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Best Seat Cushions of 2024

By [Deirdre Mundorf](#)



Reviewed by [Marlo Jappen Porto](#)

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Seat cushions make it more bearable to sit for prolonged periods. Lonnie Herman, DC, board-certified chiropractor and founder of Rapid Health Restoration System, shares: "It's become extremely common for people to stay stagnant at their desk and/or office." He explains, "A substantial seat cushion will ultimately help the body keep proper posture throughout the workday." Our guide to the best seat cushions includes options for a range of individuals.

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Best Overall

ComfiLife Gel Enhanced Seat Cushion »



PROS:

- ✓ Compatible with different chair types
- ✓ Cooling gel layer

CONS:

- ✗ Not as wide as some other cushions
- ✗ Only one firmness option

[Buy From Amazon](#)

 Machine-washable cover

The ComfiLife Gel Enhanced Seat Cushion works for all different types of users. Physical therapist Jenny Fritts, says “I have had patients try this cushion and feel it provides instant relief.” Fritts appreciates how the cushion is relatively lightweight, has a soft, comfortable texture, and provides cooling. The cooling effect comes from the gel layer that sits just beneath the cover. Below the cooling gel layer, the cushion is constructed from high-density memory foam, which helps it deliver adequate support to alleviate sciatica and lower back pain. This is a U-shaped cushion, which means it’ll help to reduce pressure in the tailbone area.

Choose from three neutral cover color options: gray, black, and navy. The cover is made from a soft velour material and can be removed and cleaned in the [washing machine](#). The ComfiLife Gel Enhanced Seat Cushion also features a non-slip rubber base to keep it from sliding around on the chair you’re sitting on.

Specs

List Price:	\$51.95
Fill Material:	Gel-enhanced memory foam
Cover Material:	Velour
Dimensions:	17.6 in. L x 13.8 in. W x 2.75 in. H

[Buy From Amazon »](#)

Best Budget

Sleepavo Memory Foam Seat Cushion »

**PROS:**

- ✓ Affordable
- ✓ Breathable and machine-washable cover
- ✓ Non-skid base

CONS:

- ✗ Only one size option
- ✗ Some users find that the cushion slides around too much

[Buy From Amazon](#)

Retailing for less than \$25, the Sleepavo Memory Foam Seat Cushion costs a fraction of the price of many of the other seat cushions on our list. This U-shaped coccyx pillow features memory foam construction to help alleviate pressure on the tailbone and lower back. The memory foam can support up to 275 pounds, and the Sleepavo offers a three-year warranty against damage or defects. During the warranty period, the company offers free replacements for pillows that went flat.

The Sleepavo Memory Foam Seat Cushion should fit most [office chairs](#), wheelchairs, and car and airplane seats. The cushion has a removable and machine-washable mesh cover that allows for air circulation. The cover,

which is available in four neutral colors, has a non-skid base and an integrated handle for carrying.

Specs

List Price: \$24.99

Fill Material: Memory foam

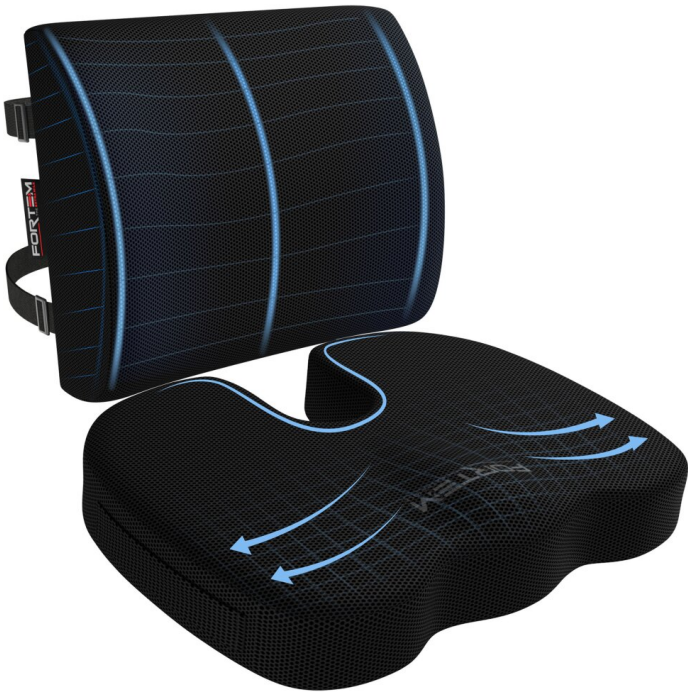
Cover Material: Mesh

Dimensions: 18 in. L x 14 in. W x 3 in. H

[Buy From Amazon »](#)

