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5 Best Hybrid Mattresses of 2024

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



Edited by [Marlo Jappen Porto](#)

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Offering sleepers the best of both worlds, hybrid mattresses deliver a combination of cushioning pressure relief and sturdy support. Typically, they have several layers of foam on top of durable steel coils.

Hybrid mattresses can be ideal for those who seek pressure relief like side sleepers who often need extra cushioning at their shoulders and hips. They can also work for couples who want a balance of comfort and support.

We found the Bear Elite Hybrid, which we've [tested in our lab](#), to be the best option if you're shopping for a hybrid bed. It features a quilted cover, copper-infused memory foam, and coils. It comes in three firmness levels so you can choose what works best with your preferences. To help you decide on the right model for your specific needs, we relied on a consumer survey, conducted research, and consulted with sleep experts to come up with a list of top contenders.

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Best Overall

Bear Elite Hybrid »

4.2 ★★★★★ ☆ U.S. News Rating

**PROS:**

✓ Three-layer design with

CONS:

✗ Motion transfer could be

copper-infused memory foam and zoned support coils

an issue for light sleepers

✗ May be too firm for some

Buy From Bear

- ✓ Three levels of firmness available
- ✓ Cushioned quilted cover

The Bear Elite Hybrid is our pick for the best overall hybrid bed. It provides a combination of conforming pressure relief with support from a zoned coil system. The Bear Elite Hybrid comes in three firmness levels: soft, medium, and firm. We tested the medium level and found it to be true to the name, having a medium feel with a combination of support and comfort.

Tester Melinda Yeaman, who is 5 feet, 7 inches tall, and 164 pounds, said, “I need support for my curvy hips and temperamental back and neck. The substantial base support of this mattress with the soft, fluffy feel on top very much checks my boxes.”

The individually wrapped coils are zoned, giving extra support in the lower back and hip area. Tester Craig Hanks, who is 5 feet, 11 inches, and 200 pounds, said, “Extra support in the lumbar area made this mattress perfect for sleeping on my back or stomach.”

“This mattress has the right amount of hug factor for my body.”

“ Catalina Arndt, a 5-foot-8-inch average-sized mattress tester in our Salt Lake City lab

Specs:

List Price (Queen): \$2,305

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

**Firmness
Level:**

Soft, Medium, Firm

Height:

14 in.

[EXPAND LIST](#) ▾

[Buy From Bear](#) »

Best Budget

Nectar Hybrid Mattress »



PROS:

- ✓ Affordable compared to other hybrids
- ✓ Versatile medium-firm feel
- ✓ Lifetime warranty

CONS:

- ✗ Contains memory foam which may off-gas after unboxing
- ✗ Some customer reviews report overheating

[Buy From Nectar](#)

The most budget-friendly mattresses are often [all-foam](#) or [innerspring](#) models. You'll generally pay at least a slight premium for a hybrid since it uses more materials. But, if you're set on this type of mattress, the Nectar Hybrid Mattress is one of the more affordable options. The brand rates it as a 6.5 out of 10 on the firmness scale. This medium-firm feel should make it a good option for most sleepers.

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This mattress is 12 inches thick, starting with an inch of conventional foam at the base, followed by 8 inches of individually wrapped coils, then another inch of supportive foam, and 2 inches of gel memory foam on top. Nectar foams are [CertiPUR-US](#) certified, telling you they don't emit high levels of potentially harmful substances into the air.

The combination of materials is intended to reduce motion transfer while providing pressure relief. This particular mattress also offers cooling elements in the form of a heat-wicking cover and innersprings that allow air to circulate throughout the mattress. However, some customer reviews have noted waking up with night sweats, so if you sleep hot, it might not be the best option.

Specs:

List Price	\$1,199
(Queen):	
Sizes:	Twin, twin XL, full, queen, king, California king, split king
Firmness	Medium-firm
Level:	
Height:	12 in.

[EXPAND LIST](#) ▾

[Buy From Nectar »](#)

Best Organic

Birch Natural Mattress »

4.0 ★★★★★ ☆ U.S. News Rating



PROS:

- ✓ Medium-firm feel suits wide range of sleepers
- ✓ Regulates temperature well
- ✓ Feels supportive with pressure relief

CONS:

- ✗ Not the best motion isolation
- ✗ \$99 return fee

[Buy From Birch](#)

We tried out the Birch Natural Mattress in our 360 Lab, evaluating it for pressure relief, motion isolation, temperature regulation, and edge support. The brand rates this mattress as a 6 to 7 out of 10 on the firmness scale, and after our testers tried it, this assessment seemed about right. “I found the Birch Natural to be on the firmer side with some conforming around the body. It's conforming enough to feel it touching your body but not enough to provide relief,” said tester Arndt. At 11 inches in height, it should easily fit most [fitted sheets](#).

