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5 Best Cooling Mattresses for Hot Sleepers of 2024

By [Theresa Holland](#) and [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

Updated: June 12, 2024



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Do you toss and turn in a warm bed? It's hard to fall asleep and stay asleep when you're not at the right temperature. Getting quality shut-eye can be particularly challenging if you run hot or get night sweats – which are actually pretty common among adults. Besides lowering your thermostat and buying breathable bedding, sleeping on a cooling mattress could make a world of difference.

"Body temperature regulation (thermoregulation) plays an important role in our sleep cycle, with core body temperature tending to drop a degree or two at night during sleep," says sleep medicine physician Dr. Joshua Roland. "Using a cooling mattress may be helpful to good sleep regulation by being conducive to this natural process."

Our best overall recommendation for the best cooling mattress is the Aurora Luxe from Brooklyn Bedding, which features cooling technology and a hybrid construction that boosts airflow. We cover cooling mattresses for a range of individuals – side sleepers, couples, back pain sufferers, and budget shoppers. Several models on this list were [tested in our 360 Lab](#).

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Best Overall

Brooklyn Bedding Aurora Luxe »

4.2 ★★★★★☆ **U.S. News Rating**



The Aurora cover is infused with a phase-change material that makes it feel cool to the touch.

PROS:

- ✓ Cooling cover with copper-infused foam
- ✓ Hybrid design lends to breathability
- ✓ Available in three firmness levels

CONS:

- ✗ \$99 return fee
- ✗ Somewhat pricey

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A solid match for hot sleepers, the Brooklyn Bedding Aurora Luxe is packed with cooling features: a cooling cover, copper-infused foam to help pull heat away from the body, and a hybrid design with innerspring coils, which naturally allows for better airflow in the mattress.

Most of our testers said the mattress slept cool, with tester Lincoln Bailey (5'11", 160 pounds) saying, "When I got on the mattress, it was cool. It warmed up slightly but it still remained cool." Other testers, like Craig Hanks, who is 5 feet, 11 inches tall, and 200 pounds, said it felt closer to

temperature neutral, as it resisted retaining the sleepers’ heat. Tester Huston Evans, who is 5 feet, 11 inches tall, and 200 pounds, noted, “This Mattress is still very cool, even with me being the last person to sleep on it for the day.”

Our consumer survey showed about 54% of respondents scored the Brooklyn Bedding Aurora Luxe as a 4 or 5 on the cooling scale, with 5 being the most cool.

Specs

List Price (Queen):\$2,265

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

Firmness Level:Soft, Medium, Firm

Type:Foam

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Best Budget

Zinus Ultra Cooling Gel Memory Foam Mattres...

**PROS:**

- ✓ Affordable price tag
- ✓ Airways to prevent heat from being trapped
- ✓ Multiple thickness options

CONS:

- ✗ Memory foam tends to trap more heat
- ✗ No twin XL or California king size

[Buy From Zinus](#)

[All-foam mattresses](#) are typically more affordable than [hybrids](#). While they have a reputation for trapping heat, the Zinus Ultra Cooling Gel Memory Foam Mattress is designed to prevent this. It consists of three layers including a high-density base foam infused with green tea for freshness, comfort foam in the middle, and cooling gel memory foam on top with airways that allow warmth to escape.

There's also a knitted cover that's supposed to be breathable and cool to the touch. Many customer reviews have said this mattress stays cool at night and does indeed feel cool on the surface. Others have said it doesn't feel cool per se but doesn't seem to trap heat either.

Zinus doesn't specify a firmness level for this mattress, which has a seven-zone system that alternates between firm and soft sections to provide the right amount of pressure relief and cushioning for different parts of the body. Based on customer reviews, it seems to be comfortable and supportive for different sleeping positions.

It comes in a profile of 8, 10, 12, or 14 inches, ranging from about \$500 to \$850 for a queen size depending on the height you select.

