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7 Best Cooling Bed Sheets of 2024

By [Kelsey Mulvey](#)



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Updated: June 28, 2024



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Whether it's warm outside or you run hot at night, one thing's for sure: Picking up one of the best cooling sheets can work wonders for your nighttime routine. Cooling sheets work to regulate your body's and bed's temperatures by removing any excess heat to keep you cool and comfortable.

To help you narrow down the options, we interviewed three bedding experts for insights. We landed on the Eucalypto Classic Sheet Set as our top pick, but we also cover options to suit a range of sleepers.

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Best Overall

Eucalypso Classic Sheet Set »

**PROS:**

- ✓ Available in a range of colors

CONS:

- ✗ Expensive

- ✓ Eucalyptus-derived fibers create a cool, dry sleeping experience
- ✓ Some colors come with convenient corner straps on the fitted sheet

- ✗ Without twin XL and split king options, sizes are limited

[Buy From Eucalypso](#)

If you're looking for one set of cooling sheets that does it all, Eucalypso's Classic Sheet Set is our top choice. Made with 100% Tencel lyocell, which is derived from raw material wood such as eucalyptus wood pulp, these sheets have a smooth finish like [silk pillowcases](#). It's also worth noting that Tencel lyocell has temperature-regulating and moisture-wicking properties. In other words, these sheets are designed to naturally pull excess heat away from the body, but in case you get a little warm, the moisture-wicking properties will ensure that you don't wake up in a pool of sweat. Eucalypso claims its textiles are 70% more moisture-wicking than cotton.

The writer of this piece, Kelsey Mulvey, has tried the Eucalypso Classic Sheet Set and was impressed by how cool they felt all night long.

That said, there's more to these sheets than their cooling effects. Currently available in nine color options – ranging from a mint green to a dark gray – this pick also delivers on style. Meanwhile, the fitted sheet has [deep pockets](#) that can accommodate mattresses up to 18 inches deep. (Bonus: The [fitted sheet](#) also has elastic straps on the fitted sheet's corners to guarantee they stay in place all night long.) These sheets are antibacterial, antimicrobial, and hypoallergenic, making them a sound choice for anyone with sensitive skin or allergies.

Specs:

List Price
(Queen):

\$219

Material:

Tencel lyocell fibers

Size Options:

Twin, full queen, king, California king

[Buy From Eucalypso »](#)

Best Budget

Degrees of Comfort Coolmax Cooling Sheets »

**PROS:**

- ✓ Affordable
- ✓ CoolMax technology keeps users cool throughout the night
- ✓ Made with soft and breathable microfiber

CONS:

- ✗ Limited color options
- ✗ Some reviewers say these sheets aren't as wrinkle-free as they'd like

[Buy From Amazon](#)

The good news is that you don't need to spend a small fortune to get a high-quality set of cooling bed sheets. Case in point: The Degrees of Comfort CoolMax Cooling Sheets sell for less than \$50 even for a California king size. The magic of this option lies in its CoolMax technology, a polyester that's specially engineered to wick moisture away from the skin onto the fabric's surface where it can evaporate faster. Degrees of Comfort deftly mixed the CoolMax with a microfiber to strike that sweet spot between cooling and cozy.

With six colorways to choose from – all of which are in the blue, green, and gray color families – these sheets don't offer *that* much versatility; however, they're pretty sturdy. Degrees of Comfort claims that its sheets have reinforced stitches and robust seams, making them tough enough to withstand many wash and dry cycles.

Specs:

List Price	Starting at \$29.99
(Queen):	
Material:	Microfiber
Size Options:	Twin, twin XL, full, queen, king, California king

[Buy From Amazon »](#)

Best for Pet Owners

Slashop Bamboo Sheet Set »

**PROS:**

- ✓ Material is designed to repel pet hair and dust
- ✓ Affordable
- ✓ Bamboo is naturally breathable
- ✓ Available in a wide range of colors

CONS:

- ✗ Though breathable, Slashop doesn't advertise this product as temperature-regulating or moisture-wicking
- ✗ Doesn't have a twin offering

[Buy From Slashop](#)

Anyone who happens to share their bed with a fuzzy friend such as a cat or dog might need to consider a set of sheets that are designed for the entire family – humans and pets alike. That's where Slashop's Bamboo Sheet Set comes in.

