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## 5 Best Latex Mattresses of 2024

By [Lindsay Boyers](#) and [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

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If your ideal mattress includes pressure relief and a responsive bounce, latex could be the perfect material. Instead of the hug-like support that's common with traditional memory foam, latex has a buoyant feel that's suitable for people who need extra pressure relief like those with back pain. Additionally, latex tends to be more breathable than materials like memory foam, making it a wise pick for hot sleepers. Thanks to its resistance to dust mites and fungus, it can also be great for sleepers who deal with allergies.

We tested dozens of [mattresses](#) in the 360 Reviews lab this year to formulate our top choices. We also conducted a consumer survey to get an idea of what mattress owners think about their beds. The Saatva Zenhaven Latex Mattress is our top pick for shoppers who want a latex bed. Our testers found that it provides strong edge support, pressure relief, and temperature regulation. While this model is particularly comfortable for back and stomach sleeping, our list includes a range of options to suit various types of sleepers.

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## Best Overall

### Saatva Zenhaven Latex Mattress »

**3.9** ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Flippable design gives two firmness levels
- ✓ Zoned support for targeted pressure relief
- ✓ Certified organic latex and wool materials

**CONS:**

- ✗ Light sleepers might have issues with motion transfer
- ✗ Mattress is difficult to move

Buy From Saatva

Made with certified organic latex, the Saatva Zenhaven Latex Mattress has a flippable design with one side offering a Luxury Plush feel and the other a Gentle Firm, according to Saatva. The mattress also includes a breathable cotton cover and a layer of organic wool. Plus, its five-zone latex construction features vented airflow channels to further boost breathability.

In [testing](#), we found the mattress to be comfortable for both back and [stomach sleeping](#). “Best on my stomach and back, slightly less comfortable on my sides, because my shoulders needed somewhere more to sink,” said tester Craig Hanks who is five feet, 11 inches, and 200 pounds.

We also found it to deliver strong edge support, which could be ideal for people who like to spread out when they sleep. “The edge support on the Saatva Zenhaven is wonderful,” said tester Catalina Arndt, who is five feet, 8 inches, and 146 pounds. “I could both lay on the edge as well as sit on the edge without feeling like I'm going to fall off.”

Saatva offers generous customers generous perks like a 365-night sleep trial and free white glove delivery.

**Specs**

Price (Queen):	\$3,295
Height	10 in.

**Firmness**

Luxury Plush and Gentle Firm (dual-sided)

**Options:****Sizes:**

Twin, Twin XL, Full, Queen, King, Split King, California King, Upper-Flex King

[Buy From Saatva »](#)**Best Budget****EcoTerra Hybrid Latex Mattress »****PROS:**

- ✓ Affordable for a latex mattress
- ✓ Two firmness levels
- ✓ Organic and natural materials

**CONS:**

- ✗ No extra pressure-relieving layers
- ✗ Shorter sleep trial than many

[Buy From Walmart](#)

Since latex mattresses are often made with premium materials like organic latex, wool, and cotton, they can cost more than their conventional counterparts, but EcoTerra found a way to make its Hybrid Latex Mattress more budget-friendly without sacrificing quality materials. It retails for less than \$1,000 for a queen size, offering a balance of quality and value for its price.

This mattress combines an 8-inch base layer of steel coils with a 3-inch comfort layer of organic Talalay latex. The latex is Global Organic Latex Standard (GOLS)-certified and sourced from sustainable growers. These two main layers are wrapped in a Global Organic Textile Standard (GOTS) certified cotton cover that has a thin layer of GOTS-certified wool sewn onto the underside for natural temperature regulation. The cover adds an extra 1/2 of an inch of thickness.

There are two firmness options – Medium and Medium-Firm – so this mattress can accommodate many sleeper types. Additionally, EcoTerra offers a 90-night at-home sleep trial and covers the mattress with a 15-year limited warranty, both of which are generous given the bed’s budget-friendly price.

