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## 5 Best Mattresses for Side Sleepers of 2024

By [Lindsay Boyers](#) and [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

Updated: June 12, 2024



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If you're a side sleeper, you're not alone: It's the most common sleeping position. Since side-sleeping puts pressure on the shoulder, hips, and knees, you'll need a mattress that delivers pressure relief to these areas. Look for a mattress with cushioning, body-conforming support.

Through [mattress testing](#) and a detailed consumer survey, we found the Saatva Loom & Leaf Mattress to be the best option for side sleepers. One of our testers, Craig Hanks, who is 5 feet, 11 inches tall, and 200 pounds, said, "With the great topper, it still feels soft while it supports every pressure point." However, not all side sleepers are the same. That's why our list of the best mattresses for side sleepers includes models that cater to different wants and needs.

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## Our Top Picks

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**Best Budget:** [Nectar Premier Memory Foam](#) »

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**Best Cooling:** [Purple RestorePremier Hybrid »](#)[Jump to Review ↓](#)**Best for Back Pain:** [Dream Cloud Premier Rest Hybrid »](#)[Jump to Review ↓](#)**Best for Heavy People:** [Helix Plus »](#)[Jump to Review ↓](#)**Best Overall****Saatva Loom and Leaf »****4.0** ★★★★★ **U.S. News Rating****PROS:**

- ✓ All-foam mattress with body-hugging support
- ✓ Two firmness options
- ✓ Free white glove delivery

**CONS:**

- ✗ Returns come with a \$99 fee
- ✗ No soft firmness option

[Buy From Saatva](#)

- ✓

Available in split  
California king size

The Saatva Loom & Leaf is an all-foam mattress that’s ideal for side sleepers who want pressure relief without sacrificing support. In our consumer survey, more than 61% of responders said side sleeping on the Saatva Loom & Leaf felt comfortable. About 36% of sleepers gave it a 5 out of 5 for relieving shoulder pain. While lying on his side, tester Hanks said: “I felt like my hips and shoulders were able to sink just enough.”

[Memory foam mattresses](#) tend to trap heat, but our testers were impressed with how the Loom & Leaf maintained a comfortable temperature. “It seems to regulate temperature very well,” said tester Melinda Yeaman, who is 5 feet, 7 inches tall and 165 pounds. “The fabric and variation in the tufting helps it breathe.”

Another tester, Catalina Arndt, who is 5 feet, 8 inches tall, and 146 pounds agreed, saying “It did not get either hot or cold. It was perfect!”

This mattress is available in two firmnesses: Relaxed Firm and Firm.

### Specs

List Price (Queen) :	\$2,395
Mattress Type:	Memory foam
Height:	12 in.
Firmness Options:	Relaxed Firm (5 to 7 out of 10), Firm (8 out of 10)

