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6 Best Mattresses for Adjustable Beds of 2024

By [Amanda Svachula](#) and [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#)

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Adjustable beds aren't just for hospitals – they can provide customized comfort at home. These mechanical bed bases allow you to adjust the head and foot sections to your liking by raising and lowering, which is handy if you have trouble getting in and out of bed or if you prefer to be at an angle when you read, watch TV, or even sleep.

Additionally, adjustable beds offer health benefits, like reducing the likelihood of snoring, preventing acid reflux and heartburn, and helping with blood flow to the legs and feet. Since adjustable bases bend a mattress, not all [beds](#) are compatible. Make sure you buy a model that can safely work with the base. Compatible options tend to be memory foam, latex, or hybrid mattresses because of their flexible construction.

We chose the Nectar Premier Memory Foam Mattress, which we [tested in our lab](#), as the best overall mattress for adjustable beds. With a medium to medium-firm feel, we felt this all-foam mattress was supportive and contouring. Our list also includes other options to help you find the right match for your needs.

Table of Contents

[Best Mattresses for Adjustable Beds](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

Our Top Picks

Best Overall: [Nectar Premier Memory Foam Mattress](#) »

[Jump to Review](#) ↓

Best Budget: [Zinus Green Tea Memory Foam Mattress](#) »

[Jump to Review](#) ↓

Best Adjustable Air: [Sleep Number C2 Smart Bed](#) »

[Jump to Review](#) ↓

Best for Side Sleepers: [Helix Midnight Mattress](#) »

[Jump to Review](#) ↓

Best for Back Pain: [The WinkBed](#) »

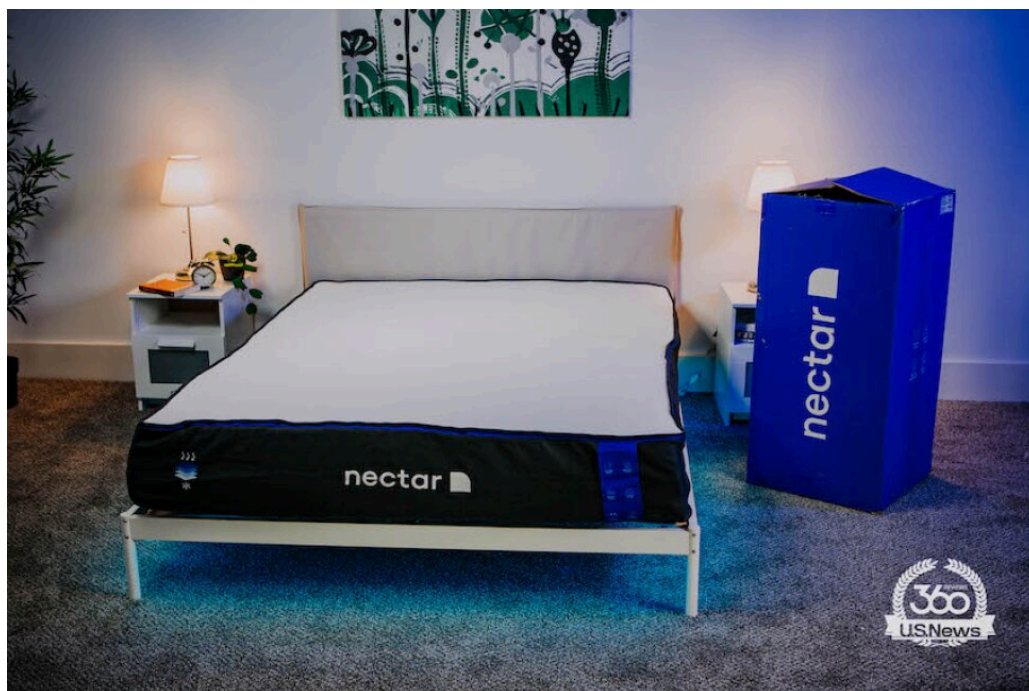
[Jump to Review](#) ↓

Best Eco-Friendly: [Avocado Green Mattress](#) »

[Jump to Review](#) ↓

Best Overall

Nectar Premier Memory Foam Mattress »



Nectar Memory Foam Mattress

PROS:

- ✓ Shift-resistant mattress encasing
- ✓ Medium-firm memory foam bed
- ✓ Made with a cooling cover and gel-infused memory foam

CONS:

- ✗ Motion isolation could be better
- ✗ Too firm for some sleepers

[Buy from Nectar](#)

Compatible with adjustable bases, we found the Nectar Premier Mattress to strike a nice balance between support and body-contouring comfort. Nectar describes the bed as having a medium-firm feel. In testing, we thought it landed between medium and medium-firm. Tester Catalina Arndt, who is 5 feet, 8 inches tall, and 146 pounds, said, “Almost immediately, my body started to sink, providing support around my curves.”

