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5 Best Organic Mattresses of 2024

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



Edited by [Marlo Jappen Porto](#)

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If you prefer to eat organic food and use organic products, you'll be happy to know plenty of mattresses use organic materials. These beds focus on using certified organic materials like cotton, wool, and latex while still providing comfort and support. In the same way that organic produce at the grocery store tends to be pricier, most organic mattresses cost more than non-organic options. But, many people, the extra cost is worth the benefits.

Our top recommendation is the Birch Natural Mattress, which we've [tested in our 360 Reviews Lab](#). We also relied on a detailed consumer survey, tons of research, and interviews with sleep experts to come up with the top organic mattresses.

Table of Contents

[Best Organic Mattresses](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

Our Top Picks

Best Overall: [Birch Natural](#) »

[Jump to Review](#) ↓

Best Budget: [My Green Mattress Kiwi Organic Mattress](#) »

[Jump to Review](#) ↓

Best Cooling: [Avocado Green Mattress »](#)

[Jump to Review ↓](#)

Best for Side Sleepers: [Happsy Organic Mattress »](#)

[Jump to Review ↓](#)

Best for Couples: [Naturepedic EOS Organic Latex Mattress »](#)

[Jump to Review ↓](#)

Best Overall

Birch Natural »

4.0 ★★★★★ ☆ **U.S. News Rating**



PROS:

- ✓ Made with organic wool, organic cotton, and natural latex
- ✓ Hypoallergenic materials

CONS:

- ✗ \$99 return fee
- ✗ Could be too firm for those who prefer a conforming feel

[Buy From Birch](#)

✓ Coil support layer

The Birch Natural Mattress has a hybrid construction – layers of organic wool, natural latex, and spring coils – and an organic cotton cover. The mattress comes in one firmness level, which Birch labels as medium-firm. However, we found it to be closer to a medium in feel. Our testers liked how the Birch was supportive without conforming much to the body. “It's not too bouncy, and I’m not staying on the surface,” said tester Lincoln Bailey, who is 5 feet, 11 inches tall, and 150 pounds.

All mattresses are required to use a fire barrier and, rather than synthetic materials that are typically used for this, Birch uses organic wool.

While Birch uses wool and breathable cotton to help the mattress sleep cool, we didn’t find it to be an especially cool mattress, and some testers mentioned they felt the bed warmed up over time. Because of this, it might not be the best option for hot sleepers prioritizing a [cooling mattress](#).

However, it’s a suitable choice if you frequently switch positions in your sleep. According to tester Catalina Arndt (5'8," 146 lbs.), “Moving around the Birch Natural is very easy. I can change from any position with ease. I can also get in and out of bed or reach across the bed without any issues.”

“There's lots of reinforcement along the sides, so sitting and lying on the side was very supported.”

“ Craig Hanks, a 5-foot-11-inch tester in our Salt Lake City lab

Specs

List Price \$1,873.80
(Queen) :

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

Material(s): Latex, organic cotton, organic wool, metal springs

Certifications: Global Organic Textile Standard (GOTS), GreenGuard Gold, Fair Trade, eco-Institut, Forest Stewardship Council

[EXPAND LIST](#) ▾

[Buy From Birch](#) »

Best Budget

My Green Mattress Kiwi Organic Mattress »



PROS:

- ✓ Affordable
- ✓ Available in full XL
- ✓ 365-night trial

CONS:

- ✗ Lengthy shipping
- ✗ Only one firmness option

[Buy From My Green Mattress](#)

My Green Mattress’s Kiwi Organic Mattress has a medium feel. It features a hybrid design that contains up to 1,140 individually wrapped coils that work together with layers of Global Organic Latex Standard (GOLS)-certified latex and GOTS-certified organic wool and cotton. Together, these layers provide pressure relief. Each Kiwi Organic Mattress is button-tufted by hand for added longevity without the use of adhesives.

The Kiwi Organic Mattress is made without toxic chemicals, flame retardants, or polyurethane foams. It’s available in seven sizes including a full XL, a size rarely found among any mattress brands but that’s a great option for single, tall sleepers. The mattress is 11 inches tall and is compatible with adjustable bed bases, traditional solid platform beds, and [platform beds](#) with slats so long as the slats aren’t more than 3 1/2 inches apart.

My Green Mattress offers free shipping and returns within the contiguous 48 states as well as a 365-night sleep trial and 20-year warranty on each mattress.