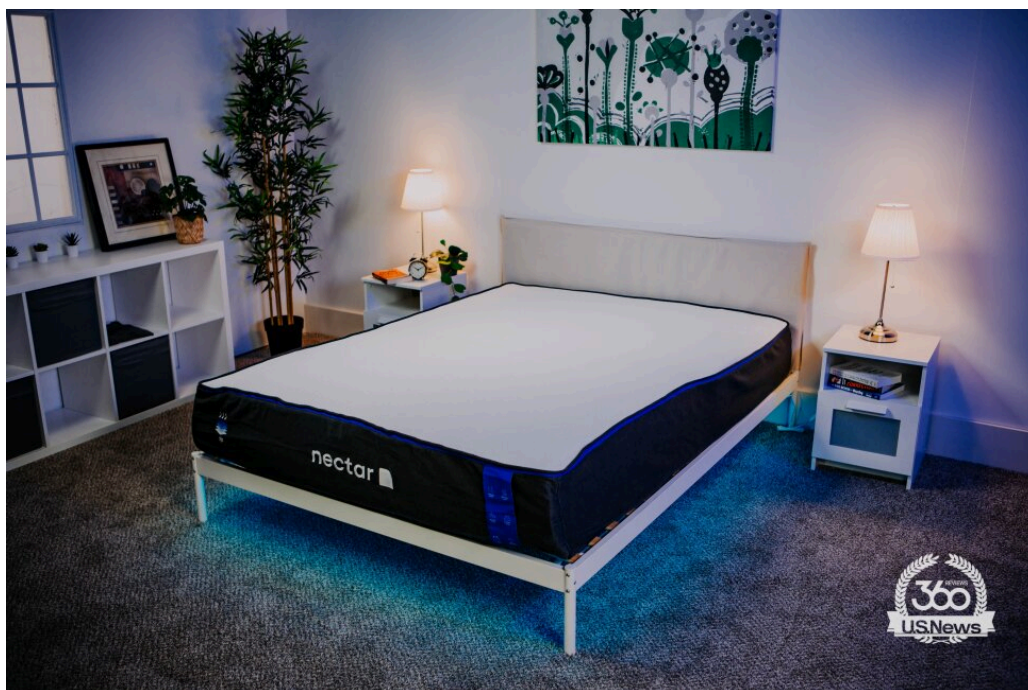
[EXPAND LIST](#) ▾

[Buy From Saatva »](#)

## Best Budget

### Nectar Premier Memory Foam »

4.2 ★★★★★ U.S. News Rating



#### PROS:

- ✓ Thicker pressure-relieving layer
- ✓ Easy to change positions
- ✓ Good motion isolation

#### CONS:

- ✗ Not as cool as some others
- ✗ Slight off-gassing smell

[Buy From Nectar](#)

All of Nectar's mattresses are fairly budget-friendly, but we recommend the Nectar Premier as our budget pick for side sleepers. When we tried it out in our lab, tester Arndt felt pressure-relieving support around her curves.

The bed also provides decent edge support, a plus for side sleepers who tend to sleep near the perimeter of the bed. According to tester Huston

Evans (5 feet, 11 inches tall and 200 pounds), “Because of the multiple layers of foam, you can lay as close to the edge as possible and not fall off.”

The Nectar Premier has the same official firmness rating as the Nectar Memory Foam – a 6.5 out of 10 – but it has 1 extra inch of gel memory foam that provides a little more pressure relief for those deep compression areas, like your shoulders and hips. In addition to the gel foam layer, the Nectar Premier is made up of a 3-inch foam transition layer, and a 7-inch base layer that helps stabilize the mattress and provide support.

The Nectar Premier mattress is backed by a lifetime warranty and a one-year sleep trial, which is among the most generous in the industry.

Specs

List Price  
(Queen):

\$1,499

Mattress  
Type:

Memory foam

Height:

13 in.

Firmness  
Options:

Medium-firm (6.5 out of 10)

EXPAND LIST ▾

[Buy From Nectar »](#)

Best Cooling

Purple RestorePremier Hybrid »

**PROS:**

- ✓ Individual air channels for cooling
- ✓ Extra perimeter support
- ✓ Pressure-relief layer

**CONS:**

- ✗ Expensive
- ✗ Not ideal for lightweight sleepers

[Buy From Purple](#)

The Purple RestorePremier is an updated version of the Hybrid Premier 4, which our writer has owned for several years. It has a similar construction with a 3-inch GelFlex Grid (Purple's proprietary mattress material), a layer of support foam around the perimeter, a foam comfort layer, and a base coil system.

The cooling in this mattress comes from the combination of coils and the gel grid. Coils naturally allow air to flow through, while the gel grid is made of individual air channels that help dissipate body heat. This keeps the mattress cool while providing pressure relief. This particular model also has a moisture-wicking cover for breathability.

It comes in two firmness levels – Soft and Firm. The Soft is recommended for side sleepers since it has a little more give for your shoulders and hips.

This is a splurge pick, but we think the upgrade is worth it. If you want a similar construction, you can opt for the regular Restore Hybrid or the RestorePlus Hybrid. These have thinner gel grid layers, which can affect the cooling capabilities a bit, but they’re a more budget-friendly alternative for those who like the unique construction of the Purple lineup.

If you decide to invest, you’ll be backed by a 10-year warranty and a 100-night sleep trial, which is pretty standard.

