1,465.30

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

Height(s): 11.5 in.

Material(s): Foam, steel coils

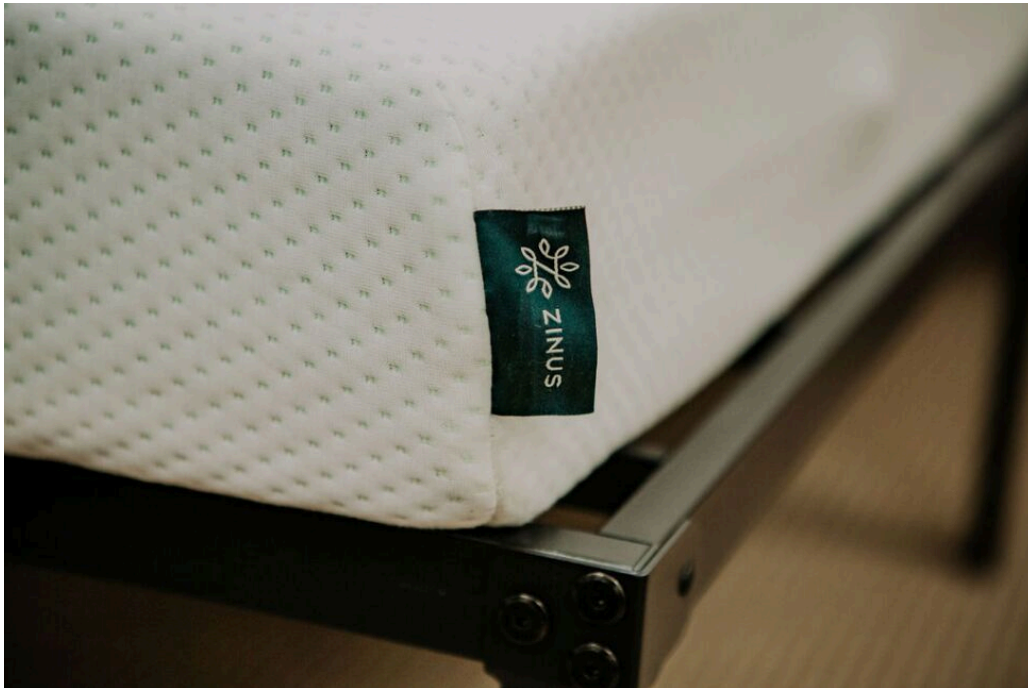
EXPAND LIST ▾

[Buy From Helix »](#)

Best Budget

Zinus Green Tea Memory Foam »

3.6 ★★☆☆☆ U.S. News Rating



PROS:

- ✓ Affordable
- ✓ Available in multiple thicknesses
- ✓ Available in short queen size
- ✓ CertiPUR-US certified

CONS:

- ✗ Some sleepers find it too firm
- ✗ Doesn't ship to Alaska, Hawaii, and U.S. territories

[Buy From Target](#)

The Zinus Green Tea Memory Foam Mattress is the most budget-friendly mattress that we tested and it also offers the most options when it comes to size and thickness. Available in four different thicknesses ranging from 6 inches to 12 inches, the mattress is also available in six standard sizes in addition to short queen, a unique size that’s typically made specifically for RVs. Each Zinus Green Tea Memory Foam Mattress is made from three layers of foam: a base foam layer that serves as the foundation of the mattress and delivers pressure relief and edge support, a middle layer of comfort foam that offers support without sinking, and a top layer of green-tea- and charcoal-infused memory foam that provides freshness and cradling support. In our 360 Lab, we tried the 6-inch version of this mattress, and our testers found it to be very firm – almost like sleeping on a gym mat. That being said, a taller version of this mattress may be better for bigger and taller sleepers, who typically need a mattress with a higher profile.

Specs:

List Price (Queen):	\$239 (6 in.); \$629 (12 in.)
Sizes:	Twin, twin XL, full, short queen, queen, king, California king
Height(s):	6 in., 8 in., 10 in., 12 in.
Sleep Trial:	100 nights

EXPAND LIST ▾

[Buy From Target »](#)

Best Cooling

Nectar Memory Foam »

**PROS:**

- ✓ Cool-to-the-touch cover
- ✓ CertiPUR-US certified
- ✓ Good for most sleeping positions
- ✓ 365-night trial

CONS:

- ✗ Not GreenGuard Gold certified
- ✗ Removing the mattress cover voids warranty

[Buy From Nectar](#)

The Nectar Memory Foam Mattress is made up of three layers of CertiPUR-US certified foam: a 7-inch base layer for stability, a 3-inch middle layer that minimizes motion transfer, and a 2-inch layer of gel memory foam that provides pressure relief. The mattress's breathable, cooling cover is made from heat-absorbent polyethylene fibers, which help to draw away unwanted body heat while you sleep. Unlike thicker mattresses, the Nectar Memory Foam mattress accommodates sheets with a standard pocket depth.