Like many of the best bed sheets on this list, Slashop gets its cooling factor from its bamboo-derived viscose, but these are billed as being pet-friendly, too. These sheets are antibacterial, antimicrobial, and hypoallergenic, making them suitable for those with sensitive skin. Plus, they're also designed to repel pet hair, dust, and dander. And, thanks to its deep pockets

that can fit mattresses up to 18 inches thick, the fitted sheet won't ride up should your pet hop or prance around your bed. Slashop's cooling sheets are a little pricey, but they do come in a vast assortment of colors.

Specs:

List Price (Queen):

\$221

Material:

Viscose from bamboo

Size Options:

Twin XL, full, queen, king, California king

[Buy From Slashop »](#)

Best Eco-Friendly:

Buffy Breeze Sheet Set »



PROS:

CONS:

✓ Sustainably made and biodegradable

✓ Silky-smooth texture that's cool to the touch

✓ Available in a handful of colors and patterns

✗ Pockets may not be deep enough for thicker mattresses

✗ Thin

Buy From Buffy

If sustainability is non-negotiable for you, Buffy's Breeze Sheet Set strikes a happy medium between cooling and eco-conscious. Since its founding in 2017, Buffy has prided itself on making cloud-like bedding essentials with eucalyptus fibers – and the company's Breeze offering doesn't disappoint.

This option is made from a wood-derived Tencel lyocell and its assortment of color options uses Oeko-Tex certified dyes such as turmeric, rose petals, pomegranate, and gardenia. If a pop of color isn't your speed, the set also comes in more muted tones and several stripes and patterns. While the sheets do feel thinner than other top cooling sheets – and could potentially be more susceptible to wear and tear – Buffy offers a 50-night trial so you can test them out for yourself. If you want to replace these sheets after many years of use, you'll be happy to hear that they're fully biodegradable. That way, you can have some peace of mind knowing your bedding won't contribute to any landfills.

Specs:

List Price (Queen): \$145

Material: 100% Tencel lyocell

Size Options: Twin, twin XL, full, queen, king, California king

Buy From Buffy »

Best Deep-Pocket:

Serta Arctic Cooling Sheet Set »



PROS:

- ✓ Deep pockets accommodate mattresses up to 18 inches thick
- ✓ Uses triple fabric blend to deliver a cool feel
- ✓ Gripwise technology keeps your fitted sheet secure

CONS:

- ✗ Not many color options
- ✗ Some reviewers note slippage

[Buy From Serta](#)

Whether you have a particularly thick mattress or have accessorized your bed with a generous [topper](#), it's important to get a set of sheets that can accommodate your setup. The Serta Arctic Cooling Sheet Set includes a fitted sheet with super-deep pockets that Serta claims can accommodate

mattresses up to 18 inches deep. (By comparison, most mattresses are typically 10 to 12 inches thick.) There’s also a band at the edge of the fitted sheet that’s made with Serta’s Gripwise technology, so it’ll stay put all night. That said, some reviewers say it can be challenging to get these sheets on their mattresses, so it may require a learning curve.

These sheets deliver on the cool factor, too. This bedding set might feature a mix of Tencel, cooling nylon, and CoolMAX polyester, but its Reactex technology is where these sheets really shine. Serta’s Reactex technology uses three cooling layers to pull excess heat away from your body, plus the technology has a special “charging” system so it will regain its cool to the touch quality after a few hours idle.

List Price	\$249.99
(Queen):	
Material:	Blend of Tencel, CoolMAX polyester, and cooling nylon
Size Options:	Twin, twin XL, full, queen, king, California king
Price Range:	\$179.99-\$249.99

[Buy From Serta »](#)

Best Cotton:

Boll & Branch Percale Simple Stripe Sheet Set »

**PROS:**

- ✓ High-quality organic cotton deliver a cool, crisp feel
- ✓ Ethical and sustainable manufacturing process
- ✓ Free of toxins and harmful pesticides
- ✓ Available in a range of sizes

CONS:

- ✗ Expensive
- ✗ Limited color options

[Buy From Amazon](#)

You don't necessarily need the latest temperature-regulating technology to get a good (and cool) night's sleep: Sometimes, a high-quality, breathable fiber is enough to do the trick. Barbara Stern, product manager of Ottoman Textiles, has grown fond of the Boll & Branch Percale Simple Stripe Sheets during her time in the industry. "Their sheets are crafted from organic cotton with a percale weave that feels exceptionally cool and crisp to the touch,"

she explains. “Plus, the timeless stripe design adds a touch of elegance to the bed.”

