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6 Best Full Mattresses of 2024

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



Edited by [Marlo Jappen Porto](#)

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A full-size mattress is an ideal size for growing kids, teens, or smaller adults. If your bedroom can't accommodate the size of a queen bed, a full-size bed works for couples who don't need much room to sleep at night. Measuring 54 inches wide and 75 inches long, a full bed is the same length as a twin size (38 inches by 75 inches) but is 16 inches wider. Full-size beds are also less expensive than queen beds, so the size is better for budget-conscious shoppers.

After [testing](#) dozens of mattresses in our 360 Reviews lab and conducting a consumer survey, we feel the Nectar Premier Memory Foam Mattress is the top choice if you're shopping for a full-size bed. Our tester Huston Evans said, "This mattress fits my body shape right away. It's firm but oh so comfy." In our lab testing, we also noticed that it sleeps cool, especially for an all-foam bed. The Nectar Premier mattress isn't the only option, however. Our list includes other top firm mattresses for different needs.

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Our Top Picks

Best Overall: [Nectar Premier Memory Foam](#) »

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Best Budget: [Tuft & Needle Essential T&N Original Mattress »](#)[Jump to Review ↓](#)**Best for Back Pain:** [Saatva Rx Mattress »](#)[Jump to Review ↓](#)**Best for Side Sleepers:** [Helix Midnight Mattress »](#)[Jump to Review ↓](#)**Best Cooling:** [Cocoon by Sealy Chill Hybrid Mattress »](#)[Jump to Review ↓](#)**Best for Couples:** [Leesa Original Mattress »](#)[Jump to Review ↓](#)**Best Overall****Nectar Premier Memory Foam »****4.2** ★★★★★☆ **U.S. News Rating**

PROS:

- ✓ Three layers of medium-firm foam provides a balance of comfort and support
- ✓ Sleeps cool for an all-foam bed
- ✓ Year-long sleep trial
- ✓ Strong edge support

CONS:

- ✗ Only one firmness option
- ✗ Might be too firm for some

[Buy From Nectar](#)

After testing dozens of mattresses in the 360 Reviews lab, the Nectar Premier Memory Foam Mattress is a solid option for those who want a full-size bed. We found this model, which has three layers of all-foam support, to have a medium to medium-firm feel.

[All-foam mattresses](#) have a reputation for trapping heat, but we didn't find this to be the case with the Nectar Premier. "The cooling effect is impressive, especially for a memory foam, as is the edge support," said tester Craig Hanks, who is 5 feet, 11 inches, and 200 pounds.

He also mentioned this bed could work well for [couples](#) who can't agree on a mattress type. "This would be a good compromise mattress for a couple where one partner really wants memory foam, and the other isn't totally sold on it."

The Nectar Premier might also be a match for sleepers who want ergonomic support but like the classic body-contouring feel of memory foam. "The top layer of foam fits really nicely to my body no matter what position I sleep in," said tester Huston Evans, who is 5 feet, 11 inches, and 200 pounds..

Specs:

**List Price
(Full):**

\$1,499

Material(s):