Best for Lower Back Pain

Fortem Seat Cushion and Lumbar Support »



PROS:

CONS:

pressure

users

- ✓ Non-slip base
- ✓ Comes in numerous mesh and velour options

✗ Not very deep

Buy From Amazon

If you’re looking for a solution to alleviate lower back pain, then the Fortem Seat Cushion and Lumbar Support set is a good bet. This set comes with two pillows – one seat cushion and one back support pillow – to help find the most comfortable seating position to reduce pain and pressure. The seat cushion offers a U-shape to better alleviate sciatic nerve pain. The lumbar support pillow has adjustable straps to help you position it and secure it on your chair.

Both cushions are made from 100% memory foam. They arrive decompressed, and take a few hours to expand to their full size and to be ready for use. If desired, you can use the U-shaped pillow when traveling via car or airplane. Choose from velour or mesh cover materials in black, blue, dark gray, gray, or red.

Specs

List Price:	\$39.99
Fill Material:	Memory foam
Cover Material:	Velour or mesh
Dimensions:	17.5 in. L x 13.5 in. W x 5.5 in. H

Buy From Amazon »

Best for Office

Cushion Lab Pressure Relief Seat Cushion »



PROS:

- ✓ Conforms around legs and hips to alleviate pressure from prolonged sitting
- ✓ Multiple color choices
- ✓ Two size options

CONS:

- ✗ Pricey
- ✗ Some users may find it to be too tall

[Buy From Amazon](#)

Make your office chair more comfortable and supportive with the Cushion Lab Pressure Relief Seat Cushion. Made from charcoal memory foam, this cushion helps alleviate pressure on the hips and back to stay comfortable when sitting for extended periods.

The Cushion Lab Pressure Relief Seat Cushion is available in both standard and large sizes. The company recommends the large model for individuals who weigh more than 210 pounds.

You can customize the look of this option to match your office decor or to add a pop of color, as it’s available in 24 neutral or vibrant colors. When cleaning is needed, simply remove the cover and toss it in the washing machine. The cover is made from polyester, making it breathable to keep you from getting too hot when sitting for long periods. The charcoal memory foam is odor-resistant.

Specs

List Price:

Starting at \$85 (standard cushion)

Fill Material:

Charcoal memory foam

Cover Material:

Polyester

Dimensions:

18 in. L x 15.5 in. W x 4 in. H (standard); 21 in. L x 18 in. W x 5 in. H (large)

[Buy From Amazon »](#)

Best for Car

Purple Simply Seat Cushion »

**PROS:**

- ✓ Compact for travel
- ✓ Anti-slip bottom
- ✓ Handle built into cover

CONS:

- ✗ Only one cover option
- ✗ Expensive

[Buy From Amazon](#)

Whether you're planning a long road trip or want to be more comfortable during your daily commute, take a look at the Purple Simply Seat Cushion. Made with the same proprietary Purple Grid that the company uses for its [mattresses](#), this seat cushion is designed to cradle your bottom and hips for extended sitting comfort. It's ideal for sit times between 4 and 8 hours and can adjust to the unique shape and weight of any body.

This is a double-sided model. One side is firmer, while the other is softer, helping individuals find their preferred support level. The gel material used to construct the cushion stays cool, so you won't overheat as you're riding in the car.

In addition to using the cushion in the car, you can use it on a chair or sofa in your home or office. It's suitable for use on both firm and soft surfaces to

provide you with a more supportive spot to sit. The Purple Simply Seat Cushion’s cover features an integrated handle for easy carrying.

