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## 6 Best Recliners for Sleeping of 2024

By [Nina Derwin](#)



Edited by [Marlo Jappen Porto](#) and [Haniya Rae](#)

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Beds aren't the only furniture made for sleep. For many people, finding the best recliner for sleeping helps them get some z's. A recliner should provide the right combination of comfort, quality, affordability, and aesthetics. People who are pregnant, suffer from sleep apnea, or are older may find a recliner for sleeping provides the right support for more restful sleep that gives way to better health during the day.

Before investing in a recliner for sleeping, consider our vetted choices, including our top pick, the West Elm Harris Leather Power Recliner, which is made from high-quality leather and can be adjusted to multiple positions with the touch of a button.

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## Best Overall

### West Elm Harris Leather Power Recliner »



#### PROS:

- ✓ Built-in power button for convenient adjustments

#### CONS:

- ✗ May be too firm for some
- ✗ Vague warranty

- ✓ Made from high-quality materials and real leather
- ✓ USB port on arm for charging electronic devices
- ✓ Comfortable foam padding

Buy From West Elm

Available in four shades of hand-finished leather, West Elm’s Harris Leather Power Recliner offers a mix of contemporary style and functionality. The chair has firm cushions with high-gauge sinuous spring seat support and webbed back support. The frame is made from kiln-dried pine and hardwood. Additional foam padding ensures maximum comfort, and its legs can be removed to get it through tight doorways.

The recliner has a power button on the inside of the right arm that can be used to recline into a multitude of positions, allowing you to find the angle that best suits your preferences. The right arm also has a USB port for charging your phone or other devices. The chair is in stock in one shade of leather, but the other three colors are all made-to-order, meaning they are not returnable. It’s worth noting that West Elm offers no clear warranty information on any of its furniture.

Specs

List Price:	\$1,899.00
Recline Positions:	Various

Buy From West Elm »

Best Budget

## Ashley Ludden Manual Rocker Recliner »



### PROS:

- ✓ Affordable
- ✓ Ultra plush
- ✓ Gentle rocking motion

### CONS:

- ✗ No power features
- ✗ Only one reclined position

[Buy From Amazon](#)

Affordably priced and featuring plush upholstery, the Ludden Manual Rocker Recliner from Ashley Furniture is a no-frills recliner designed for comfort. It has a divided bustle and puckered stitching and is encased in one of three shades of polyester twill. It's a manual recliner with a one-pull reclining motion that transfers it into the fully reclined position, and it also provides a gentle rocking motion while in the seated position.

Designed to be durable, the Ludden has a corner-blocked frame with a metal reinforced seat and attached back and seat cushions made from high-resiliency foam wrapped with thick poly fiber.

Specs

List Price:	\$522.98
Recline Positions:	1

[Buy From Amazon »](#)

Best Splurge

La-Z-Boy Pinnacle Platinum Power Lift Recline...



PROS:

- ✓ Independent back and leg rest motion
- ✓ Adjustable headrest and lumbar support
- ✓ Lift function

CONS:

- ✗ Expensive
- ✗ No heat or massage features

[Buy From Wayfair](#)

 Limited lifetime warranty

The Pinnacle Platinum Power Lift Recliner from La-Z-Boy was designed for petite to average body sizes and features durable foam seat cushions. The chair’s seat and back move at the same time, reducing gaps and ensuring support for the whole body in every position. This recliner has power tilt and independent back and leg rest motion, comes with a wired controller, and features a right-side storage pocket. It also has a leg rest autostop feature to ensure safety when using the power lift component of the chair.

Specs

List Price:	\$2,059.99
Weight Capacity:	350 lbs.
Recline Positions:	Various

[Buy From Wayfair »](#)

Best for Older Adults

Ashley Ernestine Power Lift Recliner »

**PROS:**

- ✓ Easy-to-use one-touch power button with adjustable positions
- ✓ Comfortable foam cushions upholstered in polyester
- ✓ Back and footrest controlled independently
- ✓ Affordable

**CONS:**

- ✗ Assembly required
- ✗ Only available in two neutral colors

[Buy From Amazon](#)

The Ernestine Power Lift Recliner from Ashley Furniture blends plush comfort with the functionality of a power lift, making it an option well-suited to older adults. Available in slate or truffle chenille polyester upholstery, the chair features a dual-motor design that allows the back and footrest to be controlled independently. It has an attached remote with a one-touch power button that transitions you from the reclined position to a lift-and-tilt position, getting you back on your feet.