Unlike many other hybrids, the Birch Natural Mattress doesn't contain any memory foam, a material known for trapping heat. The Birch’s base layer is wool, followed by individually wrapped coils, then natural Talalay latex, and two more layers of wool for temperature regulation. (Wool is also effective at keeping bacteria-causing odors at bay.) In our Lab, our testers described the Birch as cool and breathable. A bonus: The cover is [Global Organic Textile Standard \(GOTS\)](#) certified cotton.

The latex seemed to provide good pressure relief in multiple sleeping positions. Though the latex and coils give it a bouncy feel that may appeal to combination sleepers who switch positions throughout the night, they also result in a significant amount of motion transfer. Since memory foam tends to offer better motion isolation, a hybrid with foam layers could be a better option if this is a high priority for you. Birch offers a 100-night sleep trial, so you can return it if it doesn't work out. However, the brand charges a \$99 return fee to haul away the mattress.

Specs:

List Price	\$1,873.80
(Queen):	
Sizes:	Twin, twin XL, full, queen, king, California king
Firmness	Medium-firm
Level:	
Height:	11 in.

[EXPAND LIST](#) ▾

[Buy From Birch »](#)

Best for Side Sleepers

Helix Midnight Mattress »

3.8 ★★★★★☆ U.S. News Rating



PROS:

- ✓ Pressure-relieving
- ✓ Responsive feel allows easy movement
- ✓ Often on sale

CONS:

- ✗ Lacks edge support
- ✗ Motion isolation could be better

[Buy From Helix](#)

According to research, the side is the most common sleeping position, followed by the back. If you're a sleeper between about 130 and 230 pounds who falls into one (or both) of these camps, the Midnight is a great choice. In

line with the brand's description, it feels about a 6 out of 10 on the firmness scale – slightly on the softer side compared to many hybrids but not exceedingly plush, either. In our Lab, the majority of our testers said the Midnight feels like a soft to medium mattress. Our tester Yeaman said, “This mattress feels kind of squishy but sufficiently supportive,” while another tester, Lincoln Bailey, who is 5 feet, 11 inches tall and 160 pounds, said the mattress felt like a cloud.

The Midnight has a subtle sinking-in feeling. A mattress that cushions the body like this is often beneficial for side sleepers, who tend to feel pressure on their shoulders and hips. Helix says the Midnight is specifically designed to support side sleepers, but our testers also felt comfortable in other positions. Tester Hanks described the mattress as a medium-firm and said it was, “Fantastic in each position, but the firmness tilts this one toward back and stomach sleepers.” Tester Arndt also agreed it was comfortable in all positions, even when stomach sleeping. Even so, some who sleep primarily on their stomachs and [heavier-weight sleepers](#) might want something firmer.

Although the Midnight claims to have edge support on the longer sides, our testers found it was too soft to prevent them from sinking in when they sat down and the edge support on the head and foot was noticeably lacking. This mattress is also somewhat bouncy according to our testers and doesn't have strong motion isolation, so [if you sleep with a partner](#), you might feel them getting in and out of bed. Still, this is among the more reasonably priced hybrids on the market, so the trade-offs will be worth it to some.

Specs:

List Price (Queen):	\$1,332
Firmness Level:	Medium
Height:	11.5 in.
Sleep Trial:	100 days

[EXPAND LIST](#) ▾

[Buy From Helix »](#)

Best for Couples

Bear Star Hybrid Mattress »



PROS:

- ✓ Medium-firm feel suits multiple sleep preferences
- ✓ Coils around edges are reinforced
- ✓ Backed by a lifetime warranty

CONS:

- ✗ Some reviewers felt it retained heat
- ✗ Doesn't come with full-year sleep trial

[Buy from Bear](#)

Bear rates its Star Hybrid Mattress a 6.8 out of 10 on the firmness scale – this medium-firm level can be an ideal middle ground for couples with

different body weights or preferred sleeping positions. According to Bear, couples make up most of the owners of the Star Hybrid.

This 13-inch mattress has a high-density foam base, followed by individually wrapped coils, then a thick layer of responsive foam, and finally, a thinner layer of cooling gel foam on top. The coils allow for airflow to prevent heat from getting trapped, and the Star is made with what Bear calls “Serene Gel Foam” which is intended to feel cooler. Some customer reviews said it helped eliminate their night sweats, though others said they still felt hot sleeping on it, particularly in the warmer season.