Memory foam, foam

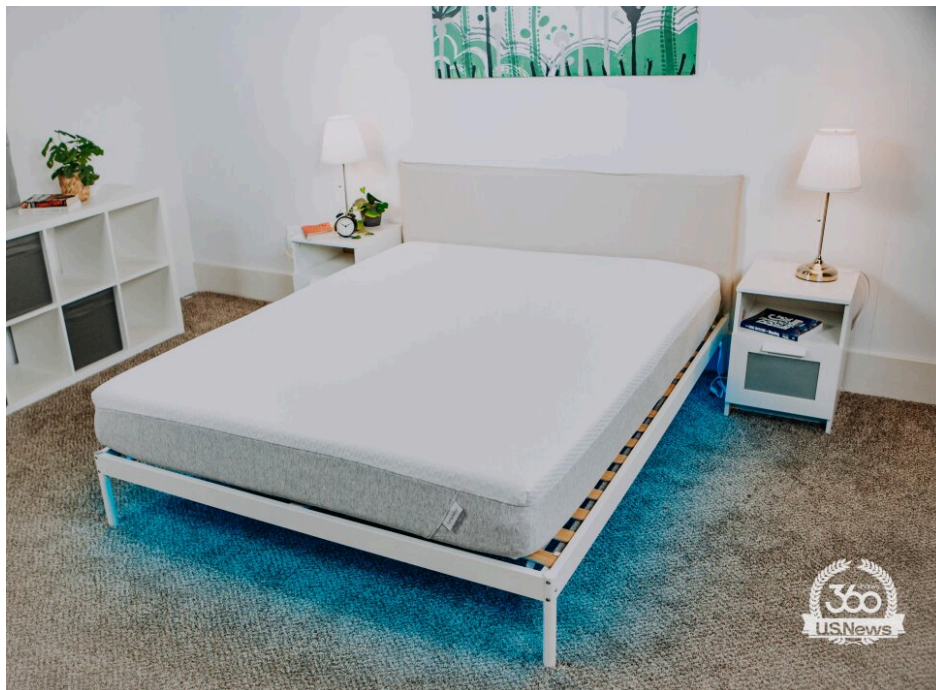
Warranty:

Lifetime

[Buy From Nectar »](#)

Best Budget

Tuft & Needle Essential T&N Original Mattress »

**PROS:**

- ✓ Less than \$1,000
- ✓ Cooling features
- ✓ 100-night sleep trial

CONS:

- ✗ Only one level of firmness
- ✗ Not recommended for side sleepers

[Buy From Tuft & Needle](#)

Costing less than \$800 in a full size, [Tuft & Needle's Essential T&N Original Mattress](#) is an appealing option for budget shoppers. It was created to provide sleepers with strong motion isolation, support, and temperature regulation at a price that's less than many competitors. The firm mattress delivers support for back and [stomach sleepers](#), though side sleepers could find it too firm. The Essential T&N Original Mattress is made up of two layers: The first is a 6.5-inch base layer of foundational support form, and the second is a 3-inch layer of graphite and cooling, gel-infused, and open-cell support foam.

Tuft & Needle offers a 100-night sleep trial and free shipping with the Essential T&N Original Mattress. The manufacturer encourages sleepers to rotate the mattress every six months, though it doesn't need to be flipped. The mattress's cover cannot be removed for washing, and spot-cleaning is recommended. The Essential T&N Original Mattress is both Greenguard Gold and CertiPUR-US certified to ensure it's free of potentially hazardous chemicals.

Specs:

List Price (Full):	\$795
Material(s):	Memory foam
Warranty:	10 years

[Buy From Tuft & Needle »](#)

Best for Back Pain

Saatva Rx Mattress »

**PROS:**

- ✓ Designed for people with chronic back and joint pain
- ✓ Breathable hybrid construction
- ✓ Comes in a split king size

CONS:

- ✗ Expensive
- ✗ Only available in one firmness level

[Buy From Saatva](#)

Specifically engineered to provide optimal pressure relief and support to people who suffer from chronic back and joint conditions, the Saatva Rx Mattress could appeal to [those who find themselves waking up with back pain](#).

This bed features the brand's trademarked Therapeutic Support Core, which combines coils with foam modules; this layer contours to the body, adapting to your movements and minimizing pressure points for improved circulation. It also has a quilted top and a strip of gel-infused memory foam across the center of the mattress for added support beneath your lower back. While it's

recommended for [side sleepers](#), it's also suitable for back and combination sleepers with back and joint pain.

The combination of gel-infused and open-cell foams, innerspring coils, and a cotton cover helps regulate temperature throughout the night. Saatva offers a 365-night home trial, free in-room delivery and setup, free removal of your old mattress and foundation, and a lifetime warranty with the purchase of any mattress.