The chair has a corner-blocked frame with a reinforced seat and footrest, and the cushions are made from high-resiliency foam and wrapped in thick poly fiber. Fully reclined, the recliner measures 69 inches from the top of the headrest to the edge of the footrest. The power cord is included, but it’s important to note that some assembly is required upon delivery.

Specs

List Price:	Starting at \$689.63 (Truffle)
Recline positions:	Various

[Buy From Amazon »](#)

Best for Sleep Apnea Relief

Ashley Yandel Power Lift Recliner »



PROS:

CONS:

- ✓

Dual motor for optimal elevation
- ✓

Side pocket for storage
- ✓

Remote and one-touch button for easy adjustments
- ✗

Only available in two neutral colors
- ✗

Requires assembly

Buy From Amazon

For people with sleep apnea, finding a comfortable sleep position can be beneficial in helping keep the airway open. Ashley Furniture’s Yandel Power Lift Recliner is outfitted with dual motor capabilities, allowing you to elevate your feet and back separately to find the ideal position for sleeping. The recliner has a side pocket for storage, which can be helpful for those with a CPAP machine who may find it laborious to get up and down throughout the night.

It comes with a wired remote with a one-touch button for adjusting positions, allowing you to easily change positions throughout the night. The power cord is attached, but it’s worth noting that the chair does require some assembly upon delivery. It also has power lift capabilities to help you seamlessly transition from a reclined or seated position to a standing position.

Specs

List Price:	Starting at \$719.99 (Brown)
Recline Positions:	Various

Buy From Amazon »

Best for Pregnancy Sleep Support

West Elm Babyletto Kiwi Electronic Swivel Glid...

**PROS:**

- ✓ Water-repellent and stain-resistant fabric
- ✓ Sustainably sourced
- ✓ GreenGuard Gold Certified

**CONS:**

- ✗ Some assembly required
- ✗ No power lift feature

[Buy From West Elm](#)

Made from sustainably sourced materials and Greenguard Gold certified, the Babyletto Kiwi Electronic Swivel Glider Recliner is well suited to pregnant people in need of sleep support. The power recliner has a hand-built frame made from Forest Stewardship Council (FSC) certified wood and hand-finished performance eco-weave upholstery that's water-repellent, stain-resistant, and durable. The foam-filled cushions are loose, non-reversible, and have webbed support.

The recliner swivels and glides 270 degrees, and it has a power button with a USB charger on the inside of the arm designed to charge small devices, like phones. Ideal for new parents, the recliner reclines smoothly and quietly. West Elm offers white glove delivery, which includes unpacking and

assembly, packaging removal and recycling, and delivery to your room of choice, though it is worth noting that most fabric options ship in eight or more weeks.

### Specs

List Price:	\$799.00 (Performance Eco Weave, Gray and Cream); \$999.00 (Ivory Boucle with Gold Base)	
Weight Capacity:	275 lbs	
Recline Positions:	Various	

[Buy From West Elm »](#)

### The Bottom Line

Choosing a recliner for sleeping is a matter of personal preference, and there’s no one-size-fits-all approach. Look for a recliner that is suited to your height and weight and extends to an angle that feels comfortable. Opt for a material that’s durable enough to withstand the frequency with which you intend to use it and blends in nicely with the color palette of your home. Investing in a high-quality recliner will ensure that it lasts longer and delivers the most restful, supportive sleep possible, contributing to your overall health and wellbeing. Our top recommendation is West Elm’s Harris Leather Power Recliner because of its durable leather construction and comfortable padding. Additionally, it has a built-in USB port for charging electronic devices and a button that allows you to easily alternate between multiple positions.