In our consumer survey, more than 75% of people sleeping on the Nectar Memory Foam mattress said they’d recommend it to someone shopping for a new bed.

When it comes to support, our testers thought the Nectar Premier hit the right marks.

Tester Huston Evans, who is 5 feet, 11 inches tall, and 200 pounds, said “This Mattress fits my body shape right away. Firm but oh so comfy.”

Memory foam mattresses typically isolate motion well since the layers aren’t bouncy and can absorb motion. However, most of our testers thought the Premier did just an OK job, with some motion being noticeable but not necessarily disruptive.

The lower encasing on the Nectar Premier bed is made with a stitchbond polyester cover that’s designed to be shift-resistant and keep each layer in place, a plus when pairing this mattress with an adjustable base.

Specs

List Price (Queen):	\$1,499
Mattress Type:	Foam
Mattress Sizes:	Twin, twin XL, full, queen, king, California king, split king
Mattress Thickness:	13 in.

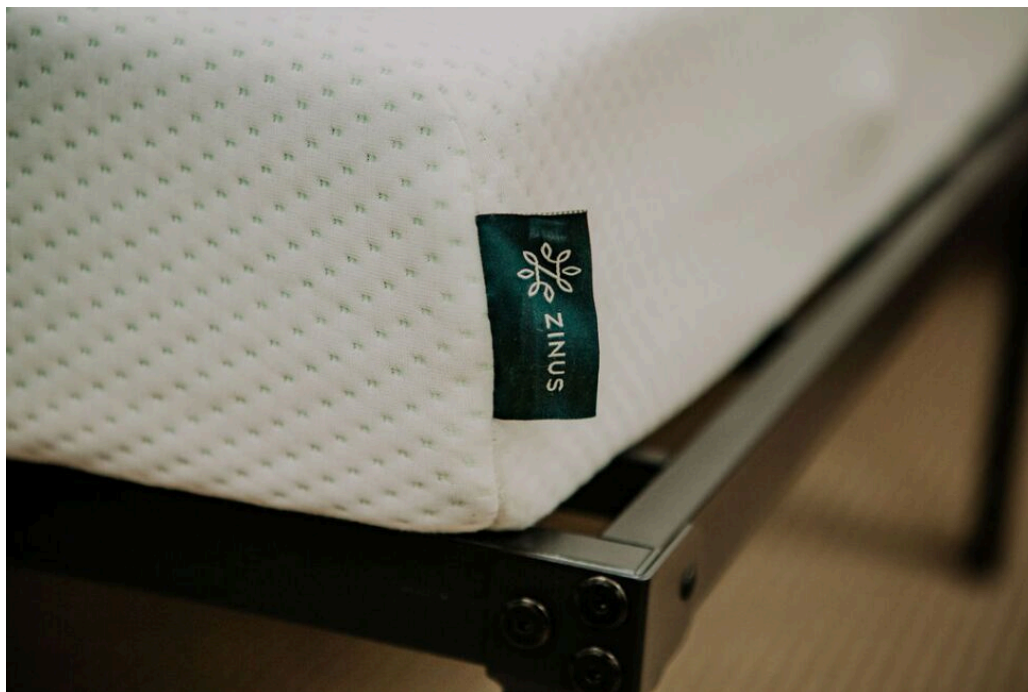
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[Buy From Nectar »](#)

Best Budget

Zinus Green Tea Memory Foam Mattress »

3.6 ★★★★★ U.S. News Rating



PROS:

- ✓ Affordable
- ✓ Good for light- or average-weight sleepers
- ✓ Pressure relief for side sleepers

CONS:

- ✗ Might not offer enough support to heavier sleepers
- ✗ Might not be good for hot sleepers
- ✗ Might not be bouncy enough for combination sleepers

[Buy From Target](#)

The Zinus Green Tea Memory Foam Mattress is a great choice for anyone on a budget who's looking for a mattress to put on an adjustable bed frame. It's made of three different foam layers for pressure relief and support. The mattress is also infused with green tea and charcoal. We tested the 6-inch

version of the Zinus Green Tea mattress in our lab and felt that it excelled at isolating motion, a perk for couples or light sleepers. Tester Melinda Yeaman, who is 5 feet, 7 inches tall, and 165 pounds, said, “I feel very little of my partner’s movements.”