Specs:

List Price (Full):	\$2,995
Material(s):	Cotton, memory foam, and recycled steel coils
Warranty:	Lifetime

[Buy From Saatva »](#)

Best for Side Sleepers

Helix Midnight Mattress »

3.8 ★★★★★ ☆ **U.S. News** Rating

**PROS:**

- ✓ Cushions pressure points of shoulders and hips
- ✓ Medium feel
- ✓ Cooling cover
- ✓ Greenguard Gold certified and fiberglass-free

CONS:

- ✗ May be too soft for some sleepers
- ✗ Edges not reinforced around full perimeter

[Buy From Helix](#)

The [Helix Midnight Mattress](#) with its medium feel was designed specifically for side sleepers. When testing in the 360 Reviews Lab, tester Catalina Arndt, who is 5 feet, 8 inches, and 146 pounds, said, “It is great for a side sleeper and does a little bit of hugging of your body as you lay there.”

The Helix Midnight is made up of layers of memory foam and more than 1,000 individually wrapped innerspring coils, delivering contouring comfort and pressure relief. The mattress comes in a breathable knit cover with the option to upgrade to Helix’s GlacioTex Cooling Cover and/or Pillow Top for even better temperature regulation. The mattress is 11.5 inches tall, and it

has reinforced edge support along each side lengthwise, which helps it resist sagging over time. However, if you want edge support along all four edges of the mattress, you'll need to upgrade to the Luxe version of the bed. While testing the Helix Midnight, our panel mentioned that the edge support on the sides was stable while the head and feet lacked comfortable support.

Helix offers a 100-night sleep trial, free shipping within the United States, and a 10-year warranty on the Midnight mattress. The mattress is CertiPUR-US and GreenGuard Gold certified to be free from certain harmful chemicals that can impact indoor air quality. It's also made without fiberglass, instead relying on rayon fiber derived from regenerated cellulose as a fire retardant. It's only available in one firmness level, meaning it may be too soft to provide adequate support for back and stomach sleepers. Luckily, Helix's Sleep Quiz can help those sleepers find a mattress that may be a better match for their needs.

Specs:

List Price (Full):	\$1,248.80
Material(s):	Memory foam and steel coils
Warranty:	10 years

[Buy From Helix »](#)

Best Cooling

Cocoon by Sealy Chill Hybrid Mattress »

**PROS:**

- ✓ Cool to the touch
- ✓ Provides pressure relief
- ✓ Reinforced edge support

CONS:

- ✗ Not compatible with traditional box springs
- ✗ Cooling foam is an added cost

[Buy From Cocoon by Sealy](#)

Cocoon by Sealy's Chill Hybrid Mattress is a 12-inch hybrid that uses both memory foam and premium innerspring coils to provide support and pressure relief. The mattress has a cooling cover that incorporates a proprietary phase-change material designed by Sealy to regulate temperature throughout the night. The cooling yarns in the cover work by absorbing excess heat from your body as needed. Most of our testers felt the mattress was cool to the touch and didn't warm up, with tester Melinda Yeaman (5'7," 165 pounds) saying, "I felt quite cool on this bed. There is a slight cooling sensation as I lay in one spot."

Layers of memory foam help minimize motion transfer and contour to the body to help relieve pressure points, while a reinforced steel perimeter

provides substantial edge support. The mattress only comes in one firmness level, which the manufacturer says has a medium feel that falls at 6 on a firmness scale of 1 to 10 (with 10 being the firmest).

Cocoon by Sealy provides free shipping, a 100-night trial, and a 10-year warranty. The manufacturer recommends spot-cleaning the mattress, as its cover shouldn't be removed or washed. It's worth noting that the mattress isn't compatible with traditional [box springs](#), so you'll need to purchase a [platform bed](#), flat foundation, or power base if you don't already have one.