Specs

List Price (Queen):	\$1,249
Sizes:	Twin, twin XL, full, full XL, queen, king, California king
Materials:	Organic latex, organic cotton, organic wool, metal springs
Certifications:	GOLS, GOTS, Made Safe, GreenGuard Gold

[EXPAND LIST](#) ▾

[Buy From My Green Mattress »](#)

Best Cooling

Avocado Green Mattress »

4.0 ★★★★★ U.S. News Rating



PROS:

- ✓ Breathable natural latex construction
- ✓ Moisture-wicking cotton cover
- ✓ Available in three firmness levels
- ✓ Nine organic and environmental certifications
- ✓ Needle-tufted by hand

CONS:

- ✗ Warranty protection is prorated after 10 years
- ✗ Returned mattresses incur \$99 fee

[Buy From Avocado](#)

The Avocado Green Mattress has GOTS-certified cotton and holds an additional eight organic and environmental certifications. It's made from

latex, cotton, and wool and needle-tufted by hand, eliminating the need for adhesives and improving overall durability. Wool and cotton offer natural temperature control, wick away moisture, and are breathable. Our tester Melinda Yeaman, who is 5 feet, 7 inches tall, and 165 pounds, said, “Though there is a hugging feeling, it doesn't trap heat and is very comfortable. I would say it breathes well.” Similarly, tester Catalina noted: “The Avocado Green is a comfortable cool mattress. It doesn't feel warm even after laying on it for a while.”

The Avocado Green Mattress has up to 1,459 steel coils, which are individually encased in fabric and distributed into seven zones for targeted support. The mattress is available in six sizes and three different levels of firmness: Firm, which is recommended for back and stomach sleepers; Medium, recommended for side, back, and combination sleepers; and Plush for side sleepers and those who need extra pressure relief. The mattresses range between 11 inches and 15 1/2 inches in depth, meaning that some models may require [deep-pocket sheets](#).

Megan Wood, senior editor at U.S. News & World Report, has slept on the Avocado Green for more than three years. She says, “I chose it for the organic materials and opted for the Plush topper as I’m a side sleeper. I was pleasantly surprised to find how cool the mattress sleeps. When it’s time to buy a new mattress, I’ll get another Avocado.”

Each Avocado Green Mattress comes with a 365-night sleep trial and a 25-year limited warranty, though it’s worth noting that warranty protection is prorated from years 11 to 25. The Avocado Green ships for free within the contiguous 48 states, and while mattresses are eligible for returns between 30 days and one year after purchase, returned mattresses incur a \$99 fee.

Specs

List Price \$1,999 (Firm)
(Queen):

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

Materials: Organic latex, organic cotton, organic wool, steel coils

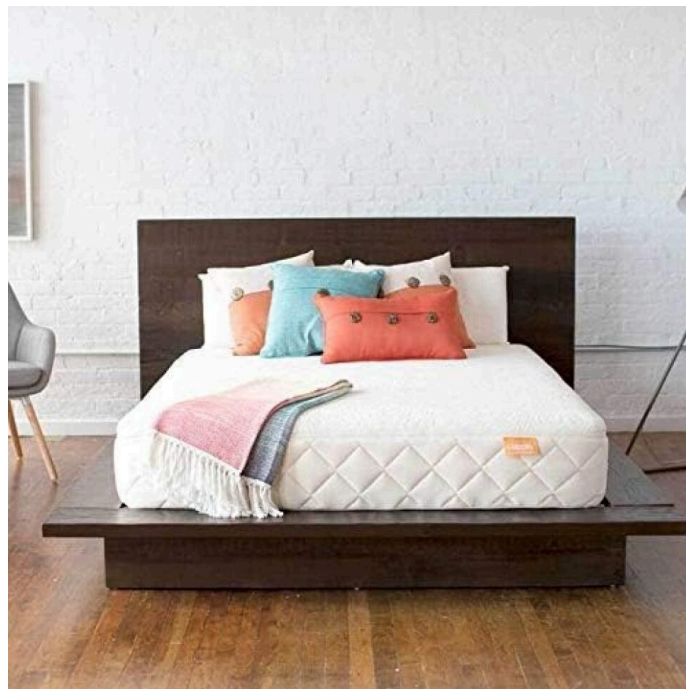
Certifications: GOTS, Forest Stewardship Council, GOLS, Responsible Wool Standard, GreenGuard Gold, Made Safe, Standard 100 by Oeko-Tex