Zinus makes several heights of the Green Tea Memory Foam Mattress but recommends only the 8- or 10-inch mattress for an adjustable frame. This Zinus has a medium-firm feel and is especially recommended for light- or average-weight side sleepers. If you’re a [hot sleeper](#), however, this mattress might not be cooling enough. Tester Arndt said, “This mattress feels warm when laying on it,” and our other testers agreed it lacked a cooling sensation.

It also might not be as good of a fit for heavy sleepers who need more support or for combination sleepers who might seek more bounce in a mattress.

Specs

List Price (Queen):	Starting at \$159.99 (6-in. option)		
Mattress Type:	Memory foam		
Mattress Sizes:	Twin, twin XL, full, queen, short queen, king, California king		
Mattress Thickness:	6 in., 8 in., 10 in., or 12 in.		

[EXPAND LIST](#) ▾

[Buy From Target](#) »

Best Adjustable Air

Sleep Number C2 Smart Bed »

**PROS:**

- ✓ Firm
- ✓ Adjustable
- ✓ Sleep-tracking technology

CONS:

- ✗ Might not offer enough support for heavy sleepers
- ✗ Isn't for those who prefer a softer feel

[Buy From Sleep Number](#)

The Sleep Number C2 Smart Bed is a good choice for an affordable adjustable air bed on the market today. The C2 is the company's classic smart bed model. Sleep Number beds are powered by air chambers that can be adjusted to fit your sleep preferences. The C2 Smart Bed has a ceramic gel layer above its air chambers that's designed to offer a cooling effect.

The mattress is fitted with sensors and other technology to monitor your sleep patterns and adapt to your movements during the night. Couples can also adjust the firmness on either side of the bed, allowing those with different sleeping positions or firmness preferences to customize their own experience. The bed pairs well with one of SleepNumber's adjustable FlexFit

Smart Bases but can work with other adjustable bases as long as there’s a solid platform foundation or slats that are less than 2 inches apart.

Specs

List Price
(Queen):

\$1,099

Mattress
Type:

Adjustable air

Mattress
Sizes:

Twin, twin XL, full, queen, king, split king, FlexTop king, California King, Split California king, FlexTop California king

Mattress
Thickness:

8 in.

[EXPAND LIST](#) ▾

[Buy From Sleep Number »](#)

Best for Side Sleepers

Helix Midnight Mattress »

3.8 ★★★★★ ☆ U.S. News Rating



The Helix Midnight Mattress

PROS:

- ✓ Good for hot sleepers
- ✓ Good choice for couples
- ✓ Suitable for side, back, and combination sleepers

CONS:

- ✗ Offers so-so edge support
- ✗ Might not be best for heavy sleepers
- ✗ Might be too soft for stomach sleepers

[Buy From Helix](#)

The Helix Midnight is a hybrid mattress composed of four foam layers and one thick layer of wrapped steel coils, and it's compatible with any adjustable bed frame. Each layer of foam serves a different purpose, and together these offer a medium level of support, according to Helix, but some of our testers felt the bed was closer to a medium-soft feel.

It comes with three different covers to choose from: a knit cover, a GlacioTex cooling cover, and a GlacioTex pillow-top cooling cover. In our lab, we noticed that the Helix Midnight did a nice job of resisting heat retention, with tester Yeaman saying it felt "sufficiently breathable." Similarly, tester Craig Hanks,

who is 5 feet, 11 inches tall, and 200 pounds, said, the “cooling effect was perfectly balanced.”

The combination of materials makes for a mattress that offers solid support and pressure relief for side sleepers while also appealing to back and combination sleepers and anyone who gets hot at night.

Since the mattress is made of individually wrapped steel coils, it’s flexible enough to work with any adjustable base. However, the bed shouldn’t be placed on any platform that has slats that are farther than 5 inches apart.