Specs

List Price (Queen):	\$3,699
Mattress Type:	Hybrid
Height:	13 in.
Firmness Options:	Soft and Firm

[EXPAND LIST](#) ▾

[Buy From Purple](#) »

Best for Back Pain

**Dream Cloud Premier Rest Hybrid** »



**PROS:**

- ✓ Many pressure-relieving layers
- ✓ Base layer for extra support
- ✓ Generous return policies

**CONS:**

- ✗ Expensive
- ✗ Strong off-gassing smell

[Buy From DreamCloud](#)

Everyone is different, and [back pain](#) can have many causes. But in general, [research](#) shows that a medium-firm mattress may help reduce back pain. The specific construction of the mattress also plays a role.

The DreamCloud Premier Rest Hybrid is rated a 6.5 out of 10, which puts it in this medium-firm category. However, it's still on the softer side of medium-firm, so it can work well for side sleepers who need a little more cushioning than [back sleepers](#).

There are six main layers – two contouring, supportive foam layers that are stitched into the cover; 1 inch of soft foam that provides cushioning and



support; a 3.5-inch layer of CertiPUR-US certified transition foam; an 8.5-inch layer of coils; and a foam base layer that provides additional support for the rest of the mattress.

DreamCloud has one of the most generous return policies, too. The mattress is backed by a forever warranty, and you can try it at home for a full year before deciding if you want to keep it.

Specs

List Price (Queen):	\$2,499
Mattress Type:	Hybrid
Height:	16 in.
Firmness Options:	Medium-firm (6.5 out of 10)

EXPAND LIST ▾

[Buy From DreamCloud »](#)

Best for Heavy People

Helix Plus »

4.2 ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Heavy-duty coil support system
- ✓ Denser foams for more support
- ✓ Adequate pressure relief

**CONS:**

- ✗ Doesn't have the best motion isolation
- ✗ On the thinner side for a heavyweight mattress

[Buy From Helix](#)

Heavier sleepers (defined as those who weigh 230 pounds or more) have unique needs. The mattress should have extra support in the form of denser foam layers and, ideally, springs. It should also have a responsive surface that can provide the right amount of pushback without being too firm. Tester Yeaman said the Helix Plus was “Firm but felt supportive to my hips, which is typically a big area of focus for me.” The mattress cradled her a bit, she said, while still being firm. The Helix Plus is made for heavy people specifically. It has a heavier-duty coil support system and denser dynamic and responsive foams that adapt to the body while providing adequate pressure relief. It's also medium-firm, which provides a good level of support for heavier sleepers while still allowing some give for the shoulders and hips. Tester

Hanks said, “This is an extremely comfortable mattress. Pressure points had no issues, and the temperature was decent.”

Contributor Lindsay Boyers tested the Helix Plus and found it to be very comfortable for side sleeping as well as back sleeping. She’s an average-weight sleeper, but her boyfriend is a heavyweight sleeper and feels comfortable and supported when side-sleeping. He said there was adequate pressure relief, but the mattress didn’t feel too soft or sag. The motion isolation wasn’t exceptional, but it was good for a hybrid.

The Helix Plus isn’t as thick as some other mattresses designed for heavy sleepers – it measures just 11.5 inches tall – but this can be a perk for those who find taller beds harder to get into and out of.

This mattress comes with a 15-year warranty and a 100-night sleep trial.

Specs

List Price (Queen):	\$1,465.30
Mattress Type:	Hybrid
Height:	11.5 in.
Firmness Options:	Medium-firm

EXPAND LIST ▾

[Buy From Helix »](#)

The Bottom Line

Side sleepers tend to sleep best on a mattress that takes some of the pressure off the shoulders, hips, and knees. The Saatva Loom & Leaf is our top choice for side sleepers. It provides pressure-relieving support and doesn't trap heat despite being an all-foam mattress.

## Things To Consider When Buying Mattresses for Side Sleepers

**Mattress Type:** There are four main types of mattresses: foam, latex, innerspring, and hybrid.

Dr. Funke Afolabi-Brown, a board-certified pediatric pulmonologist, sleep medicine physician, and founder of Restful Sleep, M.D., says that memory foam or latex mattresses provide adequate pressure relief and comfort for side sleepers, while hybrid mattresses can be helpful since they combine memory foam or latex with an innerspring design.

