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## 6 Best King Mattresses of 2024

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

☒ Edited by [Marlo Jappen Porto](#)

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The term “king bed” simply sounds luxurious. Measuring 76 inches wide by 80 inches long, a king-size bed is ideal for sleepers who like to spread out, couples who prefer more space, and anyone who shares the bed with kids or pets. Though it takes up more floor space than other mattress sizes (and comes with a steeper price tag), many find the comfort and roominess of a king bed to be well worth the investment.

After conducting [in-person testing](#) and a detailed consumer survey, we chose the Helix Dusk Luxe as the best overall king-size bed thanks to its strong motion isolation and supportive hybrid construction. In our consumer survey, more than 50% of responders said they’d recommend the Helix Dusk Luxe to someone shopping for a new mattress. In addition to the Helix Dusk Luxe, our list of top king-size options includes models for budget shoppers, back pain sufferers, side sleepers, couples, and hot sleepers. There’s one on our list fit for a king, and you.

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## Our Top Picks

**Best Overall:** [Helix Dusk Luxe](#) »

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**Best Budget:** [Zinus Green Tea Memory Foam Mattress »](#)[Jump to Review ↓](#)**Best for Back Pain:** [Saatva Rx Mattress »](#)[Jump to Review ↓](#)**Best for Side Sleepers:** [Helix Sunset Luxe »](#)[Jump to Review ↓](#)**Best for Couples:** [Naturepedic EOS Classic Organic Mattress »](#)[Jump to Review ↓](#)**Best for Hot Sleepers:** [Cocoon by Sealy Chill Hybrid Mattress »](#)[Jump to Review ↓](#)**Best Overall****Helix Dusk Luxe »****4.2** ★★★★★☆ **U.S. News Rating**

**PROS:**

- ✓ Hybrid construction supports various sleeper types
- ✓ Medium-firm feel with cushioned upper layer
- ✓ Greenguard Gold certified foams

**CONS:**

- ✗ May feel too firm for some
- ✗ Edge support is lacking at the foot of the bed

Buy From Helix

Helix classified the Dusk Luxe as having a medium level of firmness, but in testing, we felt it was closer to a medium-firm bed. “I would categorize this mattress a medium firm; however, it still has enough softness to hug you in the right places,” said tester Catalina Arndt, who is 5 feet, 8 inches tall, and 146 pounds. Helix mentions the mattress is designed for back and stomach sleepers, and we felt well supported while back and stomach sleeping on the bed.

Most testers said it did well in terms of motion isolation, which is a mattress feature many couples look for. Tester Huston Evans (5 feet, 11 inches tall and 200 pounds) said, “Only a small amount of movement felt. Even if you're a light sleeper, it shouldn't bother you.”

Over 57% of our consumer survey respondents said the Helix Dusk Luxe has a positive influence on relieving back pain, so it could also be a good option for couples looking for lumbar support. Helix mentions the Dusk Luxe is designed with extra lumbar support with reinforced coils below the hips.

**Specs**

**List Price (King):** \$2,873.80

**Material:** Foam, latex foam, steel coils

**Warranty:** 15 years

[Buy From Helix »](#)

## Best Budget

### Zinus Green Tea Memory Foam Mattress »

**3.6** ★★☆☆☆ U.S. News Rating



The Zinus Green Tea Memory Foam Mattress

#### PROS:

- ✓ Budget-friendly
- ✓ CertiPUR-US certified
- ✓ Provides body-contouring support

#### CONS:

- ✗ May not be supportive enough for some sleepers
- ✗ Mattress cover is not washable

[Buy From Walmart](#)

The Zinus Green Tea Memory Foam Mattress is constructed from three layers of CertiPUR-US certified memory foam. The foundational base layer uses high-density foam to provide structure and edge support while the top two layers provide soft, contouring support. We tested the 6-inch version of the Zinus Green Tea Mattress in our lab and our panelists were pleased with its edge support and motion isolation. “It barely sinks in at all when sitting or laying on the edge,” said our tester Melinda Yeaman, who is 5 feet, 7 inches, and 165 pounds.

The mattress is encased in a soft outer cover that helps keep sleepers cool throughout the night, though the cover isn’t meant to be removed or washed. The Zinus Green Tea Memory Foam Mattress comes with a 100-night sleep trial when purchased through the manufacturer’s website. It’s worth noting that the mattress only comes in one firmness, which may not offer enough support for side sleepers.