## Things To Consider When Buying Recliners For Sleeping

**Size:** Recliners come in a wide range of sizes that cater not only to the size of the room but also the size of the individual(s) who intend to use it. A good rule of thumb is that your feet should not dangle over the edge of the recliner when it's fully reclined.

To figure out the right recliner dimensions for your space, measure the area where you intend to place your recliner while being mindful that you'll also need to be able to walk around it. Leave at least five to ten inches of space between your wall and the back of the recliner so it has room to fully recline. Then, measure the width of the recliner from armrest to armrest as well as its length when fully reclined, from the headrest to the bottom of the footrest. If you plan to have a coffee table or accent table at the foot of your recliner, be sure to factor that into your measurements.

**Materials:** Recliners are available in a wide range of materials that include leather, linen, canvas, twill, and a number of other natural and synthetic fabrics. It's important to consider the level of care required for the type of material you choose and how frequently you intend to use it, as some materials are easier to clean and more long-lasting than others. For example, leather is easy to clean using common household products and it is known for its durability. Linen, on the other hand, is more delicate and more susceptible to staining, requiring more frequent cleaning and care. Synthetic materials, like polyester, should be cleaned carefully, so as not to damage the material.

**Power:** Some recliners require pulling a lever to manually recline the chair, but other chairs have power features or power lift features. A power recliner is one that can be controlled with an accompanying remote or via buttons in the chair. A power lift recliner is one that helps lift you from a seated position to a standing position, offering comfort and support throughout. Lift chairs have an additional motor that allows the chair to move between a seated position and a raised one.

Whether you opt for a manual recliner or one with power, be sure to consider the angle to which it reclines when fully extended. Manual recliners typically offer less

customization than power recliners, many of which allow you to set the angle of the headrest and footrest independently of one another.

## How We Chose the Best Recliners For Sleeping

At U.S. News 360 Reviews, our contributors methodically researched a wide array of recliners for sleeping and consulted with two experts – [Jacqueline Geer](#), M.D., an instructor at the Yale University School of Medicine in the division of Pulmonary, Critical Care, and Sleep Medicine, and Malak Bellajdel, an interior designer at [Pet Portraits](#) – to develop this rating of the best recliners for sleeping. We considered important factors like price, power and functionality, materials, and customer reviews to whittle down our list to only the very best recliners. We learned that people who prefer sleeping in an elevated position, specifically those with breathing difficulties, can benefit from investing in a high-quality, durable recliner.

### WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing sleep products and home furnishings. [Nina Derwin](#), the author of the piece, has written extensively about sleep products and furniture for Digital Trends and Martha Stewart. [Haniya Rae](#), a former features editor for 360 Reviews, has a decade of product reviewing experience with a concentration on sleep products and sleep health. Haniya has worked at Consumer Reports and has written for Architectural Digest, Elle Decor, and This Old House. [Marlo Jappen Porto](#), who also edited this piece, is a home goods editor at 360 Reviews, focusing on sleep and fitness.

## FAQ

- What are the benefits of recliners for sleeping?**

+
- What type of recliners are best for sleeping?**

+

**What is the recommended cleaning and maintenance routine for a recliner for sleeping?** +

**How often should I consider replacing my recliner for sleeping?** +

## 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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### Haniya Rae

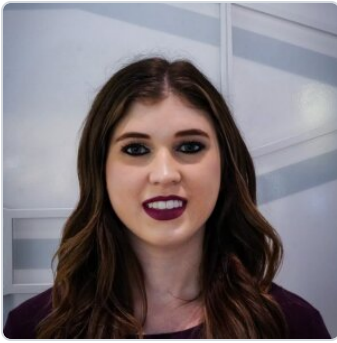
Contributor



Haniya Rae is a journalist, editor, and Certified Sleep Science Coach. She has nearly a decade of product reviewing experience, and more than five years of experience writing about sleep products and sleep health. She has previously reported on test results for mattresses, pillows, and sheets at Consumer Reports.

...

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## 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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