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Best Mattress for Couples in 2024: Tested & Reviewed

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We researched and tested mattresses to bring you our top picks to find the best mattress for couples.

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Why trust us

Key takeaways

- ➔ The Helix Midnight's hybrid design excels for couples because it can accommodate a variety of body types and sleep positions. This balanced support minimizes pressure points and conforms to individual needs, promoting comfortable sleep for both partners.
- ➔ After extensive testing (over 1,000 hours) and surveying 1,200 mattress owners, we found that couples with a restless sleeper might benefit from a mattress with exceptional motion isolation, like the Nolah Signature 12".

→ Expect to invest anywhere from \$900 to \$4,000 for a mattress designed for couples. Mattress price variation depends heavily on factors like size (twin vs. king), construction (innerspring vs. hybrid vs. latex), and premium materials (memory foam, gel grids).

Finding the right mattress as a couple can be challenging since preferences concerning comfort and support make this purchase a highly individual and personal choice. And many couples who don't sleep well may notice a strain in their relationships, experiencing greater feelings of anger and lower perceptions of relationship quality. If you can relate, don't fret—about 50 percent of participants in our mattress survey reported reduced stress, and 65.2 percent reported better overall mental health after finding the [best mattress](#) for their needs, and we're here to help.

Our team selected the best mattresses for couples based on our research and testing. We highlighted some of the top considerations, like motion isolation, sex compatibility, adaptability to different types of sleepers, and edge support. We hope this helps you and your partner think about what's most important in your next mattress and, most importantly, pick the right one.

Our picks for the best mattresses for couples

- [Helix Midnight](#): Best overall mattress for couples
- [Saatva Classic](#): Best mattress for sex
- [Nectar Premier Copper](#): Best luxury mattress for couples
- [WinkBeds](#): Best hybrid mattress for couples
- [Helix Sunset](#): Best soft mattress for couples
- [Titan Plus](#): Best mattress for plus-size couples
- [Nolah Signature 12"](#): Best for motion isolation
- [Brooklyn Bedding Signature Hybrid](#): Best value mattress for couples

What to look for in a mattress for couples

→ **Motion isolation:** Look for a mattress that minimizes sleep disruptions caused by your partner's movements. Materials like memory foam or pocketed coils that absorb movement work well here.

- ➔ **Cooling capabilities:** Consider mattresses with breathable materials like gel-infused memory foam or ventilated coils. A good option might be a hybrid mattress that combines both for optimal comfort.
- ➔ **Edge support:** Look for a mattress with a reinforced perimeter that maintains its shape even when you sleep close to the edge. Strong edge support is also important for sitting on the bed while getting dressed.
- ➔ **Bounce:** This can be a personal preference, but some couples might find a balance between conformity and responsiveness desirable. Consider innerspring or hybrid mattresses that offer some bounce, allowing for easier movement and intimacy without feeling stuck.

Best mattress for couples overall: Helix Midnight

Our top pick

Best mattress for couples overall

9.4

Excellent



- Accommodates most sleepers.
- Good motion isolation for a hybrid mattress.
- Price: \$936–\$1,748.

[Check Price](#)

Key features

- **Rating:** 9.4/10.
- **Cost:** \$936–\$1,748.
- **Shipping:** Free shipping and optional in-home setup and removal in select zip codes.
- **Firmness:** 7/10.
- **Material:** Hybrid.
- **Warranty:** 15 years.
- **Trial period:** 100 nights.

- **Sizes available:** Twin, twin XL, full, queen, short queen, king, California king, RV king.
- **Our experience:** Our testers love the Helix Midnight for couples thanks to its zoned support, pressure relief, and responsiveness. It even scores above average in motion isolation for a hybrid mattress, and testers appreciate the frequent promotions that bring the queen size under \$1,000.