This Boll & Branch set is cool to the touch and is made of crisp 100% organic cotton in a percale weave, a one-over-one-under pattern that maximizes airflow. With a price tag of nearly \$300 for a queen-size set, these sheets are certainly a splurge; however, Boll & Branch has invested in ethical and eco-conscious manufacturing processes to make sure its offerings are soft, sturdy, and sustainably minded.

Specs:

List Price (Queen):\$279

Material:100% organic cotton

Size Options:Twin XL, twin, full, queen, king (with standard or king-sized pillowcases), California king, and split king

[Buy From Amazon »](#)

Best Linen:

Cozy Earth Linen Bamboo Sheet Set »

**PROS:**

- ✓ Lightweight, soft, and cooling thanks to viscose and linen mix
- ✓ Cozy Earth promises these sheets will not pill
- ✓ Easy laundering

CONS:

- ✗ Expensive
- ✗ Includes bamboo viscose, so those who want a completely linen set may want to look elsewhere

[Buy From Cozy Earth](#)

Thanks to its lightweight, breathable quality, linen is a go-to bedding fabric for hot sleepers. But, if you want to take linen's natural cooling properties to the next level, Cozy Earth's Linen Bamboo Sheet Set is an excellent option. Here, Cozy Earth mixes light-as-air linen with a bamboo-derived viscose that was specially designed to have a cloud-like softness. These power textiles work together to deliver temperature-regulating, moisture-wicking sheets that will help you sleep a few degrees cooler.

Cozy Earth's bedding is by no means cheap. Before you gawk at the price, it's worth noting that the brand regularly has sales and, most importantly, these

sheets are built to last. Cozy Earth uses high-quality products and an ethical manufacturing process – a plus for many sustainably-minded shoppers – and these sheets are pill-resistant even after many wash cycles. In other words, these sheets are built to last.

Specs:

List Price \$389
(Queen):

Material: 70% viscose from bamboo; 30% linen

Size Options: Twin XL/ twin, full, queen, king, California king, and split king

[Buy From Cozy Earth »](#)

The Bottom Line

Cooling bed sheets help you rest comfortably at night. The Eucalypto Classic Sheet Set earns our top recommendation. This set is made from 100% Tencel lyocell, which naturally has temperature-regulating properties that make it a great choice for any season. It comes in a range of colors, and its fitted sheet can accommodate thicker mattresses.

Things To Consider When Buying Cooling Bed Sheets

Breathability: Some people naturally run warm when they sleep, but having tightly woven, insulating bed sheets doesn't exactly help the situation, either.

“At the end of the day, breathability or allowing heated air from your body to pass through is the key to a true cooling sheet,” says Don Smith, executive vice president of business development at Mill Direct.

Instead, you might want to shop for fabrics that allow air to circulate and prevent you (and your bed) from overheating. “Fabric is the heart of the matter,” Stern says. “Look for natural, breathable fabrics like cotton – specifically, look for Supima or Egyptian cotton – or bamboo. They are both cooling and sustainable, which resonates well with the environmentally-conscious consumer.”

Thread Count: For years, thread count has been regarded as *the* most important factor to consider when shopping for bed sheets – cooling or otherwise. (Historically, a higher thread count has equaled high-quality bedding.) But recently, a handful of bedding experts have found that thread count isn’t as important as once thought.

“In broad general terms, the buying public has heard so many terms regarding thread count that this statement might almost seem blasphemous,” Smith shares. “Thread count is secondary to the yarns used and the weaving, and finishing technique used.” In fact, he even said that a 250-thread count sateen weave has the potential to feel and perform better than a 600-thread count sheet.

Material: While cheaper cooling bed sheets might use a topical treatment that washes off over time, you’ll notice that most options get their cooling factors from their fibers. To dig a little deeper, different types of materials can promote breathability, temperature regulation, or moisture-wicking.

Cotton, linen, and bamboo are often regarded as “breathable” because they can easily allow air to flow through the materials.