Specs:

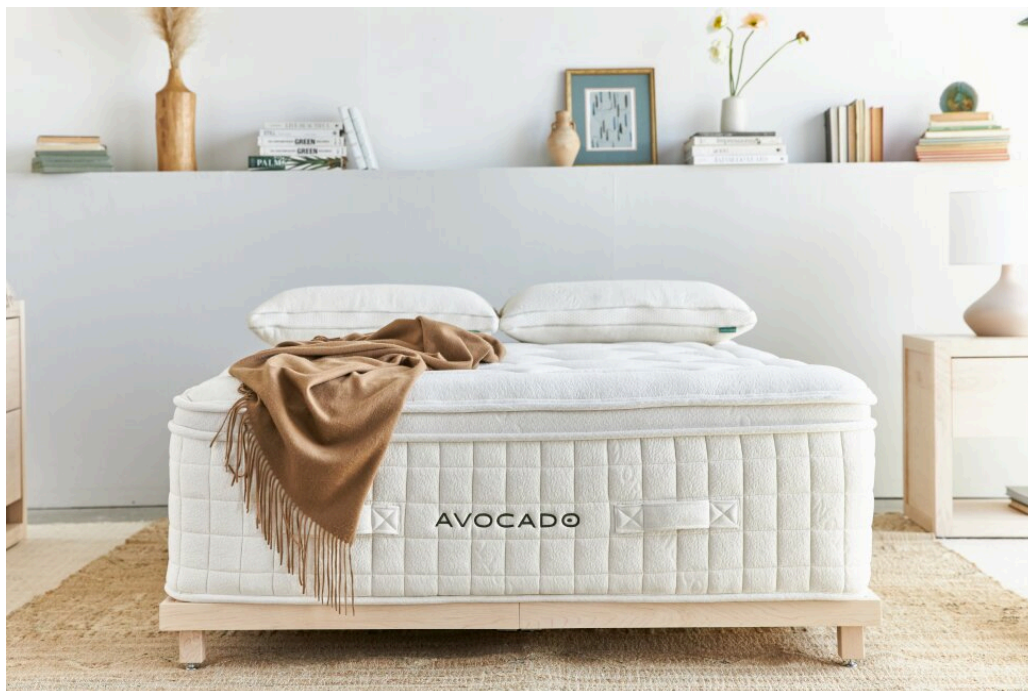
Price (Queen):	\$999
Height:	11 in.
Firmness Options:	Medium, medium-firm
Sizes:	Twin, Twin XL, Full, Queen, King, California King

[Buy From Walmart »](#)

Best for Side Sleepers



## Avocado Luxury Organic Mattress »



### PROS:

- ✓ Comes in three firmness levels
- ✓ Has two layers of coils for extra support
- ✓ Backed by a one-year sleep trial

### CONS:

- ✗ Expensive
- ✗ Requires deep-pocket sheets

[Buy From Avocado](#)

Firmness is partly a personal preference, and your body weight plays a role in how a mattress feels, but, as a general rule, [side sleepers](#) typically fare the best with a medium-soft to medium mattress. This provides enough support to keep the spine in alignment while also allowing enough give to alleviate pressure on the shoulders and hips.

The Luxury Organic Mattress from Avocado comes in three firmness levels: Medium (6 out of 10), Plush (5 out of 10), and Ultra Plush (3 out of 10). The

latter two options are pricier than the standard Medium version – the Plush costs \$1,000 more and the Ultra Plush is an additional \$2,000. These three firmnesses all have a similar construction with the main difference being the thickness of the pillow top. Avocado recommends the Plush and Ultra Plush for side sleepers.

This mattress is made by hand in the U.S. and has up to 17 total layers including the top cover of the mattress. The latex is in the main part of the mattress. There’s a 2-inch layer of GOLS-certified Dunlop latex, a 3-inch layer of microcoils, and an 8-inch innerspring base unit. All other materials used are natural and include wool, silk, hemp, and cotton.

Since the Avocado has all of these layers, this mattress is thicker than most. The Ultra Plush version is a whopping 19 inches thick – for reference, standard mattresses are 8 to 14 inches thick – so it does require deep-pocket sheets.

It’s also one of the most expensive mattresses on our list, but it comes with a generous one-year sleep trial and a 25-year warranty so you can feel better about your investment.

Specs:

Price (Queen):	\$4,599 (Medium); \$5,599 (Plush); \$6,599 (Ultra Plush)
Height:	13 1/4 in. (Medium); 17 in. (Plush); 19 in. (Ultra Plush)
Firmness Options:	Medium (6 out of 10), Plush (5 out of 10); Ultra Plush (3 out of 10)
Sizes:	Twin XL, Full, Queen, King, California King, Split King

[Buy From Avocado »](#)

Best for Back Pain

Nolah Natural 11 »

**PROS:**

- ✓ Zoned support in coil base
- ✓ Standard 100 by Oeko-Tex certified
- ✓ Lifetime warranty

**CONS:**

- ✗ Only one firmness option
- ✗ Latex isn't GOLS-certified organic

[Buy From Nolah](#)

Back pain can have multiple causes so there isn't one mattress that will be a solution for every person who suffers from this issue. However, [limited research](#) shows that a medium-firm mattress is generally better for [those with back pain](#) because it helps promote spinal alignment and improve comfort and sleep quality.