Pros and cons



Why Helix Midnight is our pick for best mattress for couples overall

The Helix Midnight earns our top spot for couples because it excels in all the key areas for a harmonious sleep together. It isolates motion exceptionally well, minimizing sleep disruptions. The balanced design offers pressure relief and responsiveness, catering to a variety of body types and sleep positions. Plus, Helix's frequent promotions make it a great value.

Who should consider the Helix Midnight: Ideal for couples seeking a mattress that balances motion isolation, pressure relief, and responsiveness at a competitive price point.

Who should consider other options: Lightweight sleepers (under 130 lbs) might prefer a softer mattress for optimal pressure relief.

Helix Midnight tester insights

Our testing team loves the Helix Midnight mattress for couples because of its balance between motion isolation, responsiveness, support, and pressure relief. We also love how the company's frequent promotions drop a queen-sized mattress's price below \$1,000.

This mattress scored above average when we tested its motion isolation which is a good result for a hybrid, so most sleepers won't feel their partner lightly toss at night. It also has good responsiveness, which means you won't feel stuck in the pillowtop and foam layers when you're changing positions or having sex. And when we tested the Helix Midnight's pressure relief, we found that it did a good job dissipating force away

from joints (despite feeling slightly firmer than medium) while still feeling supportive at the midsection and lower back.

Our team also appreciates how the Helix Midnight accommodates most sleep positions and body types, so you and your partner are likely to agree on this mattress. Average weight (between 130–250 pounds) and higher weight (above 250 pounds) sleepers will find most positions comfortable. However, lighter-weight (below 250 pounds) people may prefer a softer mattress to cushion sharp pressure points like the shoulders and hips.

From one of our Helix testers:

"I felt more 'on' this mattress, but I also felt gently cradled by the top layer. I wish I had a bit more pressure relief on my side, but generally, I felt good on this mattress."

Thankfully, for those who need a softer mattress, Helix offers another version of this mattress with added layers of support and pressure relief. Upgrading to the [Midnight Luxe](#) (about \$1,000 more for a queen) will add a pillow top for extra cushion. You also get targeted lumbar support, which [research](#) says is ideal for maintaining a [neutral spine](#) ⓘ when lying on your side. But you might have to sacrifice some motion isolation when you upgrade. According to our testing results, the Midnight Luxe had a bit more [motion transference](#) ⓘ than the Midnight.

Learn more in our [Helix review](#).

We thought the Helix Midnight felt slightly on the firmer side at 7 out of 10 firmness, 6.5 being the industry standard for the medium firm.

Best mattress for sex: Saatva Classic

Best mattress for sex

9.8 Exceptional
★★★★★

- Great bounce, cooling, and edge support.
- 365-night trial period.
- Price: \$1,295–\$2,790.

Check Price

Key features

- **Rating:** 9.8/10.
- **Cost:** \$1,295–\$2,790.
- **Shipping:** Free white glove delivery.
- **Firmness:** 7/10.
- **Material:** Innerspring.
- **Warranty:** Limited lifetime.
- **Trial period:** 365 nights.
- **Sizes available:** Twin, twin XL, full, queen, king, California king, split king, split California king.
- **Our experience:** Our testers love the Saatva Classic's bounce for couples, with easy movement and ample edge support, thanks to its innerspring core and reinforced sides. The breathable coil design also kept testers cool during our tests, making it a great choice for active sleepers.

Pros and cons



Why Saatva Classic is our pick for best mattress for sex

The Saatva Classic takes our top spot for sex thanks to its winning combination of bounce, edge support, and cooling. The innerspring core provides excellent responsiveness and is ideal for easy movement and intimacy. Reinforced edges ensure a safe and spacious sleep surface, and the breathable coil design keeps you cool during physical activity.

Who should consider the Saatva Classic: Couples seeking a bouncy, supportive mattress that promotes easy movement, ample space, and cool sleep.

Who should not use Saatva Classic: Motion-sensitive sleepers might prefer a mattress with better isolation, as the innerspring design can transfer movement more readily.