“There are also specially engineered fabrics like Outlast or CoolMax, which have technologies that absorb, store, and release heat to maintain a comfortable sleeping temperature,” Stern adds. Though all materials are excellent options, we recommend feeling before placing an order to get the texture you’re looking for.

Weave: When it comes to finding the best cooling bed sheets, material reigns supreme; however, you shouldn’t overlook a sheet’s weave. You will generally find that sheets, especially cotton sheets, are available in one of two weaves. There’s percale, which features a one-over-one-under weave that creates cool, crisp sheets.

It's hard to go wrong with either option, but if you're looking for a set of cooling bed sheets, percale is typically the best option because its looser weave promotes airflow and circulation.

Durability: Your bedding will eventually show signs of wear and tear, but it's a good idea to invest in sheets that will last for years to come. That said, finding sheets that were made with longevity in mind can be easier said than done.

Fortunately, with a little bit of research, it is possible to find long-lasting, cooling bed sheets that you love. While reviews can be a great place to start your research, you should also peruse the product description for other buzzwords. For example, if you're looking for a set of cotton cooling bed sheets, look for options made with "long-staple cotton," which is known to be stronger and last longer than other types of cotton. But, while wear and tear can happen to any sheets, you might want to stay away from sheets reviewers think are "too thin," as they might be more susceptible to damage.

Care Instructions: Finding a great set of cooling bed sheets is only half the battle; it's also important to care for them properly. While the best cooling bed sheets are relatively easy to care for – especially if you purchased a sheet made with a naturally breathable, temperature-regulating fiber – you'll always want to check your set's care instructions. (Some brands might include a little pamphlet with your order, but you can usually find this information on a brand's website.) As a general rule of thumb, you can wash your cooling bed sheets once a week with cold water and a mild detergent. However, Smith recommends that you go easy on the fabric softener. "A conditioner or softener builds [what can be compared to as] layers of plaque in arteries," he explains. "Over time, the natural properties of the fiber, breathability, and softness are supplanted by the softener or conditioner."

How We Chose the Best Cooling Bed Sheets

At U.S. News 360 Reviews, our editors consulted with several experts – including one sleep expert, a product manager of a textile company, and an executive at a textile manufacturer – to create this list of the best cooling bed sheets. These professionals provided their favorite options as well as practical shopping tips. From

there, we narrowed down our selection with thorough research, considering price, material, durability, and cooling technology used., Though the best cooling bed sheets may require an upfront investment, we found that these high-quality picks are built to provide a good night’s sleep for years to come.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. [Kelsey Mulvey](#), the author of this article, has covered design and lifestyle content for The Wall Street Journal, Business Insider, Forbes, The Strategist, Architectural Digest, and more. [Haniya Rae](#), an editor of this piece and a former features editor for 360 Reviews, has a decade of product reviewing experience with a concentration on sleep products and sleep health. Haniya has worked at Consumer Reports and has written for Architectural Digest, Elle Decor, and This Old House. [Marlo Jappen Porto](#), who also edited this piece, covers sleep and fitness as a home goods editor at 360 Reviews.

FAQ

- What is the recommended thread count for cooling bed sheets?

+
- Are there any specific certifications or labels I should look for when purchasing cooling bed sheets?

+
- What is the recommended size of cooling bed sheets for my mattress?


+
- Can I use cooling bed sheets with a mattress topper?

+

About Our Team

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Contributor





Kelsey Mulvey is a freelance lifestyle and e-commerce journalist based in San Francisco. She currently writes shopping guides for *U.S. News 360 Reviews*. Kelsey's work has also been featured in publications like *the Strategist*, *Forbes*, *the Wall Street Journal*, and more.

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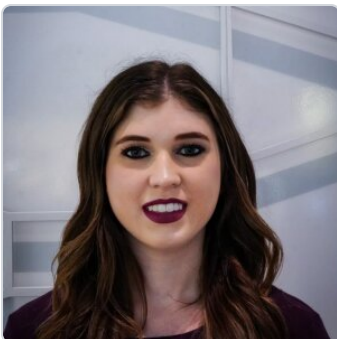
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Haniya Rae is a journalist, editor, and Certified Sleep Science Coach. She has nearly a decade of product reviewing experience, and more than five years of experience writing about sleep products and sleep health. She has previously reported on test results for mattresses, pillows, and sheets at Consumer Reports.

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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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