Specs

List Price:	\$99
Fill Material:	GelFlex Grid
Cover Material:	Polyester
Dimensions:	17.5 in. L x 15.75 in. W x 1.25 in. H

[Buy From Amazon »](#)

Best for Larger People

McKesson Seat Cushion »



PROS:

- ✔ Supports up to 500 pounds
- ✔ Helps manage pressure sores
- ✔ Waterproof cover

CONS:

- ✗ Only comes in one color
- ✗ Some reviewers say it's not the most breathable

[Buy From Amazon](#)

The McKesson Seat Cushion can support individuals weighing up to 500 pounds. Made from foam and gel, the cushion molds to each individual's body shape to ensure equal weight distribution and prevent pressure sores caused by sitting for extended periods. The gel material helps to absorb heat and keep users cool and comfortable.

This model has a waterproof nylon cover. Easily wipe away spills or remove the cover to clean it in the washing machine when necessary. You can use this seat cushion with a wheelchair, an office chair, a sitting chair, or a car seat. Once positioned, secure it using the adjustable straps to prevent it from shifting or sliding.

Specs

List Price:	\$42.46
Fill Material:	Foam and gel
Cover Material:	Nylon
Dimensions:	24 in. L x 18 in. W x 3 in. H

[Buy From Amazon »](#)

Best for Wheelchairs

Kolbs Gel Extreme Wheelchair Seat Cushion »



PROS:

- ✓ Non-slip base makes it suitable for wheelchairs
- ✓ Waterproof cover
- ✓ Multiple size options

CONS:

- ✗ Some users find that it slides around too much
- ✗ Only one color option

[Buy From Amazon](#)

If you're looking to make a [wheelchair](#) more comfortable for yourself or a loved one, consider the Kolbs Gel Extreme Wheelchair Seat Cushion. This option comes in several sizes, ranging from 16 inches by 16 inches up to 32 inches by 24 inches. With the number of options, you should be able to find something that delivers the right fit.

The cushion's construction utilizes five layers to help users feel comfortable and supported. The top layer is the water-resistant cover. Beneath, there's a high-density foam to support different body types. Next is a gel bladder that helps alleviate pressure points. A medical-grade foam sits under the gel

bladder to offer contouring support. The final layer is a non-slip base to help keep the cushion in place on your wheelchair. While this cushion may be ideal for wheelchairs, its multi-layered design makes it suitable for other seating surfaces, as well.

Specs

List Price: Starting at \$39.99 (16 x 16 size)

Fill Material: Gel and foam

Dimensions: Ranges from 16 in. L x 16 in. to 32 in. L x 24 in. W

[Buy From Amazon »](#)

The Bottom Line

Physical therapist Shannon Leggett says, "A seat cushion is designed to have you sit with your pelvis in a neutral position." She explains, "Sitting with your pelvis in a neutral position allows you to sit with a 'stacked' spine where you maintain the natural curves of your spine with ease, your ribs are directly over the pelvis and your head is in line with your spine." The seat cushions on our list help you achieve this neutral position that Leggett highlights as so important.

We chose the ComfiLife Gel Enhanced Seat Cushion as our top pick. We like that it uses both gel and memory foam to offer cooling and contouring support for the body. We also appreciate the pillow's non-slip base and its removable, machine-washable cover.

Things To Consider When Buying Seat Cushions

Material: Material is one of the most important things to consider when shopping for a seat cushion. First, consider the material of the cushion itself. Seat cushions are most commonly made from memory foam, gel, or a combination of the two.

Chiropractor Brent Wells explains the differences, pros, and cons of gel and memory foam cushions. He says, "Gel cushions effectively relieve chronic low back pain, especially for those who sit for prolonged periods, such as occupational drivers. This is because the gel has excellent pressure distribution properties, which help reduce the strain on your lower back and tailbone." Gel cushions are also more cooling than memory foam alternatives that can trap heat.