Specs

List Price (Queen):	Starting at \$495 (8-in. model)
Sizes:	Twin, full, queen, king
Firmness Level:	Not specified
Type:	Foam

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[Buy From Zinus »](#)

Best for Side Sleepers

Pillow Cube Mattress Deluxe »

**PROS:**

- ✓ Specifically designed for side sleepers
- ✓ Multizoned support and pressure relief
- ✓ Allows air circulation with coils and perforated foam

CONS:

- ✗ More than \$2,000 for a queen size
- ✗ No numerical firmness level specified

[Buy From Walmart](#)

The Pillow Cube Mattress Deluxe was designed specifically for [side sleepers](#). It's softer in the upper third to reduce pressure on the shoulder where side sleepers often tend to feel strain. The middle is firmer to support the hips and prevent them from dipping below the spine, helping to keep your body aligned and minimize back strain. The lower third is the same firmness as the top of the bed, allowing you to rotate your mattress periodically.

In terms of temperature regulation, this hybrid mattress has individually wrapped coils at the base to allow better airflow than all-foam options. The

upper foam layer is perforated to make it breathable and prevent heat from getting trapped.

As there isn't one uniform firmness throughout the mattress, Pillow Cube doesn't specify a firmness score on a scale of 1 to 10, which may make it hard for some sleepers to judge whether they will find this mattress comfortable. Pillow Cube does offer a 100-night sleep trial, so you can always return the mattress if you're unhappy with how it feels.

Hybrid mattresses tend to be more expensive than other types, and if you're looking to spend less than \$2,000 on a new queen-size bed, then this isn't the option for you.

Specs

List Price (Queen):	\$2,599
Sizes:	Twin, twin XL, full, queen, king, California king
Type:	Hybrid
Height:	12 in.

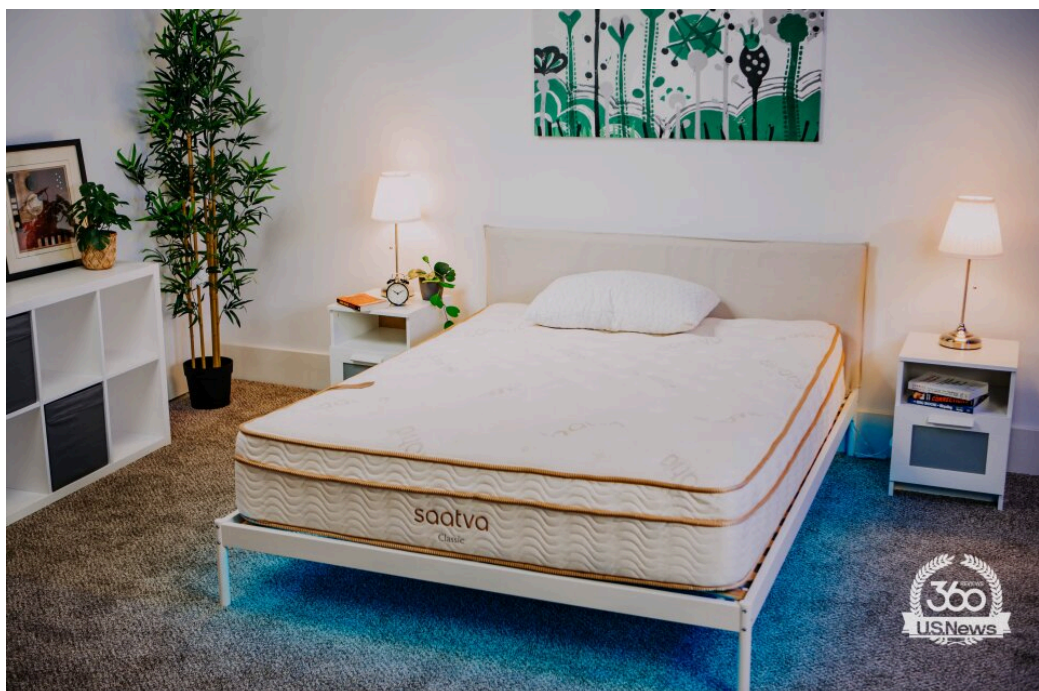
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[Buy From Walmart »](#)

Best for Back Pain

Saatva Classic »

3.9 ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Features patented Lumbar Zone technology for extra support
- ✓ Breathable cover
- ✓ Three-inch pillow top delivers pressure relief
- ✓ Offers multiple firmness options and heights to suit all sleeping positions

CONS:

- ✗ Doesn't isolate movement well
- ✗ Needs deep-pocket fitted sheet for 14 1/2-inch option

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Buy From Saatva

The Saatva Classic mattress is [designed to relieve back aches](#) and joint strain while supporting spinal alignment. It comes in three firmness levels. We tried the Luxury Firm option, which the brand says is the most popular choice and suitable for all positions. Side sleepers may prefer the Plush Soft version of the Saatva Classic, while the Firm level could be better for [heavier bodies](#) and [those who sleep mostly on their stomachs](#). Our 360 Lab testers felt the Luxury Firm version had strong edge support, making it ideal for

anyone who likes to sleep near the perimeter of the bed. “The edge support is really nice and makes it easy to get on and off the mattress,” said tester Bailey.

As for cooling features, this hybrid mattress has two layers of coils to encourage airflow and a breathable pillow top with a cotton cover. Our 360 Lab testers reported the Saatva felt mostly temperature-neutral. “The Saatva Classic tends to adjust itself to the room temperature. I felt it warm once the room got warm. However, it felt great when the room wasn't so warm,” said tester Catalina Arndt, who is 5 feet, 8 inches tall, and 146 pounds.

Just bear in mind that while it has strong edge support and doesn't have that "sinking-in" sensation, the Saatva was very bouncy in our lab tests. If you share the bed with a partner, you'll likely be able to feel the other person moving around. “You'll feel some bounce with all partner motions, but not enough to wake up any but the lightest sleepers,” said tester Hanks.

Specs

List Price

(Queen):

\$2,095

Sizes:

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

Firmness Levels:

Plush Soft, Luxury Firm, Firm

Type:

Innerspring

EXPAND LIST ▾

[Buy From Saatva »](#)

Best for Couples

Eight Sleep Pod 3 Cover With Mattress »

**PROS:**

- ✓ Dual-sided temperature programming
- ✓ Innovative heat-detection system
- ✓ Silent vibration and thermal alarm on each side

CONS:

- ✗ Paid membership required for first year
- ✗ Sleep tracking isn't always accurate

[Buy From Eight Sleep](#)

[For couples](#), we recommend Eight Sleep's Pod 3. The brand's mattress features four layers of ventilated foam, measuring 12 inches overall. But the real star of the show isn't the mattress itself – it's the Pod 3 Cover. (The [Pod Cover](#) can be purchased separately and used with another mattress.) It relies on sensors to detect body heat, which it then absorbs it and removes from the bed. An included hub, which connects to the Pod Cover, stores a water tank that pumps water into the cover to achieve your preferred temperature, which you can program on the Eight Sleep mobile app.

This mattress system is a great solution for couples who often disagree over how to set the thermostat. That’s because each person can choose a different temperature setting for their side of the bed. In addition to keeping you comfortably cool, you can have the Pod warm you back up if you get too cold. The Pod 3 also has a programmable alarm that silently wakes you with gentle vibration and gradual cooling without disturbing your partner.

A paid membership is required for the first year, which includes two accounts per Pod. Membership starts at \$15 a month and, at the base level, includes the automatic temperature adjustments, vibration and thermal alarm, and reports on your sleep health. The sleep-tracking features are pretty robust, providing you with information about your sleep phases, sleep time, and heart rate throughout the night and providing recommendations on how to improve your sleep quality. That said, the author of this piece knows owners of the Pod 3 who have said the sleep tracking is not always accurate. After 12 months, you can cancel your membership and still manually control the Pod 3’s temperature through the app.

Specs

List Price (Queen):	\$2,295
Sizes:	Full, queen, king, California king
Type:	Foam
Height:	12 in.

EXPAND LIST ▾

[Buy From Eight Sleep »](#)

The Bottom Line

Sleeping too hot is one of the most common sleep disruptors. Not only can it wake you up at night, but it makes it harder to fall back asleep, as you may wake up feeling dehydrated. Lowering your room's thermostat helps with sleeping at a comfortable temperature. But, if you often wake up overheated, you'll want to invest in a cooling mattress. These beds use breathable materials that don't warm up easily.

The Brooklyn Aurora Luxe Mattress, which we've tested in our lab, is ideal for sleeping cool. Its hybrid construction makes it naturally more breathable than all-foam beds, plus it has a cooling cover and copper-infused foam, which we found to sleep cooler than [typical mattresses](#).