Each Nectar Memory Foam Mattress comes with a 365-night trial and free shipping and returns. It's worth noting that removing the mattress cover voids the warranty, and spot-cleaning is recommended for removing stains.

Nectar describes the feel of the mattress as medium-firm and recommends the mattress for stomach, side, and back sleepers.

Specs:

List Price (Queen):	\$1,099
Sizes:	Twin, twin XL, full, queen, king, California king, split king
Height(s):	12 in.
Sleep Trial:	365 nights

EXPAND LIST ▾

[Buy From Nectar »](#)

Best for Side Sleepers

Nolah Evolution Comfort+ »



PROS:

- ✓ Coil system delivers targeted support to shoulders and hips
- ✓ Multiple cooling features
- ✓ Plush Euro topper
- ✓ Reinforced edge support

CONS:

- ✗ Pricey
- ✗ Requires deep-pocket sheets

Buy From Nolah

The Nolah Evolution Comfort+ was designed specifically with heavy people in mind – it supports sleepers up to 1,000 pounds. It’s a hybrid that features pressure-relieving foam, a plush Euro topper, and the brand’s trademarked HDMax coils. A perk for side sleepers, these coils provide additional support at the shoulders and hips for maximum comfort. The bed also has reinforced perimeter coils that provide extra edge support and should help improve overall durability.

The Nolah Evolution Comfort+ mattress is 14 inches thick, meaning it’ll likely require [sheets with deep pockets](#) instead of standard sheets. While many other mattresses offer free sleep trials, Nolah’s comes with a catch: A 120-night mattress trial can be removed from your order, saving you \$100. In essence, Nolah’s 120-night sleep trial tacks an additional \$100 onto the price of the mattress.

Specs:

List Price \$2,499
(Queen):

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

Height(s): 14 in.

Sleep Trial: 120 nights (\$100 extra)

[EXPAND LIST](#) ▾

[Buy From Nolah »](#)

Best for Couples

The WinkBed »

4.0 ★★★★★ U.S. News Rating



PROS:

- ✓ Good edge support
- ✓ Good motion isolation
- ✓ Plus-size firmness option

CONS:

- ✗ Needs deep-pocket sheets
- ✗ Limited in-store testing locations

[Buy From WinkBeds](#)

The WinkBed is available in six sizes and four different levels of firmness, including one specifically designed for heavy people. This mattress features pocketed springs, which help reduce motion transfer and minimize

disturbances from a partner’s movements during the night. “The cotton-y soft top absorbs partner movement pretty well,” says tester Melinda Yeaman. Catalina Arndt, another tester, appreciated the bed’s support, noting: “I felt confident that I would not fall off when laying on the edge.”

Each WinkBed comes with a 120-night sleep trial as well as free shipping. The WinkBed is accompanied by a lifetime warranty and durability guarantee. Customers who prefer to test a mattress in person before ordering are limited to only 14 in-store locations, but returns are free as part of WinkBeds’s sleep trial, so this may not be a deal breaker.

Specs:

List Price (Queen):	\$1,999 (Plus)
Sizes:	Twin, twin XL, full, queen, king, California king
Height(s):	13.5 in.
Sleep Trial:	120 nights

EXPAND LIST ▾

[Buy From WinkBeds »](#)

The Bottom Line

Not all mattresses are designed to support larger bodies. Larger individuals may be most comfortable sleeping on mattresses specifically constructed for heavier weights, using more durable and stronger materials.

We found the Helix Plus, which we tested in our lab, to be the best mattress for heavier people. The hybrid design and materials give it a medium-firm to firm feel that has pressure-relieving qualities. It excels in motion isolation, a plus for couples, and it doesn’t heat up much, which is good if you’re a hot sleeper.

Things To Consider When Buying Mattresses for Heavy People

Weight Capacity: Some, but not all, mattress manufacturers list the weight capacity of their products on their websites. For heavy people, especially those who share a bed, this may be an important spec to consider to ensure the mattress will be able to deliver the level of support it promises and the longevity that's expected with a new mattress purchase – anywhere from seven to 10 years.

While weight capacity varies from mattress to mattress, many mattresses have weight capacities that fall between 500 and 1,100 pounds. Mattresses made with higher-density foam and more supportive coils can often withstand higher weights, meaning they'll likely also have longer lifespans, as heavier weights cause mattresses to break down faster.

When shopping for a new mattress, it's important that heavy people also consider the base or bed frame they plan to use with it to make sure it's compatible. Using an incompatible base can result in the mattress breaking down more quickly.

Firmness Level: Mattresses designed for heavy people are usually firm, offering plenty of resistance to the force of your weight.