Wells notes, "Memory foam molds to your body shape more effectively, providing personalized support that helps maintain proper posture. It can also relieve pressure points, particularly for sciatica patients." Some cushions feature a mix of gel and memory foam. He says, "The added gel infusion in some memory foam cushions provides cooling comfort in addition to the pain-relieving benefits of memory foam."

You may also find a few inflatable seat cushions. An inflatable cushion may be a good option if you're looking for something to pack in a suitcase or travel with, but these models won't be as durable as gel or memory foam options. They're also not likely to offer the same comfort or support as a gel or memory foam cushion.

In addition to the material of the cushion itself, don't overlook the cover material. Fritts says, "You may want a more durable material for road trips or if switching between different sitting surfaces often." In addition to durability, also consider the breathability of each material. Some of the most common cover materials include polyester, nylon, suede, and mesh.

Size: Size is another important factor to consider during your search for the best seat cushion. First, you want to ensure that the cushion is large enough to support your body frame. You'll also want to take into account the size of the chair(s) where you plan to use the cushion to make sure it will fit. Manufacturers list the length, width, and height of their cushions, so comparing these measurements against the dimensions of your chair can ensure the cushion will fit. Remember, the added height of the cushion makes the seat taller. Take this into consideration as well to make sure you don't choose something that will pull your feet off the floor, especially if you'll be using the cushion with a chair that doesn't offer an adjustable height.

If you'll be using the seat cushion in the car or for travel, you may want to prioritize picking a more compact or lighter model. This will make the cushion easier to carry with you or pack in a suitcase. Some models even feature an integrated handle that can make them easier to carry.

Shape: Your purpose for looking for a seat cushion can impact which shape is best for you. Fritts explains, "Donut- and U-shaped ones reduce pressure on the tailbone if you have tailbone pain or had a recent surgery in this area." You may also see these models called coccyx seat cushions.

"For general comfort, an all-encompassing/full-seat cushion may be best," says Fritts. She adds, "Some even have a forward tilt to help encourage you to sit more upright/have better posture."

Firmness and Support: Finding a seat cushion that offers the right amount of firmness and support for your body is essential. Personal preferences regarding how firm or soft you want a cushion to be will likely come into play, but Wells notes the importance of achieving even pressure distribution. He says, "A good cushion should distribute your weight evenly across the surface, which can help prevent discomfort and pressure ulcers."

Leggett highlights that the ideal firmness level can vary from one person to another based on their body type. She says, "Your body weight and size have to be taken into consideration. Weight determines how dense of a cushion you need –you don't want to sink into the cushion." If you sink too deep into a cushion, it won't deliver sufficient support for your body.

Care: Any seat cushion will get dirty from repeated use, spills, crumbs, and other debris. Finding one that's easy to care for and clean simplifies your life and extends the cushion's lifespan. Before making a purchase, check the manufacturer's care and cleaning recommendations. Many products offer a removable and machine-washable cover. For a low-maintenance product, prioritize finding a seat cushion with a washable cover.

How We Chose the Best Seat Cushions

When selecting the best seat cushions, we reached out to experts for their insight and guidance on the best features. We spoke with Jenny Fritts, physical therapist at the [Center for Restorative Therapies](#) at Mercy Medical Center, Brent Wells, chiropractor and founder of [Better Health Anchorage](#); Shannon Leggett, physical therapist, yoga instructor, and the owner of [Shannon Leggett Physical Therapy](#); and [Lonnie Herman](#) board-certified chiropractor and the founder of Rapid Health Restoration System. We also considered ratings and feedback from customers and professional reviewers. We included a range of options to match specific needs and budgets.

WHY SHOULD YOU TRUST US?

[Deirdre Mundorf](#), the author of this piece, has more than five years experience researching and writing reviews. A regular contributor to U.S. News 360 Reviews, she has covered the [best compression socks](#), the [best pregnancy pillows](#), and the [best anti-fatigue kitchen mats](#), among various other home and office products. Her work has also been featured in USA Today, Bob Vila, and Discover Magazine.

FAQ

- Can seat cushions help improve posture?

+
- Can seat cushions help with sciatica?

+
- Is gel or memory foam better for a seat cushion?

+

About Our Team

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Contributor





Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

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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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