Saatva Classic alternative for better motion isolation

While the Saatva Classic excels in many areas, couples seeking exceptional motion isolation might want to consider a different mattress. Its innerspring core, while providing great bounce, can readily transfer movement across the surface.

For superior motion isolation, we recommend the Nolah Evolution or Helix Midnight. Both mattresses utilize advanced foams that absorb partner movement, minimizing sleep disruptions. The Nolah Evolution features a high-performance core that isolates movement exceptionally well, while the Helix Midnight balances responsiveness and motion absorption.

Saatva Classic tester insights

When we tested the Saatva Classic, we were impressed with the zoned lumbar support and pressure relief it offered for back sleepers (and some side sleepers), which is why we awarded it “Best for Back Sleepers” in our roundup of [best mattresses](#). But this mattress also ranked highly in our sex subscore, which combined the scores for bounce (50 percent), edge support (30 percent), and cooling (20 percent).

Our team also did our own qualitative test to see if it’s difficult to consistently bounce on the mattress. We kneeled on the surface and tried to keep a bouncing rhythm. It was easy for us to bounce on the Saatva Classic, but we found that bouncing on foam-dominant mattresses was much more effortful, with a good amount of sinkage around our knees. Unfortunately, the tradeoff for a bouncy mattress is poor motion isolation. If that’s important to you, you might want to consider a foam mattress instead, like the Nolah Signature 12”.

We included edge support in our sex subscore to gauge how safe the mattress feels while moving around. And the better the edge support in a mattress, the more real estate you and your partner have for intimacy. The Saatva Classic excelled in edge support, which further bolstered the sex subscore.

From one of our Saatva testers:

“I think the Saatva Classic’s edge support is the gold standard. Not only did I feel safe from falling when lying close to the edge, but the edge support pushed me back toward the center... it was protective.”

We cut open the Saatva Classic to reveal its coil-dominant composition. It also has dense foam along its sides that act as excellent edge support.

We also included [mattress cooling capabilities](#) in the subscore because sex is a physical activity that increases body heat, so you'll want a mattress that dissipates your heat well. The Saatva Classic's [innerspring mattress design](#) tends to cool well because it allows more airflow, and this was evident during our testing.

First, we used a temperature gun to get the temperature of the mattress surface. Then, two testers lay side by side on the mattress for five minutes. Once time was up, we measured the surface temperature again to see how much body heat it had absorbed. We were pleased to see that the Saatva Classic only absorbed four degrees, which is an excellent result.

To learn more, read our [Saatva mattress review](#).

Best luxury mattress for couples: Nectar Premier Copper

Best luxury mattress for couples

Very Good

9.0



- Medium-firm yet pressure-relieving.
- Offers phase-changing material.
- Price: \$1,499–\$3,298.

[Check Price](#)

Key features

- **Rating:** 9.0/10.
- **Cost:** \$1,499–\$3,298.
- **Shipping:** Free shipping (\$199 for white glove delivery).
- **Firmness:** 7/10.
- **Material:** Foam.
- **Warranty:** Limited lifetime.
- **Trial period:** 365 nights.
- **Sizes available:** Twin, twin XL, full, queen, king, California king, split king.
- **Our experience:** Striking a balance between comfort and cooling can be tricky, especially for couples. That's where the Nectar Premier Copper memory foam mattress shines. Our testers appreciate the mattress's great pressure relief and support, but stomach sleepers might find it a bit too cradling.

Pros and cons



Why Nectar Premier Copper is our pick for best luxury mattress for couples

For couples seeking a luxurious sleep experience, the Nectar Premier Copper Memory Foam mattress reigns supreme. It offers a winning combination of features that cater to togetherness. First, its exceptional motion isolation minimizes sleep disruptions from your partner's movements. Second, the plush memory foam conforms to your body for pressure relief and cradling comfort, ideal for side sleepers and back sleepers alike. All

this comes wrapped in a cooling cover that wicks away heat, ensuring a comfortable sleep throughout the night.

Who should consider the Nectar Premier Copper: This mattress is ideal for luxury-loving couples who prioritize motion isolation, pressure, relief, and cool sleep.