Specs:

List Price (Full):	\$1,129
Material(s):	Memory foam and innerspring coils
Warranty:	10 years

[Buy From Cocoon By Sealy »](#)

Best for Couples

Leesa Original Mattress »

3.2 ★★★★★ U.S. News Rating

**PROS:**

- ✓ Recommended for multiple sleep positions
- ✓ Reduces motion transfer
- ✓ 100-night sleep trial

CONS:

- ✗ May be too firm for some sleepers
- ✗ Lacking edge support

[Buy From Leesa](#)

The [Leesa Original Mattress](#) contains a sturdy, supportive foam base and two layers of memory foam: one that contours to the body for pressure relief and another that's breathable and bouncy, designed to keep you comfortable and cool. The manufacturer describes the mattress as having a medium feel, which caters to most sleep positions, though it may feel too firm for those who like the classic memory foam feel with a deep sink. When we tested the Leesa Original, the majority of our testers agreed the mattress had a medium feel. "The Leesa Original is firm enough to hold you up and hug you at the same time," said tester Catalina.

The Leesa Original is made from CertiPUR-US certified foam, holds a Greenguard Gold certification, ships for free, and comes with a 10-year full-

replacement warranty and 100-night trial, during which time you can return your undamaged mattress for any reason at no added cost.

Foam mattresses are generally the best at reducing motion transfer, which can make them ideal for couples. “The challenge with motion transfer is that it may affect the sleep quality of a bed partner and fragment their sleep,” says Dr. Ana C. Krieger, a sleep medicine expert at NewYork-Presbyterian/Weill Cornell Medical Center.

Specs:

List Price (Full):	\$1,133
Material(s):	Memory foam
Warranty:	10 years

[Buy From Leesa »](#)

The Bottom Line

A full mattress is a happy medium for when a twin is no longer big enough, but your room cannot accommodate a queen- or king-sized bed. The affordable price lends itself well to furnishing a guest room or for growing teens who want a larger bed.

In our 360 Reviews lab, we tested dozens of [mattresses](#) and think the Nectar Premier Memory Foam is a solid option if you need a new full-size bed. It has impressive edge support and temperature regulation given its all-foam layers. The Nectar Premie’s medium to medium-firm feel can work for many sleepers. Notably, our consumer survey showed that 74% of people would recommend buying the Nectar Premier to anyone in the market for a new mattress.

Things To Consider When Buying Full Mattresses

Support: It's important to choose a mattress that provides the right amount of support to suit your needs. Adequate support "is often determined by someone's weight and preferred sleep position," says Dr. Krieger.

"Unsupportive mattresses can affect a patient's sleep quality and can increase back pain," says Dr. Angelie Mascarinas, a physiatrist at the Hospital for Special Surgery. Sleeping on an unsupportive mattress results "in more tossing and turning while sleeping, and possibly night-time awakenings," says Dr. Mascarinas. "Increased pain when rising from sleeping has been found to be related to increased nocturnal movements per hour."

Firmer mattresses are often recommended for stomach and back sleepers, while side sleepers typically prefer a softer feel to properly cushion the hips and shoulders, which can experience a lot of pressure. Combination sleepers should consider a firmness that falls somewhere in the middle.

Motion Isolation: Full mattresses are typically not recommended for [couples](#), as they may be too narrow to accommodate two sleepers. However, some couples might opt for a full mattress if they live in a smaller space. In these cases, finding a bed that effectively isolates motion is key.

Motion transfer occurs when a movement that occurs on one part of the mattress shakes or bounces the rest of the bed. This means if one sleeper rolls over during the night, the other will feel it. Mattresses with motion isolation ensure that one sleeper's movements won't disrupt the other, which is particularly important for two people sharing a full mattress that leaves little room between sleepers.

"Usually, memory foam mattresses can help isolate motion since their foam layers can absorb movement," says Dr. Mascarinas. Though latex doesn't excel at motion isolation to the same degree as memory foam, it still absorbs motion somewhat. Hybrid mattresses tend to sufficiently reduce motion transfer if they feature many foam layers on top. Innerspring mattresses aren't nearly as effective as other types of materials.