The Nolah Natural 11 has that medium-firm feel – Nolah rates it a 5 to 6 out of 10 – plus extra layers that provide additional support. This is a [hybrid mattress](#) so it combines an 8-inch layer of support coils with layers of latex and wool. The spring layer is zoned to boost pressure relief.



There are two latex layers – a 2-inch comfort layer of Talalay latex that provides pressure relief and a 1-inch transition layer underneath that contributes to support and responsiveness. The latex is not GOLS-certified, but it is Standard 100 by Oeko-Tex certified so it’s free of potentially harmful chemicals. It also has organic cotton and organic wool layers that contribute to natural temperature regulation and breathability.

Nolah makes its mattresses in the U.S. and backs them with a 120-night sleep trial and a lifetime warranty.

Specs:

Price (Queen):	\$2,099
Height:	11 in.
Firmness Options:	Medium-firm (5 to 6)
Sizes:	Twin, Twin XL, Full, Queen, King, California King, Split King, Split California King

[Buy From Nolah »](#)

Best Cooling

Saatva Latex Hybrid Mattress »

**PROS:**

- ✓ Latex has vented channels to promote cooling
- ✓ Breathable, hypoallergenic cover
- ✓ Lifetime warranty
- ✓ Free white glove delivery

**CONS:**

- ✗ Only one firmness level available
- ✗ May have more motion transfer than all-foam models

[Buy From Saatva](#)

Hybrid mattresses [sleep cooler](#) than [all-foam models](#), but the Saatva Latex Hybrid Mattress has additional features that make it our pick for the best cooling latex mattress. In addition to a pocketed coil system that helps promote airflow, the 3-inch layer of GOLS-certified latex has vented channels that allow air and heat to move through without getting trapped.

On top of the latex layer sits a layer of GOTS-certified New Zealand wool that helps wick away moisture and naturally regulate temperature. The cover is organic cotton, which also contributes to the mattress's overall breathability.

Since this mattress has a coil base, it has more overall support and better edge support than an all-foam model. The springs may add some bounce, however.

There’s only one firmness level available: a medium-firm that Saatva rates a 5 to 6 out of 10. This makes this mattress a good choice for [back sleepers](#), combination sleepers, and lightweight side sleepers.

As a bonus, Saatva mattresses come with free white glove delivery – most companies that offer the service charge extra for it. This mattress is also backed by a one-year trial and a lifetime warranty.

**Specs:**

Price (Queen):	\$2,395
Height:	12 in.
Firmness Options:	Medium-firm (5 to 6)
Sizes:	Twin, Twin XL, Full, Queen, King, California King, Split King

[Buy From Saatva »](#)

**The Bottom Line**

Latex mattresses meet the needs of those who want a combination of pressure relief and support without feeling like they’re sinking into the mattress. Latex tends to have a responsive feel with some bounce. This material is often a good choice for sleepers with allergies since it resists dust mites, mold, and mildew.

After extensive testing in the 360 Reviews lab, the Saatva Zenhaven Latex Mattress is our top pick for the best latex bed. Its strong edge support and temperature

regulation make it ideal for those who like a firmer mattress with a buoyant feel. Given its organic wool and latex material, it's also an eco-friendly mattress.

## Things To Consider When Buying Latex Mattresses

**Materials:** There are two main types of latex used in latex mattresses: Dunlop and Talalay. "Dunlop is the denser of the two, crafted by pouring and baking a single mold. Meanwhile, Talalay undergoes a more intricate process involving partial mold filling, vacuum-sealing, freezing, and baking. This results in a softer, more consistent texture," says Barbara Stern, textile expert and editor-in-chief of [Ottoman Textiles](#).

Drew Miller, a sleep expert at [Sit 'n Sleep](#) – a family-owned mattress retailer in California – expands on this, saying that "Dunlop latex tends to be denser and firmer at the bottom of the mattress and softer at the top." This results in a firmer, more supportive feel. "Talalay latex is typically more consistent in terms of density and firmness throughout the mattress, resulting in a more uniform and often slightly softer feel," he says.