Who should consider other options: Stomach sleepers might find the memory foam a bit too conforming, and those seeking a highly responsive mattress may prefer a different option.

Nectar Premier Copper tester insights

The Nectar Premier Copper is the brand's [most luxurious mattress](#). Although it comes in both hybrid and memory foam versions, we recommend the [memory foam mattress](#) for couples who prioritize motion isolation because it scored better than the hybrid. And despite not having a coil layer to promote airflow, it remained surprisingly cool during our temperature testing.

Our team found that this mattress runs on the firm side—at a 7 out of 10 firmness—but still did a great job relieving pressure. It was also more supportive than expected. Soft memory foam tends to sag under our body weight, but this foam felt dense and filled in our curves to support our spine in most positions. [Stomach sleepers](#) might like this mattress, too, but our hips sank into the foam a noticeable amount while lying in this position, which could get uncomfortable after a while.

From one of our Nectar Premier Copper testers:

"The Nectar Premier Copper has plenty of contouring under my body, but it's not as responsive as hybrids or innersprings; it's slow to reform after position changes. Some couples might not like this because it makes sex more difficult. If you're worried about easy bed mobility, the hybrid might be the better choice, although you'll lose some motion isolation."

Heat-trapping is a major concern in all-foam mattresses, especially when there are two people in the bed. We like that this mattress includes a copper-infused cooling cover with [phase-changing material \(PCM\)](#) ⁱ designed to dispel heat and keep you cool. Throughout our testing, we've noticed that mattresses with PCM tend to be one of the better choices for hot sleepers, so we weren't surprised that the Nectar scored well in its cooling capabilities.

During our research, we noticed that the main difference in composition between the Premier (pictured above) and the Premier Copper is the thickness of the therapeutic gel layer (in blue). The Premier Copper has an extra inch (14 inches total) of therapeutic foam for added pressure relief.

To learn more about Nectar, read our [Nectar review](#).

Best hybrid mattress for couples: WinkBed

Best hybrid mattress for couples

9.3

Excellent



- Good support and motion isolation for families.
- Four firmness options.
- Price: \$1,149–\$2,049.

[Check Price](#)

Key features

- **Rating:** 9.3/10.
- **Cost:** \$1,149–\$2,049.
- **Shipping:** Free shipping.
- **Firmness:** 6.5/10.
- **Material:** Hybrid.
- **Warranty:** Limited lifetime.
- **Trial period:** 120 nights.
- **Sizes available:** Twin, twin XL, full, queen, king, California king.
- **Our experience:** The WinkBed's pressure relief and strong core support impressed our testers, thanks to its plush top layers and thick coil system. This hybrid design also excels in motion isolation, surprising our testers with how well it dampened movement. WinkBed's unique exchange program allows couples to try different firmness options to find the perfect fit for them both.

Pros and cons



Why WinkBed is our pick for best hybrid mattress for couples

For couples seeking the best of both worlds, the WinkBed hybrid mattress reigns supreme. It offers a perfect harmony of pressure relief and support thanks to its plush top layers and strong coil core. This winning combination keeps your spine aligned while cradling your body for comfort. WinkBed also excels in motion isolation, minimizing sleep disruptions from your partner's movements with its innovative pocketed coil design.

Who should consider the WinkBed: The WinkBed is ideal for couples seeking a hybrid mattress that offers pressure relief and exceptional motion isolation.

Who consider other options: Shoppers on a strict budget might find WinkBed a bit more expensive than some other options.

WinkBed tester insights

Our testers loved how comfortable the WinkBed felt. Pressure mapping revealed good pressure relief throughout the body thanks to the top layers of foam, and the thick coil layer provides a great amount of support through the foam to reinforce the spine's neutral position. The material also responds well to movement, allows for airflow, and accommodates most sleep positions, so it's likely that you and your partner will feel good on this mattress. And even though the coils provide some bounce, the pocketed design isolates motion surprisingly well.