Specs

List Price (King):	Starting at \$215 (6-in. model)
Material:	Memory foam
Warranty:	10 years

[Buy From Walmart »](#)

Best for Back Pain

Saatva Rx Mattress »

**PROS:**

- ✓ Specifically for people with back and joint pain
- ✓ Breathable, hybrid design
- ✓ CertiPUR-US Certified

**CONS:**

- ✗ May not be firm enough for back and stomach sleepers
- ✗ Expensive

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Buy From Saatva

Saatva specifically designed the Rx mattress to deliver optimal support and pressure relief to [those suffering from chronic back pain](#). It has a supportive core that adjusts to your movements, contouring to the body to eliminate pressure points and improve circulation. The mattress has a zone for targeted lower back support that uses gel-infused memory foam, and it helps reduce motion transfer, which is essential for couples who share a bed. The mattress's cover is made from organic cotton, which is naturally breathable, and its hybrid design allows for better airflow throughout the night.

The Saatva Rx mattress is best suited to side sleepers with chronic pain, however, some back and combination sleepers experiencing pain may also find it to be a good fit. Saatva offers a 365-night home trial, free in-room



delivery and setup, free mattress and foundation removal, and a lifetime warranty with the purchase of any mattress. Keep in mind that Saatva charges a \$99 processing fee for any mattresses returned during the trial period.

Specs

List Price (King):	\$3,795
Material:	Organic cotton, memory foam, recycled steel coils
Warranty:	Lifetime warranty

[Buy From Saatva »](#)

Best for Side Sleepers

Helix Sunset Luxe »



PROS:

✓

Designed for side sleepers

✓

Plush pillow top

✓

100-night sleep trial

CONS:

✗

No certified organic materials

✗

Not recommended for back and stomach sleepers

Buy From Helix

Helix’s Sunset Luxe mattress has a soft, plush feel making it an ideal choice for side sleepers and people who toss and turn throughout the night. Made from layers of contouring memory foam and more than 1,000 individually wrapped coils, the mattress offers all of the pressure relief of foam and the support of innerspring coils.

Side sleepers benefit from the mattress’s ability to hug the hips and shoulders, keeping the spine in healthy alignment. The innerspring coils also provide sturdy edge support. The layers of foam and coils are encased in a quilted hypoallergenic cover that is breathable and helps regulate your body temperature, and Helix offers the option to upgrade to a GlacioTex Cooling Cover for even better cooling.

Helix offers free shipping, a 100-night in-home sleep trial, and a 15-year limited warranty. Couples who have different sleep positions may prefer a firmer mattress, as the Helix Sunset Luxe may be too soft for back and stomach sleepers.

Specs

List Price (King):	\$2,873.80
Material:	Memory foam, steel coils, tencel
Warranty:	15-year limited warranty

Buy From Helix »



## Best for Couples

### Naturepedic EOS Classic Organic Mattress »



#### PROS:

- ✓ Independently customizable right and left sides
- ✓ Certified organic and non-toxic
- ✓ Naturally cooling

#### CONS:

- ✗ Expensive
- ✗ Outer cover isn't machine-washable

[Buy From Naturepedic](#)

Naturepedic's EOS Classic Organic Mattress is ideal for couples, especially those with different sleep positions and preferences, because it allows for each side of the mattress to be independently customized to the ideal level of firmness. The mattress has swappable inner layers that can be easily

switched out by unzipping the cover, offering a multitude of combinations to achieve your preferred firmness. The breathable cover and hybrid design help regulate temperature to avoid overheating. The EOS Classic Organic Mattress is MADE SAFE certified, 100% GOTS certified organic, and Greenguard certified.

Each mattress ships for free and comes with a 100-night in-home sleep trial and a 25-year limited warranty. Returns during the sleep trial are also free. [Latex](#) is one of the materials used in the mattress’s construction, so people with latex allergies may find it irritating. Fortunately, Naturepedic also manufactures a version of the EOS Classic Organic Mattress that is latex-free, and one that is vegan and wool-free.