When deciding between these mattress types, you have to consider your preferences.

Memory foam mattresses have more of a body-hugging feel that makes you feel like you're sinking into your mattress. Latex foam mattresses have a similar contouring effect, but they're more responsive. They're a good option for those who want more pressure relief but don't want to feel like they're sinking into their mattress too much.

Hybrid models have pressure-relieving layers of foam but with a base layer of coils that provides more support than all-foam mattresses. Hybrids tend to have more motion transfer than foam mattresses, but they provide more support, too. They're also a good option for heavy sleepers.

Innerspring mattresses have the most bounce of all the mattress types. They're a good option for those who prefer to lie on top of their mattress rather than sink into it.

**Firmness:** Firmness is also a personal preference, but there are some general guidelines you can consider. Side sleeping puts more pressure on your hips and

shoulders, so you need a mattress that has enough give to let these areas sink in but isn't so soft that it throws your spine out of alignment.

Given that, Dr. Afolabi-Brown says the ideal mattress firmness for side sleepers is medium-soft to medium-firm. Mattresses within this range "provide better pressure relief while still supporting spine alignment," she says. Of course, this range will vary based on individual comfort level, but it's a good place to start.

Dr. Chester Wu, who is double board-certified in both sleep medicine and psychiatry, adds that research has shown that "medium-firm mattresses can improve sleep quality by reducing pain and enhancing spinal alignment." So if you're dealing with back pain or other chronic aches, you want to try a mattress on the firmer range of this spectrum.

Your body type also plays a role in which firmness you should choose. In general, lighter-weight side sleepers need a softer mattress, while heavy sleepers can get away with a firmer one.

**Pressure Relief:** A mattress's construction determines how well it alleviates pressure, too. Dr. Afolabi-Brown says "Memory or latex foam mattresses will provide adequate pressure relief and comfort." Memory foam and latex can contour to the shape of your body and provide pressure relief, especially for side sleepers who feel pressure at their shoulders and hips.

Wu says these materials also help "distribute weight more evenly" and "are often cited in studies on pressure ulcer prevention and sleep comfort."

"Hybrid mattresses can also be helpful as they combine memory or latex with the innerspring designs," according to Dr. Afolabi-Brown.

She adds that when it comes to pressure relief, it's also important to "Choose a supportive [pillow](#), which is usually firmer and thicker" for side sleepers "to support the neck and keep the spine aligned." Dr. Wu says placing a "supportive pillow between the knees" can also help.

**Temperature Regulation:** Some mattress materials are known for sleeping hot, while others [promote airflow and help you stay cooler](#). In general, all-foam mattresses tend to trap heat more than hybrid mattresses and innerspring models, but manufacturers have come a long way in combating this.

Many all-foam mattresses are now made with phase-changing materials and gel-infused foams to help prevent heat-trapping and buildup.

Still, very hot sleepers should opt for hybrid or innerspring beds with breathable covers and cooling layers worked into their construction.

If you're a hot sleeper but you like the foam feel, a latex mattress is a good option. Latex has a similar pressure-relieving effect as memory foam but is more temperature-neutral.

The bottom line? "For temperature regulation, look for mattresses with gel-infused memory foam or natural latex with open-cell structure. These materials promote air circulation and wick away heat. Research on thermal comfort during sleep suggests that these materials can help maintain optimal sleep temperature," says Dr. Wu.

**Motion Isolation:** Motion isolation is another consideration, especially if you sleep with a partner. Motion isolation, or motion transfer, describes the movement from one side of the bed to the other.

A mattress with good motion isolation absorbs movement and minimizes the chance that you'll wake your partner up if you toss and turn throughout the night. A mattress with poor motion isolation is very bouncy and responsive and isn't the best choice for those who are sensitive to nighttime movement.