From one of our WinkBed testers:

"I was surprised to see how well this bed isolates motion despite its coils. I could barely feel the movement when my testing partner dropped and rolled a 10-pound ball across the surface. If my pet jumped on the foot of my bed during the night, I don't think I'd wake up."

We also think this [hybrid mattress](#) is appropriate for families that allow their toddlers and pets to jump on the bed. Its high scores in motion isolation, cooling, surface support, and edge support add up to a high family subscore. That tells us that the WinkBed will comfortably hold multiple beings without sagging toward the center or tilting toward the edges.

Our tester pushes down on the WinkBed Luxury Firm mattress to show the above-average edge support and interior hybrid construction.

If you and your partner are unsure of which firmness to choose, WinkBeds has a unique exchange program that lets you try two different mattresses. If your first mattress choice isn't a good fit, you can request to try the softer, firmer, or plus (designed for higher-weight people) versions for \$49. The brand will send you the new mattress and let you keep the old one for up to 60 days while you make a decision to keep one or return both. To our knowledge, this is the only mattress brand that offers this type of program.

Best soft mattress for couples: Helix Sunset

Best soft mattress for couples

9.4 Excellent
★★★★★

- Soft yet responsive to movement.
- 10-year warranty.
- Price: \$936–\$1,748.

[Check Price](#)

Key features

- **Rating:** 9.4/10.
- **Cost:** \$936–\$1,748.
- **Shipping:** Free shipping and optional in-home setup and removal in some locations.
- **Firmness:** 5.5/10.
- **Material:** Hybrid.
- **Warranty:** 10 years.
- **Trial period:** 100 nights.
- **Sizes available:** Twin, twin XL, full, queen, short queen, king, California king, RV king.

- **Our experience:** Our testers love the Helix Sunset's pressure relief for side sleepers, with its plush foam layers cradling the shoulders and hips. It also offers surprising responsiveness for combination sleepers, but motion isolation is just average. If minimizing partner disturbance is a priority, consider the WinkBed or Nolah Signature 12" instead.

Pros and cons



Why Helix Sunset is our pick for best soft mattress for couples

For couples looking for a super soft mattress, the Helix Sunset is the top choice. Our testers were really impressed with how the plush memory foam layers eased their pressure points, especially in the shoulders and hips, which makes it perfect for side sleepers. The Sunset also amazed us with its ability to respond to movement, making it easier to shift positions during the night.

Who should consider the Helix Sunset: We recommend this mattress for couples who prioritize softness and pressure relief, especially side sleepers.

Who should consider other options: Couples who need motion isolation, those who sleep on their stomach, or sleepers who weigh more than 250 pounds may find the Sunset too soft and lacking in support.

Helix Sunset alternative for higher weight couples

While the Helix Sunset is a great choice for side sleepers, its softer construction and average motion isolation might not be ideal for heavier weight sleepers (over 250 lbs) who also prioritize minimizing partner disturbance. In that case, we recommend the Titan Plus mattress by Titan. This mattress is designed for plus-size sleepers and offers a firmer core with better motion isolation thanks to its pocketed coil system. This ensures minimal partner disruption and a more restful sleep for both.

Helix Sunset tester insights

The Helix Sunset is an excellent option for those who want a soft, conforming mattress. Based on our pressure map testing, side sleepers will like this [soft mattress](#) the most

because of its exceptional ability to contour the body and provide pressure relief at the shoulders and hips. We also appreciate how the coils reinforced our midsection to prevent uncomfortable sagging. However, we didn't think there is enough reinforcement for stomach sleepers or people who weigh more than 250 pounds.

From one of our Helix testers:

"The mattress conforms around my body, but because it's responsive, moving around felt easier than expected. Combination sleepers might like this mattress, but if you move around quite a bit, a more responsive surface with better motion isolation would be better."

We were also surprised to see that the Helix Sunset was quite responsive to our movements despite its three soft memory foam layers topping the coils.