### Specs

<b>List Price (King):</b>	\$4,299
<b>Material:</b>	Organic cotton, organic wool, polylactic acid (PLA), organic latex, steel coils
<b>Warranty:</b>	25-year limited warranty

[Buy From Naturepedic »](#)

### Best for Hot Sleepers

**Cocoon by Sealy Chill Hybrid Mattress »**

**PROS:**

- ✓ Reduces motion transfer
- ✓ Cool to the touch
- ✓ Reinforced edge support

**CONS:**

- ✗ Not compatible with traditional box springs
- ✗ May be too firm for some sleepers

[Buy From Cocoon by Sealy](#)

Maintaining a cool temperature throughout the night is vital to getting quality sleep, and Cocoon by Sealy's Chill Hybrid Mattress has a cooling cover infused with the brand's own "Phase Change Material" to regulate temperature and help dissipate heat. Our testers tried out the all-foam version of this mattress, which uses the same cover material and pressure-relieving foam layer. Most of our testers felt that this all-foam model had a cooling sensation. "The temperature was cool, and I really enjoyed the texture of the mattress," said our tester Lincoln Bailey, who is 5 feet, 11 inches tall, and 160 pounds.

Hybrid mattresses tend to sleep cooler than all-foam beds since hot air can naturally escape through the coil layer of the bed, so the Cocoon by Sealy

Chill Hybrid Mattress is likely to work even better for hot sleepers than the foam version.

The 12-inch mattress is made from memory foam for pressure relief and premium innerspring coils for support. Layers of memory foam contour to the body to relieve pressure points and help reduce motion transfer, making it a great choice for couples. It also has a reinforced steel perimeter for sturdy edge support. The manufacturer describes the firmness level of the mattress as medium, though it may be too firm for some side-sleepers.

Each Cocoon by Sealy mattress ships for free and comes with a 100-night sleep trial and a 10-year warranty. While the Chill Hybrid mattress is compatible with platform beds, flat foundations, and the brand’s power base, it is not compatible with a standard box spring.

Specs

List Price (King):	\$1,699
Material:	Memory foam and innerspring coils
Warranty:	10 years

[Buy From Cocoon By Sealy »](#)

The Bottom Line

A king-size bed is an ideal option for anyone who prefers extra space while sleeping. Whether you toss and turn at night or share the bed, a king model is more than a foot wider than a queen bed.

After a consumer survey and testing the mattress, we found the Helix Dusk Luxe to be the top overall pick for a king-size bed. The hybrid mattress does a nice job of

isolating motion and it also provides good lumbar support. Fair warning, once you experience the extra space of a king-size bed, it's hard to go back to a queen mattress.

## Things To Consider When Buying King Mattresses

**Support:** Support is one of the most essential considerations when choosing a mattress. "The mattress should be supportive of your sleep position while also providing comfort and not overheating your body," says Dr. Ana Krieger, a sleep medicine expert at New York-Presbyterian and Weill Cornell Medicine.

Different mattresses cater to different sleep positions, so it's important to seek out options that reflect your unique needs. "For instance, for a side sleeper, a very firm mattress may not be comfortable as it will not allow for proper accommodation of the hip and shoulders, leading to a misalignment of the spine during sleep," says Dr. Krieger. "For a back sleeper, a firmer mattress might be a better option."

Body weight and chronic pain also factor into a person's support needs. [Heavy people](#) tend to benefit from a firmer mattress, as plush mattresses may create the feeling of sinking into the mattress. Pain sufferers should consult with their doctor to determine what type of support will help reduce or eliminate pain.

**Motion Isolation:** Motion isolation is important in king mattresses, which are often a go-to choice for couples. Motion isolation is a feature found in many king mattresses that helps reduce motion transfer. "Motion transfer means how much movement from one part of the mattress reflects on another part of the mattress," says Dr. Angelie Mascarinas, a physiatrist at the Hospital for Special Surgery.

For couples, especially for those who frequently toss and turn or move around throughout the night, motion isolation can mean the difference between a restful night's sleep and poor quality, disrupted sleep. "The challenge with motion transfer is that it may affect the sleep quality of a bed partner and fragment their sleep," explains Dr. Krieger.

Different materials are better at reducing motion transfer than others. [Memory foam](#) is widely regarded as most effective at motion isolation, though latex also does a

great job at minimizing motion transfer. Though [innerspring mattresses](#) do not excel at motion isolation, there are several memory foam-innerspring hybrid mattresses that help reduce motion transfer.