Specs

List Price (Queen):	\$1,373.80
Mattress Type:	Hybrid
Mattress Sizes:	Twin, twin XL, full, queen, king, California king
Mattress Thickness:	11 1/2 in.

EXPAND LIST ▾

[Buy From Helix »](#)

Best for Back Pain

The WinkBed »

4.0 ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Zoned coils provide extra support for back pain
- ✓ Four firmness levels available
- ✓ Long trial and warranty

CONS:

- ✗ Pricey
- ✗ Plus option costs \$200 more

[Buy From WinkBeds](#)

The WinkBed is constructed with individually packaged steel coils, gel-infused memory foam, a Euro pillowtop, and a eucalyptus-derived Tencel cover.

Tester Hanks noted: “Despite the plushness of the pillow top, it's quite firm underneath. Excellent combo of the two.”

The WinkBed’s design and structure can provide pressure relief and support to sleepers suffering from back pain. The bed’s coil layer is zoned to provide extra lumbar support. Tester Arndt said, “I felt that The WinkBed had a good

amount of pressure relief, leaving my back feeling fully supported and relaxed.”

This mattress is compatible with all adjustable bed frames and can go on any platform or slatted [bed frame](#). It comes in four firmnesses: Softer, Luxury Firm, Firmer, and Plus (an option specifically designed for [heavier individuals](#)).

Specs

List Price (Queen):

\$1,799

Mattress Type:

Hybrid

Mattress Sizes:

Twin, twin XL, queen, king, California king

Mattress Thickness:

13 1/2 in.

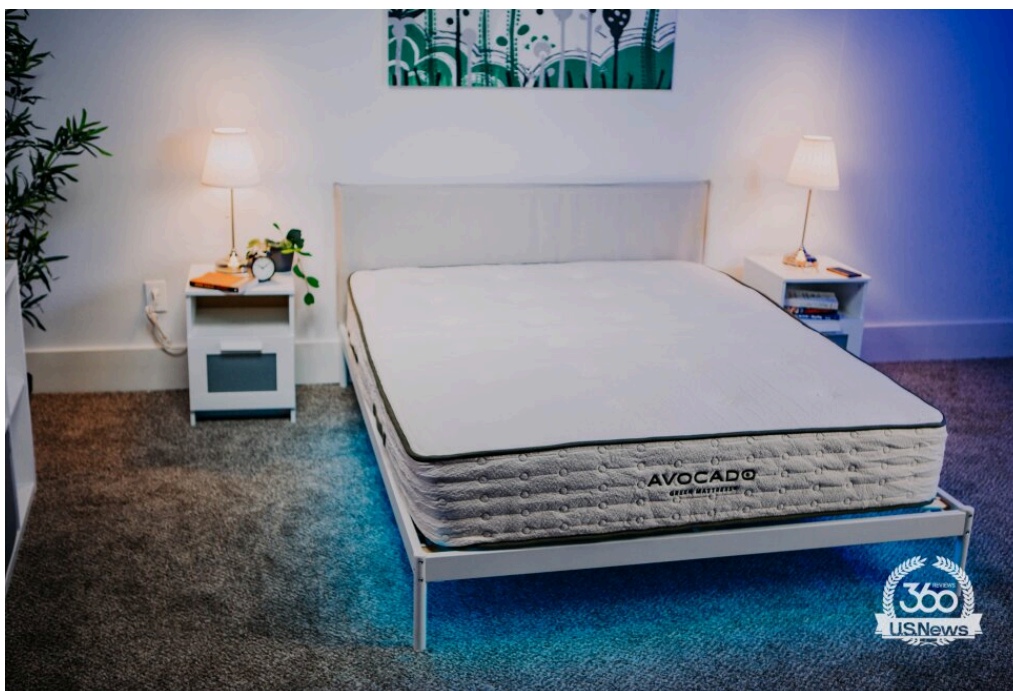
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[Buy From WinkBeds »](#)

Best Eco-Friendly

Avocado Green Mattress »

4.0 ★★★★★ ☆ U.S. News Rating

**PROS:**

- ✓ Organic materials
- ✓ Moisture-wicking
- ✓ Good edge support

CONS:

- ✗ Pricey
- ✗ Too firm for side sleepers

[Buy From Avocado](#)

The Avocado Green Mattress is GreenGuard Gold certified and made of Global Organic Latex Standard (GOLS) certified organic latex, organic cotton, and organic wool, which acts as a natural flame retardant. It also has a layer of individually wrapped coils. Combined, the materials give it a medium-firm feel. That being said, you can also purchase the mattress with a pillowtop if you prefer a softer feel.