Temperature Regulation: Temperature regulation is essential to getting comfortable, quality sleep. “Our body naturally lowers its temperature during sleep,” explains Dr. Krieger. “Sleeping in a warm environment may affect this temperature regulation and interfere with sleep quality, leading to frequent awakening at night.”

Dr. Mascarinas adds, “Studies have shown that high-thermal-capacity mattresses help regulate skin temperature and core body temperature and promote deeper sleep.”

A mattress’s ability to regulate temperature depends on the breathability of its materials. Memory foam has a reputation for retaining heat, though some newer varieties that infuse cooling gels, graphite, or copper do a better job of dissipating heat. Latex is naturally very breathable and less body-hugging than memory foam, so it allows for better airflow. Hybrid and innerspring mattresses, which use coils and don’t contour as closely to the body, are usually considered the best at temperature regulation because air can easily flow through them.

Warranty: Different mattress manufacturers provide different warranties, and some offer the option to purchase additional protection that covers accidental damage. Mattresses usually come with warranties that fall anywhere between 10 years and the lifetime of the mattress. These warranties typically cover any issues the manufacturer considers defects in materials or workmanship. Regular wear and tear from daily use is usually not covered by mattress warranties.

Before purchasing a mattress, it’s important to review the terms of its warranty. The duration of the warranty can potentially add value to your purchase, as a lifetime warranty protects your investment over a longer period. You’ll also want to make sure you understand what the warranty does and doesn’t cover, as well as certain actions that might void the warranty. For example, some mattress warranties become void if you remove the mattress’s outer cover or use it on the wrong base.

What are the Dimensions of a Full Mattress?

Full-size mattresses are 54 inches wide and 75 inches long, meaning they’re the same length as [twin-size](#) (38" x 75") beds but 16 inches wider. They’re also 16 inches

wider than [twin XL](#) (38" x 75") mattresses, though full mattresses are five inches shorter.

Full beds are cheaper and take up less space than a queen, which measures 60 inches by 80 inches. However, queen beds are more suitable for couples or single sleepers who are larger or prefer more space to spread out.

That said, full mattresses are great for growing kids and teens or smaller adults who don't have the space or budget for a larger bed. Since they're not as much of an investment as queen or [king beds](#) (76" x 80"), this [mattress size](#) may also be a good match for a guestroom.

How We Chose the Best Full Mattresses

At 360 Reviews, our team has carefully researched, tested, and reviewed dozens of mattresses, combed through customer reviews, and sought the expertise of specialists – including [Dr. Ana Krieger](#), a sleep medicine expert at NewYork-Presbyterian/Weill Cornell Medical Center, and [Dr. Angelie Mascarinas](#), a physiatrist at the Hospital for Special Surgery – to compile this list of the best full mattresses.

We then considered important factors like support, cooling features, and warranties, which we used to narrow down the options to our top choices. Most of the models on this list, including our top pick, the Nectar Premier Memory Foam Mattress, were tested in our 360 Lab in Salt Lake City, where we had panelists of different weights and sizes spend hours evaluating each bed's firmness, motion transfer, ease of movement, edge support, cooling, pressure relief, and comfort.

WHY SHOULD YOU 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 are the pros and cons of memory foam full mattresses versus innerspring full mattresses?

+

What types of full mattresses can help relieve back pain?

+

What's the difference between a full and a queen mattress?

+

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.

[Read more](#)

Lauren Allain

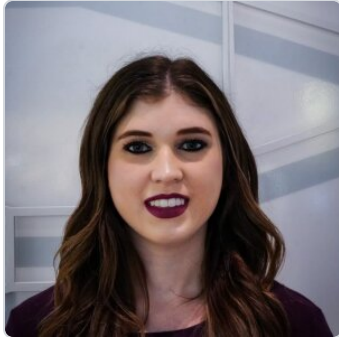
Contributor





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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