"Heavy persons may need firmer mattresses to support their weight," says [Dr. Angelie Mascarinas](#), a board-certified physiatrist at the Hospital for Special Surgery. "Unsupportive mattresses can affect a patient's sleep quality and can increase back pain. Studies have found that sleeping on a medium to firm mattress can help alleviate back pain."

Your preferred sleeping position may also play a key role in determining the right level of firmness for your new mattress. [People who sleep on their stomachs](#) often need a firm mattress as opposed to side or back sleepers, who may want something a little bit more plush.

Cooling Features: Temperature regulation is key to restful sleep, and a lack of quality sleep can have a detrimental effect on overall health. "Sleep deprivation can also

cause irritability and increased emotional sensitivity,” explains Dr. Mascarinas.

The materials used to make a mattress and the way it’s constructed determine how effective it is at keeping you cool throughout the night. Hybrid or innerspring mattresses are typically more breathable than dense memory foam mattresses. However, some of the newer memory foam mattresses are infused with cooling gel or other features that help dissipate unwanted heat.

Warranty: Purchasing a mattress is a sizable investment, but warranties offer buyers peace of mind. The Federal Trade Commission legally requires manufacturers to stand behind their products, and mattresses come with warranties that usually range anywhere between a 10-year warranty and a lifetime warranty. These warranties tend to protect buyers from any issues related to the performance of the mattress, the most common of which are sagging and craftsmanship-related issues from broken seams to bunching.

Keep in mind that not all manufacturers have the same warranties, and what may be covered by one may not be covered by another. The same is true regarding what, if anything, may void a mattress’s warranty. For example, some mattress warranties become void when certain tags are removed or in the event of liquid damage. It’s important for shoppers to thoroughly review the terms of a warranty before purchasing any mattress to be informed regarding what’s covered and what’s not.

While a mattress is no small purchase, the warranty that comes with it can add significant value, ensuring that your investment is protected for years to come.

How We Chose the Best Mattresses for Heavy People

Our editors carefully researched, tested, and reviewed a vast array of mattresses and considered customer reviews. Four of the five mattresses on this list have been tested in our 360 Lab in Salt Lake City, where we had panelists of different weights and sizes spend hundreds of hours evaluating top-rated mattresses for firmness, motion transfer, ease of movement, edge support, cooling, pressure relief, and comfort.

Additionally, we sought the input of specialists [Dr. Ana Krieger](#), a sleep medicine expert at New York-Presbyterian and Weill Cornell Medicine, and [Dr. Angelie Mascarinas](#), a physiatrist at the Hospital for Special Surgery, to compile a list of the best mattresses for heavy people. We then factored in criteria like cost, cooling features, support, and weight capacity, which we used to narrow our list down to our top choices.

Weight Disclaimer

Weight can be a sensitive topic and one that is relative to each individual. After all, people come in different shapes and sizes. That said, most mattress companies consider “heavy” people to be sleepers who weigh more than 230 pounds. Mattresses specifically designed for this demographic tend to be sturdier than traditional mattresses. Keeping your weight in mind as you shop for a new bed helps ensure that you get the support and comfort you need for a good night’s rest.

Why Trust Us?

Our contributors and editors have years of experience researching, testing, and reviewing products. [Nina Derwin](#), one of the authors of the piece, has written extensively about mattresses and other sleep products for Digital Trends. [Lauren Allain](#), the other contributor to this piece, has more than five years of experience writing about sleep products and their influence on how rested we feel each morning. In addition to 360 Reviews, Allain has written for Reader’s Digest, Sleep.com, and Homes & Gardens. [Marlo Jappen Porto](#), who edited this piece, is a home goods editor at 360 Reviews, specializing in sleep and fitness content.

FAQ

What is a mattress for heavy people?



Can I purchase a mattress for heavy people online, or should I try it out in person first?



What are the warranty and return policies for mattresses designed for heavy individuals?



About Our Team



Nina Derwin

Contributor



Nina Derwin is a Brooklyn-based writer with a passion for home decor, cleaning and organization, and food. In addition to contributing to publications including The Kitchn, Reader's Digest, Beyondish, and U.S. News 360 Reviews, Nina has written several episodes of scripted television for networks including Starz and Fox.

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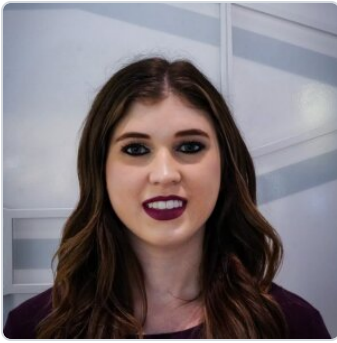
Lauren Allain is a contributing writer for U.S. News 360 Reviews where she covers sleep products and other home goods. She's a trained journalist with expertise in sleep health, fitness, and wellness. In addition to 360 Reviews, her sleep-product writing has appeared in Homes & Gardens, INSIDER, tuck.com,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

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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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