Innerspring mattresses tend to be the bounciest and transfer the most motion. But Dr. Afolabi-Brown says that "Memory foam and hybrid mattresses have motion-isolation properties as the material can absorb and dampen movement."

That being said, all-foam mattresses are better than hybrid models at minimizing motion transfer, so if you want a mattress that barely bounces, look into a memory foam model.

**Edge Support:** Edge support refers to the sturdiness around the perimeter of the mattress. It can affect the way a mattress feels and how much overall support it offers. Dr. Afolabi-Brown adds that "Some level of edge support can enhance the overall usability and durability of the mattress." It also makes it easier to get into and out of the bed, especially for [heavier individuals](#).

In general, you'll get more edge support with hybrid or innerspring models. No matter which type of mattress you choose, Dr. Afolabi-Brown recommends looking for a

mattress “with reinforced edges or high-density foam borders, as these provide extra edge support.”

**Warranty and Trial Period:** The right warranty and trial period comes down to what you’re comfortable with. Online mattress companies usually offer anywhere from 10-year to lifetime warranties and 100-night to 365-night sleep trials. Since you can’t try before you buy when purchasing online, this gives you the opportunity to sleep on the mattress at home for at least 30 days (usually) to decide if you want to keep it.

You shouldn’t choose your mattress based only on the warranty and trial period alone, but when you’re investing in a high-value purchase, you want to make sure you’re comfortable with the brand’s policies – and that the brand stands behind the quality of its products.

In addition to looking at the length of these policies, read through the fine print and make sure you’re comfortable with that, too. Some mattress companies may take a restocking fee out of a return, while others will give you a full refund.

## How We Chose the Best Mattresses for Side Sleepers

To create this list of the best mattresses for side sleepers, we relied on in-house [mattress testing](#), extensive research, and the recommendations we gathered from two sleep experts.

We spoke to [Dr. Chester Wu](#), a practicing physician who is double board-certified in both sleep medicine and psychiatry and currently serves as a medical reviewer for the sleep app [Rise Science](#). We also got insight from [Dr. Funke Afolabi-Brown](#), a board-certified pediatric pulmonologist, sleep medicine physician, and founder of Restful Sleep, M.D., which is a virtual private practice.

When narrowing down our picks, we considered mattress construction, firmness levels, price, warranty, and trial periods, among other factors. Overall, we learned that side sleepers usually find a medium-soft to medium-firm mattress most comfortable, but personal preferences play a huge role.

### WHY SHOULD YOU TRUST US?



At U.S. News 360 Reviews, our editors and contributing writers have years of firsthand experience researching, testing, and reviewing sleep products. [Lindsay Boyers](#), one of the authors of this piece, has written about sleep products and sleep health for almost five years. As a side sleeper, she understands how important the right mattress is to stay comfortable throughout the night (and wake up pain-free). Contributor [Lauren Allain](#) co-authored this piece. She has more than six years of experience with testing and reviewing sleep products. [Marlo Jappen Porto](#), who edited this piece, is a home goods editor at 360 Reviews, specializing in sleep and fitness content.

## FAQ

- What's the best type of mattress for side sleepers?** +
- What's the best mattress firmness for side sleepers?** +
- What should side sleepers with neck or shoulder pain look for in a mattress?** +
- What other sleep products could help side sleepers feel more comfortable?** +

## About Our Team



### Lindsay Boyers

Contributor



Lindsay Boyers is a certified nutritionist and freelance writer and editor with extensive experience in sleep and other areas of health and wellness. She has personally tested over four dozen mattresses and many other sleep products, like pillows, sheets,

and weighted blankets. Her work has been featured in Forbes, CNET, CNN Underscored, The Spruce, and Healthline, among

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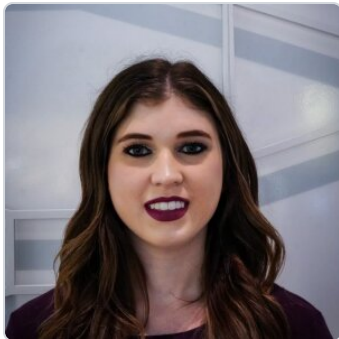
## Lauren Allain

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

Former Editor



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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