[EXPAND LIST](#) ▾

[Buy From Avocado »](#)

Best for Side Sleepers

Happsy Organic Mattress »



PROS:

- ✓ Body-contouring pressure relief
- ✓ Affordable
- ✓ Two firmness options
- ✓ 20-year warranty

CONS:

- ✗ Shorter sleep trial
- ✗ Lacks edge support

[Buy From Amazon](#)

If you’re a [side sleeper](#) seeking pressure relief, you’ll want to check out this mattress, which combines organic latex and encased coils to provide sleepers with a balance of comfort and support. Happsy’s breathable coil system was designed to work with moisture-wicking wool to help dissipate unwanted heat while you sleep. Made from environmentally friendly materials, the Happsy Organic Mattress is free of adhesives, harsh chemicals like flame retardants, and polyurethane foam.

The mattress is approximately 10 inches thick and is available in two firmness levels: Plush and Medium-Firm. Happsy also sells [mattress toppers](#) separately for added comfort.

Happsy offers a 120-night trial as well as free shipping and returns. Each Happsy Organic Mattress is backed by a 20-year warranty that fully addresses issues that are within the warranty’s parameters for 10 years then switches to a prorated system for the duration of the warranty.

Specs

List Price (Queen):	\$1,399
Sizes:	Twin, twin XL, full, queen, king, California king
Materials:	Organic cotton, organic wool
Certifications:	GOTS, Made Safe, GreenGuard Gold

[EXPAND LIST](#) ▾

[Buy From Amazon](#) »

Best for Couples

Naturepedic EOS Organic Latex Mattress »

**PROS:**

- ✓ Interchangeable layers
- ✓ Vegan option available
- ✓ Made from sustainable materials

CONS:

- ✗ Pricey
- ✗ Short sleep trial

[Buy From Naturepedic](#)

Naturepedic's EOS Classic Organic Latex Mattress allows you to independently configure the right and left sides of the bed, meaning [couples](#) don't have to compromise to be comfortable. Naturepedic provides free layer swaps for the first 100 days of mattress ownership, allowing the time to figure out which firmness level is suitable for each partner.

The EOS Classic Organic Latex Mattress was designed with cooling in mind, wicking away moisture and providing unwanted heat an escape via perforated latex and wrapped coils. The interchangeable layers allow for a longer lifespan – instead of replacing your entire mattress, simply swap out the removable layer.

Naturepedic prides itself on using sustainably harvested materials whenever possible, and its products are made from natural and organic materials. The EOS Classic Organic Latex Mattress is made without glue or adhesives, fire retardants, polyurethane foam, or added chemicals.

Specs

List Price
(Queen):

\$3,499

Sizes:

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

Materials:

Organic latex, organic cotton, organic wool, polylactic acid (PLA)

Certifications:

GOTS, GOLS, Made Safe, GreenGuard Gold

[EXPAND LIST](#) ▼

[Buy From Naturepedic »](#)

The Bottom Line

Organic mattresses focus on using certified and natural materials, often incorporating wool, cotton, and latex into the mattress. These types of mattresses appeal to those who are conscious of avoiding toxins.

Through in-person mattress testing and a consumer survey, we think the Birch Natural Mattress is the best overall choice if you're shopping for an organic bed. In the words of one of our testers, Huston Evans (5'11," 200 lbs.), "It's probably the best spring mattress I've tested. Not too firm, not too soft."

Things To Consider When Buying Organic Mattresses

Certifications: There are a number of certifications that an organic mattress may have that indicate particular standards it meets regarding the presence, or lack thereof, of chemical ingredients in its materials. Key certifications for natural materials like wool, cotton, and latex include the Global Organic Textile Standard (GOTS) and Global Organic Latex Standard (GOLS). GOTS certifies that a mattress is made from at least 70% certified organic natural fibers. GOLS certifies that a mattress contains at least 95% organic latex, with additional chemical restrictions. You may also want to look for Standard 100 by Oeko-Tex, which certifies that a mattress doesn't contain or emit certain harmful chemicals.

Keep an eye out for CertiPUR-US and GreenGuard certifications, which, in addition to indicating that the foams within a mattress meet chemical ingredients standards, also restrict emissions of volatile organic compounds (VOCs).