The Star doesn't claim to provide motion isolation, and while the foam layers may help absorb some movement, hybrid beds tend to be springier. If you’re a light sleeper who shares the bed with a partner who tosses and turns frequently, an all-foam mattress might be preferred.

For some couples, sleeping too close to the center of the bed can make it feel cramped. These sleepers may benefit from a mattress with sturdy edges, allowing them to lay near the sides without feeling like they’re going to roll off. Bear recommends the Star Hybrid for its edge support, mentioning that the coils around the edges of the bed are extra-strong.

Specs:

List Price

(Queen):

\$1,998

Sizes:

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

Firmness

Level:

Medium-firm

Height:

13 in.

EXPAND LIST ▾

[Buy From Bear »](#)

The Bottom Line

A hybrid mattress combines cushioned upper comfort layers with ergonomic support from a layer of innerspring coils. They can be suitable for sleepers with aches and pains who are seeking pressure relief.

We think the Bear Elite Hybrid is an ideal mattress for those who want a hybrid bed. Through testing, we found it to offer a balance of firm support with zoned steel coils and slight body-contouring pressure relief from the copper-infused memory foam.

Things To Consider When Buying a Hybrid Mattress

Firmness Level: Hybrid mattresses (like most [mattresses](#) of any type) tend to be medium-firm, falling somewhere between a 6 and 7 out of 10 on the firmness scale. While individual needs vary from person to person, research has shown that a medium-firm mattress generally offers the best support and back pain relief.

In hybrids, the overall support tends to come from the spring layer at the core of the mattress, while the upper layers of foam affect the feel of the sleep surface. Several mattress companies make hybrids in multiple firmness options – like The WinkBed – by varying the makeup of these foam layers. These models can be a great pick for those who don't want a medium-firm mattress. Lightweight sleepers, for example, tend to need a softer mattress than most people.

Support: Typically containing multiple layers of coils, foam, or latex, the construction of hybrid mattresses can vary, resulting in a different level of support and pressure relief in each. Wass explains that the combination of materials is often "beneficial for sleepers who may have specific comfort preferences or varying sleep positions." The innerspring core of a hybrid mattress can provide pushback support for the sensation of sleeping on top of a mattress rather than in it. The amount of cushioning you get from a hybrid mattress can depend on how many comfort layers it includes, how thick the layers are, and what materials are used in these layers.

Temperature Regulation: Sleep medicine physician Joshua Roland, MD, says hybrid mattresses usually have "better temperature regulation than traditional foam mattresses." However, some hybrids are better at preventing overheating than others. If you sleep hot or are prone to night sweats, look for features like a cooling gel top layer, naturally thermo-regulating wool, or a breathable cotton or bamboo cover.

Motion Transfer: Bouncier, springy mattresses often transfer lots of motion, meaning when someone sits on the side or climbs in and out of bed, the movement will carry across the bed. "Since they have pocketed coils that compress individually, hybrid mattresses are better at isolating motion than the usual interconnected coils," says Mattress Firm sleep doctor Seema Bonney, MD. This can be a major benefit for couples who don't want to disturb each other. However, hybrids usually aren't as good at isolating movement as all-foam models.

Price: Hybrid mattresses are generally pricier than standard innerspring and foam options. On the lower end, they can be around \$700, and on the higher end, you're looking at upwards of \$3,000. A range of factors can affect the price, including size, height (thickness), the specific materials used, and special features, like zoned support or cooling technology.

How We Chose the Best Hybrid Mattresses

To compile this list of the best hybrid mattresses, we first consulted three experts: certified sleep science coach and Comfybeddy co-founder [Allana Wass](#), board-certified sleep medicine physician [Joshua Roland, MD, FAASM](#), and Mattress Firm sleep doctor [Seema Bonney, MD](#). With their buying tips and expertise in mind, we considered dozens of options, including several models tested in our 360 Labs. Then we narrowed it down to highly rated mattresses that suit a range of sleeping styles, needs, and preferences.

WHY SHOULD YOU TRUST US?

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

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FAQ

What is a hybrid mattress?	+
Is a hybrid mattress right for me?	+
How much does a hybrid mattress cost?	+
How long does a hybrid mattress last?	+
Does a hybrid mattress need a box spring?	+

About Our Team



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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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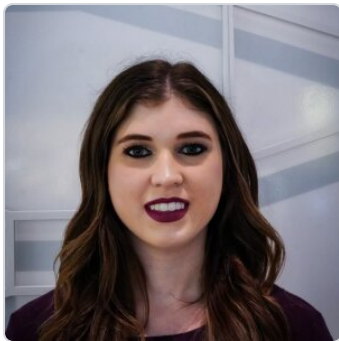
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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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