Talay is more breathable than Dunlop latex, too, so mattresses made with it tend to trap less heat than Dunlop-based mattresses. In general, Talalay is recommended over Dunlop for a more luxurious feel.

In addition to the latex, you also want to think about other materials in the mattress. If you want an eco-friendly bed, you'll want to look for organic wool and cotton layers. If you need more support and prefer some bounce in your mattress, you may want to consider a hybrid model that has a layer of springs.

**Certifications:** When choosing a latex mattress, Miller and Stern recommend looking for a handful of official certifications. These certifications ensure that you're getting natural, nontoxic materials that don't give off harmful chemicals. Your mattress doesn't need to have all of them, but it's best if it has one or two of the ones below.

- **GOLS and GOTS:** Stern says these two certifications "are paramount for ensuring the organic integrity of textiles and latex." The GOLS certification applies only to latex, and it ensures that you're getting at least 95% organic material. The GOTS

certification means that materials are organic and harvested in a socially responsible way. This certification usually applies to other materials like cotton.

- **Standard 100 by Oeko-Tex:** “This certification is not specific to latex mattresses but is relevant to the materials used in them,” according to Miller. “OEKO-TEX Standard 100 certifies that mattress components, such as fabric, foam, and other materials, do not contain harmful substances and are safe for human health,” he says.
- **Eco-INSTITUT:** This certification is similar to Standard 100 by Oeko-Tex. It means that your mattress has been tested for potentially harmful chemicals and deemed low-pollutant and low-emission.

**Firmness:** There are latex mattresses of different firmnesses on the market. “You will find, in the mattress description, numbers that refer to firmness of Latex foam,” according to Miller. He continues: “Latex foam firmness, referred to as ILD (Indentation Load Deflection), comes in four comfort levels. The higher the ILD rating, the firmer the foam will be. For example, ILD 11 is considered a very soft, Plush foam, whereas ILD 50 is a very Firm, supportive foam.”

However, the overall construction of the mattress is really what determines the final firmness level. “Materials like memory foam or more delicate latex layers benefit those seeking advanced pressure relief,” says Stern.

Because of this, most manufacturers will offer a numerical firmness rating on a scale of 1 to 10, with 1 being the softest and 10 being the firmest. Deciding which firmness level is right for you is a very personal decision, according to Stern. She says that side sleepers typically like a softer feel, which provides more pressure relief. On the other hand, back or stomach sleepers may do better with something firmer. If you sleep with a partner and can’t decide on a comfort level or if you’re a combination sleeper, a medium-firm mattress can work well.

**Pressure Relief:** Miller, a sleep expert, says that one major advantage of a latex mattress when compared to an innerspring mattress is pressure relief. “Latex mattresses offer pressure-relieving support in areas most mattresses cannot. Latex mattresses conform to the curves in your body and disperse your weight evenly across the surface of the bed,” he says.



But latex mattresses generally have other materials in their construction, too. These materials can contribute to pressure relief, as can the firmness level of the mattress. In general, thicker, plusher latex layers will translate to more advanced pressure relief. This gives you that sink-in feeling that's popular with memory foam, but because the layers are made of latex, you won't feel like you're stuck in the mattress. Additional comfort layers, like organic cotton and wool, and thick covers can also contribute to pressure relief – although you may have to pay more for a mattress with these extra materials.

**Temperature Regulation:** According to Miller, “Natural latex mattresses are great options for hot sleepers, as they allow for more airflow and breathability.” Latex mattresses do get warmer than innerspring mattresses, but they're great for keeping warm on cool nights. “Its material is breathable, so you won't wake up sweating [even] if you sleep on the warmer side,” says Miller.

Additional materials can play a role in temperature regulation, too. In general, a hybrid latex mattress will sleep cooler than an all-foam model. That's because the springs allow for more airflow and don't trap any heat like foam layers.

If you're a very hot sleeper, you may want to opt for a hybrid latex mattress and look for additional cooling features, like breathable organic cotton covers or a temperature-regulating layer of wool.

**Motion Isolation:** Latex is more responsive than polyurethane foam, so latex mattresses tend to have a little more bounce than memory foam models. This responsiveness makes it easier to move around at night (a plus for combination sleepers and those who toss and turn), but it can lead to more motion transfer, too.

With that in mind, Miller says that latex mattresses can still “eliminate disruptive movements” and keep you from being disturbed by a restless partner.