Things To Consider When Buying Cooling Mattresses

Materials and Construction: "Cooling mattress technology uses various types of materials to absorb body heat and then disperse it," says Mattress Firm sleep doctor Dr. Seema Bonney. The specific technologies used may include materials in the mattress itself – like gel-infused memory foam, individually wrapped coils that encourage airflow, or a breathable fabric cover – or accessories that attach to the mattress, like a hydronic water-cooling system.

"Innerspring-based mattresses generally tend to be the coolest, however, [they] can sacrifice comfort compared to foam," says Dr. Roland. Though foam is known for trapping heat, cooling foam mattresses may feature ventilated foam with openings to release hot air.

Firmness Level: According to research, medium-firm mattresses (between 6 and 7 out of 10 on the firmness scale) tend to be the best for promoting spinal alignment, sleep quality, and overall comfort. Of course, everyone has different needs and preferences. Heavier sleepers and folks who doze on their backs might want a firmer model, and side sleepers may prefer a slightly softer mattress. As it relates to temperature control, keep in mind that a softer mattress that conforms to your body may trap more heat around you than a firmer bed that lets you sleep on top of the mattress.

Price: Cooling mattresses can range from a few hundred dollars to upward of \$7,000 for a queen size. All-foam and innerspring options are generally the most affordable,

while hybrids are usually pricier, often costing at least \$1,000. Models with more advanced cooling systems, like smart or hydronic covers with customizable temperature settings and dual-sided controls, tend to be priced the highest.

Return Policy: Most mattresses have trial periods – 100 nights is about standard, but some are as long as 365 nights. If, after the first few weeks of sleeping on your new cooling mattress, you find that it isn't keeping your night sweats at bay, most manufacturers should take it back (often with in-home removal) and issue you a refund. Just make sure to read the fine print before buying a cooling mattress, as return policies vary among brands.

Warranty: Warranties for cooling mattresses can range from 10 years to 25 years to a lifetime. This usually means that if there are any defects with the construction or materials, the manufacturer will offer a repair, replacement, or refund.

In many cases, a "lifetime" warranty doesn't mean forever but rather the lifetime of the product. This could imply coverage for as long as you own the mattress or its typical lifespan, which might be 10 to 20 years. Again, read the fine print to see what's actually covered.

How We Chose the Best Cooling Mattresses

We consulted three experts to create this list: certified sleep science coach and Comfybeddy co-founder [Allana Wass](#), Mattress Firm sleep doctor [Seema Bonney](#), and board-certified sleep medicine physician [Joshua Roland](#). With their expertise and buying tips in mind, we considered dozens of cooling mattresses, including several options tested in our 360 Lab. The selected products are highly rated, comfortable for various sleeping styles, and feature temperature-regulating materials.

WHY SHOULD YOU TRUST US?

Our contributors have substantial experience researching and reviewing consumer goods, housewares, and lifestyle products. One of the authors of this piece, [Theresa Holland](#), is a seasoned commerce writer and product tester specializing in mattresses, bedding, and furniture. Her work has appeared on The Spruce,

MyDomaine, Travel + Leisure, and People. Journalist [Lauren Allain](#) also contributed to this article, bringing over six years of experience with testing and reviewing sleep products. [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 cooling mattress?	+
Do cooling mattresses work?	+
Is a cooling mattress right for me?	+
What type of mattress is best for cooling?	+
How long does a cooling mattress last?	+

About Our Team



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Contributor



Theresa Holland is a commerce writer and product reviewer specializing in home goods, travel, apparel, beauty, and lifestyle. Her work has appeared in People, Travel + Leisure, Byrdie, The Spruce, and Brides.

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Lauren Allain

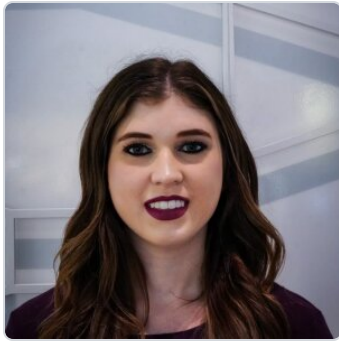
Contributor





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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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