Temperature Regulation: A mattress's ability to regulate temperature and keep you cool throughout the night is a key factor to consider, especially for sleepers who tend to run warm.

"Our body naturally lowers its temperature during sleep," says [Dr. Ana C. Krieger](#), a sleep medicine expert at NewYork-Presbyterian and Weill Cornell Medicine. "Sleeping in a warm environment may affect this temperature regulation and interfere with sleep quality, leading to frequent awakening at night."

While many nonorganic mattresses have cooling features like cooling gel-infused foams, those materials are typically not certified organic. Fortunately, organic materials can be just as effective at temperature regulation. Organic mattresses are often made from organic cotton and organic wool, which are breathable materials that provide natural temperature control and wick away moisture.

The construction of an organic mattress also plays a role in its ability to dissipate unwanted heat. For example, mattresses with a hybrid design may have better airflow than a dense memory foam mattress.

Trial Period: Most, if not all, organic mattresses come with an in-home sleep trial. Whether or not you purchase an organic mattress online without trying it in person, test it in-store first, or buy it from a brick-and-mortar retailer, the trial period gives you the chance to try a mattress for at least 30 days before fully committing to it.

It may take anywhere from a few weeks to a few months to decide if a mattress provides the right amount of comfort and support, which is why mattress trial periods typically range between 100 nights and an entire year. Most mattress retailers ask that you try your new mattress for at least 30 days before initiating a return or exchange to ensure that you've had enough time to adjust to it and make an informed decision.

While the majority of in-home sleep trials offer free returns, it's important to read the terms of the trial before making a purchase. Some retailers only offer free returns within the contiguous United States, while others charge a \$99 fee for returned mattresses regardless of location within the U.S.

Warranty: Mattress retailers and manufacturers are legally required to provide a warranty for their mattresses. Mattress warranties typically protect buyers from any performance-related issues that are the result of manufacturing during a set period of time. Most mattresses have somewhere between a 10-year warranty and a lifetime warranty.

Different manufacturers will offer different warranty coverage for their mattress products. However, there are a few issues that are commonly covered. Sagging is perhaps the most frequent issue, and problems related to craftsmanship, like bunching, broken seams, and torn handles, are also common. Before purchasing an organic mattress, be sure to review the terms of its warranty and familiarize yourself with what it covers. Perhaps even more importantly, review anything that may void the warranty, like removing tags, liquid damage, or removing exterior covers.

It's worth keeping in mind that the price of a mattress may not correlate to the scope or duration of its warranty. A comprehensive warranty can add tremendous value to your mattress and give you peace of mind that your investment is protected.

How We Chose the Best Organic Mattresses

Our editors methodically tested and reviewed [a wide range of mattresses](#) in the 360 Reviews lab and sought the know-how of specialists [Dr. Ana Krieger](#), a sleep medicine expert at NewYork-Presbyterian and Weill Cornell Medicine, and [Dr. Angelie Mascarinas](#), a physiatrist at the Hospital for Special Surgery, to collate a list of the

best organic mattresses. We factored in important considerations like various types of certifications, temperature regulation features, affordability, and customer reviews to pare down our selections to reflect only our top picks. All in all, we found that when shopping for an organic mattress, pay attention to the meaning of each certification to ensure your mattress is genuinely organic and you don't fall victim to greenwashing.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. [Nina Derwin](#), the author of the piece, has written extensively about mattresses and other sleep products for Digital Trends. Lauren Allain, the co-author of this piece, has over six years of mattress and sleep product testing. [Marlo Jappen Porto](#), who edited this piece, is a home goods editor at 360 Reviews, specializing in sleep and fitness content.

FAQ

- What certifications should I look for when buying an organic mattress?**

+
- How often should an organic mattress be cleaned?**

+
- What are the signs that indicate it's time to replace a mattress?**

+
- Are there any eco-friendly disposal options for old mattresses?**

+

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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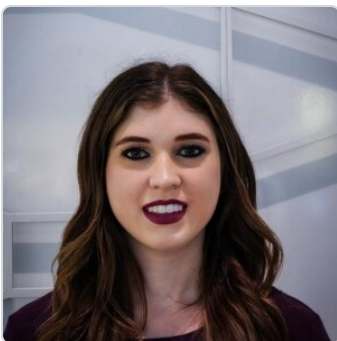
Lauren Allain

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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