**Temperature Regulation:** Creating a cool and comfortable sleep environment is essential to getting a good night's sleep, so it's important to choose a mattress that adequately regulates temperature, especially if you are naturally a hot sleeper. Sleeping in warmer temperatures can cause sleepers to wake frequently throughout the night and can affect the body's natural ability to regulate temperature. "Warmer temperatures may also exacerbate underlying restless legs or periodic limb movements during sleep," says Dr. Krieger.

Certain mattress materials are more effective at temperature regulation than others. "Studies have shown that high-thermal-capacity mattresses help regulate skin temperature and core body temperature and promote deeper sleep," says Dr. Mascarinas.

Breathable materials, like latex and innerspring coils, often excel at temperature regulation. Materials that contour to the body, like memory foam, are known for trapping heat and reducing airflow. Hybrid mattresses frequently offer the best of both worlds: pressure relief and contouring of memory foam with the breathability of innerspring coils for temperature regulation.

**Trial Period and Warranty:** Most, if not all, mattresses come with an in-home trial period and warranty. Trial periods allow sleepers time to try out a mattress with the option to return it during the specified window if it doesn't meet their needs. In-home sleep trial periods usually range between 30 days and one year, depending on the manufacturer. Some manufacturers ask that you sleep on the mattress for at least 30 days before requesting a return or exchange, as it can take up to 30 days to get used to a mattress to determine if it's the right fit.

Mattress warranties also vary from one manufacturer to the next, ranging from a one-year warranty to a lifetime warranty. It's important to factor the duration of the warranty into your decision-making process because it can certainly add value to your purchase in the event of an issue. Additionally, you should familiarize yourself with the terms of the warranty to ensure you understand what is covered and what actions, if any, have the potential to void your warranty. For example, some mattress warranties become void if you attempt to remove the outer cover. Please note that



this list is prioritized based on general considerations, but individual preferences may vary.

## What Are the Dimensions of a King Mattress?

King mattresses have a width of 76 inches and a length of 80 inches. For reference, [queen mattresses](#), which are the most popular mattress size, also have a length of 80 inches. But, king beds are 16 inches wider.

If you're seeking more legroom, both California king and Alaskan king models have a length of 84 inches. With a width of 72 inches, California king beds are narrower than standard king options. Alaskan king mattresses, on the other hand, offer nearly twice the width of a king bed. They measure 144 inches in width and 84 inches in length, making them an incredibly spacious choice.

Some couples may want to opt for a [split king mattress](#), which is two twin XL mattresses pushed together. Split king mattresses share the same dimensions as king mattresses – 76 by 80 inches – but, unlike standard kings, they're not connected, allowing each partner to pick a firmness that best suits his or her sleep preferences. Keep in mind, king mattresses tend to cost less than split king options.

## How We Chose the Best King Mattresses

Our editors carefully researched, tested, and reviewed countless [mattresses](#), combed through customer reviews, and sought the expertise 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 formulate this ranking of the best king mattresses. We then considered important factors like support, motion isolation, cooling features, and warranties, which we used to narrow our list down to our top choices.

### 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](#), who also contributed to this article, has more than six years of experience testing and reviewing sleep products. [Marlo Jappen Porto](#), the editor of this piece, is a home goods editor at 360 Reviews, specializing in sleep and fitness content.

## FAQ

**Why should I buy a king mattress?**

+

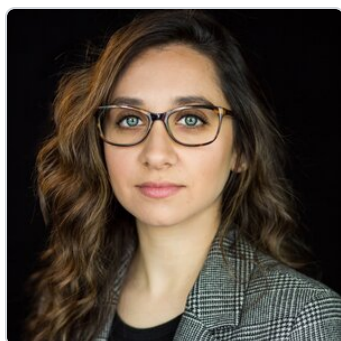
**How do I determine the right level of firmness for my king mattress?**

+

**What types of mattresses provide motion isolation for couples?**

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## 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

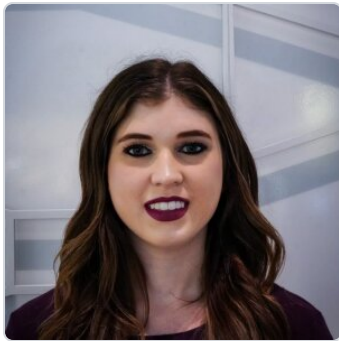


## Contributor



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.

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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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