The Avocado Green Mattress is compatible with any adjustable bed frame. The mattress could be a good pick for hot sleepers because the organic materials offer moisture-wicking properties. When we tried it out in our lab, some of our panelists found it to feel temperature neutral while others noted an active cooling sensation.

Tester Arndt said, “Though there is a hugging feeling, it doesn't trap heat and is very comfortable.”

The Standard firm model might offer pressure relief to stomach and back sleepers and average-weight side sleepers as well, but lightweight side sleepers might want to opt for the Pillow-Top version.

Specs

List Price (Queen):	\$1,999
Mattress Type:	Hybrid
Mattress Sizes:	Twin, twin XL, full, queen, king, California king
Mattress Thickness:	11 in.

EXPAND LIST ▾

[Buy From Avocado »](#)

The Bottom Line

Many mattresses are compatible with an adjustable frame, but you’ll want to double-check the manufacturer’s specifications. We chose the Nectar Premier Mattress as our top pick because it’s a flexible and supportive all-foam model with a shift-resistant cover.

Things To Consider When Buying Mattresses for Adjustable Beds

Adjustable Bed Compatibility: Not all mattresses are compatible with adjustable beds. If you're looking for a compatible mattress, it's good to narrow your search and choose a durable memory foam, latex, or hybrid option because these models offer the most flexibility. Always make sure the measurements of the mattress and frame match up to help keep the mattress from sliding.

Mattress Thickness: Most of the mattresses we encountered range from around 8 to 13 inches thick. This is an ideal range to look for when you're picking a new mattress for an adjustable bed frame. Mattresses that are too thick aren't usually flexible enough to mold comfortably to and move up and down with an adjustable frame. Anything that's too thin won't typically offer the support that sleepers need on an adjustable bed frame, and it could also wear out more quickly.

Sleep Trial: If you're using a new mattress with an adjustable bed frame, you might want to try it out in different sleep positions and elevations. A long sleep trial enables you to do so worry free.

Warranty: It's also important to consider a mattress's warranty when you're investing in a new bed to fit onto an adjustable bed frame. Many mattress warranties require you to place your mattress on a specific type of frame, so it's always important to check the warranty before you buy a certain type of adjustable bed frame.

How We Chose the Best Mattresses for Adjustable Beds

At U.S. News 360 Reviews, we've looked at more than 340 mattresses, conducted hands-on testing in the 360 Lab, and consulted various studies to be able to offer this list of the best mattresses for adjustable bed frames. We found that memory foam and hybrid mattresses offer the support and flexibility you need for an

adjustable frame. We narrowed down our search to offer a range of durable options to meet different budgets and sleep style needs.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. Our health and wellness writer [Amanda Svachula](#) has covered sleep for U.S. News & World Report 360 Reviews since 2022. [Lauren Allain](#) has more than six years of experience with testing and reviewing sleep products. Marlo Jappen Porto, the editor of this piece, is an editor at 360 Reviews, focusing on sleep and fitness.

FAQ

Which mattress materials are best suited for adjustable beds?

+

What are the specific benefits of using a mattress on an adjustable bed compared to a traditional bed frame?

+

What are the signs that indicate it's time to replace the mattress on my adjustable bed?

+

About Our Team



Amanda Svachula

Contributor

Amanda Svachula is a freelance health and science writer and editor based in Brooklyn, New York. She contributes to 360 Reviews' Sleep segment. Svachula assisted with Katie Couric's current events newsletter and has written for New York Times, New York Magazine, the Chicago Sun-Times, and other outlets.

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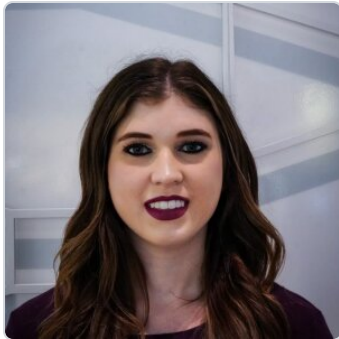
Lauren Allain

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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