If you want more advanced motion isolation, you may want to consider a softer latex mattress. Soft mattresses conform to your body better than firm mattresses. Because of this, they have less bounce, which translates to better motion isolation.

Opting for an all-foam model can also minimize motion transfer. Springs are notorious for adding bounciness to a bed, so if motion isolation is one of your main priorities, skip the spring-based models.

**Edge Support:** On its own, latex doesn't perform well when it comes to edge support. It's softer than polyurethane foams so it compresses more easily under your body weight. This means it can sag and droop if you sleep too close to the edges. A lack of edge support also makes it harder to get into and out of the bed.

This isn't necessarily a deal breaker, especially if you sleep alone and can position yourself toward the middle of the mattress, but it's something to think about if you sleep with a partner or have mobility issues that require a more supportive perimeter on your mattress.

If you want the comfort and pressure-relieving abilities of latex but need more support, you can opt for a hybrid mattress instead. These have layers of latex foam that sit on top of a base layer of coils. The coils keep the edge of the bed from compressing too much when you sit or lie on it.

**Warranty and Trial Period:** Most [mattresses that you purchase online](#) are backed by generous at-home sleep trials. Since you can't try them before you buy, companies give you a set period to sleep on your new mattress at home to decide if it's right for you. Trial periods for a mattress typically range from 90 nights to a full year, and that's what you'll find with the mattresses that made our list.

Keep in mind that most companies require you to sleep on the mattress for at least 30 nights before you can initiate a return. This is because your body goes through an adjustment period where it has to get used to a new mattress, even if it ultimately ends up being the right one for you.

As for warranty, 10 to 15 years is common, but some mattress manufacturers offer as long as 25 years or a limited lifetime warranty.

There's no set recommendation here for the "right" length of time, but you can generally expect at least 90 nights to try the mattress and a 10-year warranty. Before buying a latex mattress, research the warranty and trial periods, reading the fine print to make sure you're comfortable with what you're getting.

## How We Chose the Best Latex Mattresses

To create this list of the best latex mattresses, we combined our extensive research with our in-house testing in the 360 Reviews lab. We also gathered recommendations from interviews with a textile expert – Barbara Stern, editor-in-chief at [Ottoman Textiles](#) – and sleep expert – Drew Miller of [Sit 'n Sleep](#), a family-owned mattress retailer in California.

We used their professional guidance to narrow down the options to the five top picks on this list. We considered materials, certifications, firmness levels, price, warranty, trial periods, and more specific features like edge support and motion isolation. Overall, we found that a high-quality latex mattress is made with premium materials but doesn't have to cost a fortune.

## WHY SHOULD YOU TRUST US?

At U.S. News 360 Reviews, our editors and contributing writers have years of firsthand experience researching, testing, and reviewing sleep products. [Lindsay Boyers](#), the author of this piece, has written about sleep products and sleep health for almost five years. She's currently taking a sleep science certification course and has personally tested more than two dozen mattresses, including latex-based models. She understands that a good night of sleep is one of the key pillars to your health and how much the right bed can contribute to your sleep quality. [Lauren Allain](#), co-author of this review, has more than six years of experience with testing and reviewing sleep products. As a hot sleeper, she's always looking for mattresses that help with sleeping cool while offering pressure relief. [Marlo Jappen Porto](#), who edited this piece, is an editor at 360 Reviews, specializing in sleep and fitness.

## FAQ

**How much do latex mattresses cost?**

+

**What are the benefits of a latex mattress?**

+

**What type of foundation is best to use with a latex mattress?**

+

**Do latex mattresses sleep hot?****Do latex mattresses sag?**

## About Our Team



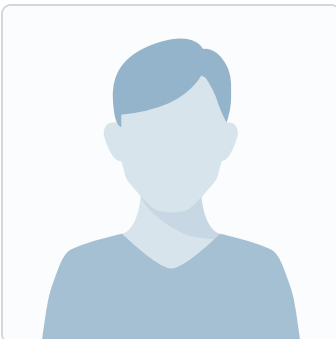
### Lindsay Boyers

Contributor



Lindsay Boyers is a certified nutritionist and freelance writer and editor with extensive experience in sleep and other areas of health and wellness. She has personally tested over four dozen mattresses and many other sleep products, like pillows, sheets, and weighted blankets. Her work has been featured in Forbes, CNET, CNN Underscored, The Spruce, and Healthline, among others. She has four years of experience writing reviews

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### Lauren Allain

Contributor



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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