Responsiveness and bounce are important for sexual activities, but unfortunately, this took a toll on the motion isolation score. The Helix Sunset has an average amount of motion transfer side to side, and upgrading to the Luxe only helps slightly (a half-point better on our scale). You may not feel your partner toss at night, but you'll definitely feel them get out of bed. If motion isolation is a priority, try the WinkBed or Nolah Signature 12" instead.

The Helix Midnight (pictured above) sinks slightly under a 10-pound dumbbell, which is about right for a medium-firm mattress. But we think the Helix Sunset is softer and more conforming, which is best for side sleepers.

To learn more, read our [Helix mattress review](#).

Best mattress for plus-size couples: Titan Plus

Best mattress for plus-size couples

9.2

Excellent



- Above-average motion isolation.
- Great for most sleep positions.
- Price: \$699–\$1,598.

[Check Price](#)

Key features

- **Rating:** 9.2/10.
- **Cost:** \$699–\$1,598.
- **Shipping:** Free shipping.
- **Firmness:** 8/10.
- **Material:** Hybrid.
- **Warranty:** 10 years.
- **Trial period:** 120 nights.
- **Sizes available:** Twin, twin XL, full, queen, king, California king, split California king.
- **Our experience:** Our testers love the Titan Plus's balance of support and pressure relief for heavier sleepers (over 250 lbs). It offers a responsive feel for easy movement and maintains good edge support. While firmer mattresses tend to transfer more motion, the Titan Plus's coils minimize disruption from small

movements, making it a great choice for couples seeking a comfortable and stable sleep experience.

Pros and cons

+

Why Titan Plus is our pick for best mattress for plus-size couples

The Titan Plus mattress is perfect for couples where one or both partners are over 250 lbs. It's firm yet comfortable, and it's great for any sleeping position. The individually wrapped coils help minimize disturbances from your partner moving around at night.

Who should consider the Titan Plus: This mattress is ideal for plus-size couples who want a supportive, pressure-relieving mattress with good motion isolation.

Who should consider other options: Lighter-weight sleepers under 130 lbs will likely find the Titan Plus too firm.

Titan Plus tester insights

The Titan Plus is our [best mattress for higher-weight couples](#) because its firm feel and hybrid composition offer a good balance of durable support and pressure relief for each sleeping position. And if your partner falls into the average weight category (130–250 pounds), you can upgrade to the Luxe version (\$200 extra), which adds an extra layer of contouring foam for their comfort while still adequately supporting your body.

This mattress felt very responsive to our testers, which can be helpful for repositioning and general bed mobility. When we pushed on the bed, it sprang back into shape quickly.

During our testing, we noticed that [firm mattresses](#) designed for higher weights tend to be bouncier and less motion-isolating. The Titan Plus has individually wrapped coils, so it transfers less movement. We didn't feel much from small movements, but sudden movements, like flipping or bouncing on the surface, were more noticeable. We also noticed that the mattress's edges don't collapse while lying near them, so we felt safe repositioning on either end. And if you're looking for a larger sleeping area, the [king size mattress](#) and California king size mattress are priced reasonably around \$1,500 (or around \$1,000 if you catch a sale).

From one of our Titan testers:

"This mattress holds its shape well, but still offers some contour through the upper foam layers. I think most sleep positions will be comfortable, but combination sleepers may not like the contouring because it makes it slightly more difficult to move around. That's something to keep in mind if you or your partner want to upgrade to the softer Luxe version."

The only negative about this mattress is its cooling capabilities. It has a layer of steel coil, which encourages airflow, but our testers noted that the quilted top is not cool to

the touch and felt like it got warmer while they were lying on it, so hot sleepers may prefer a mattress that sleeps cooler, like the [Saatva HD](#).

Keep in mind that your bedsheets can influence heat absorption too. If a mattress checks off everything on your list, but you're nervous about heat-trapping, cooling covers should help. Our team has found that bamboo, TENCEL, and phase-changing materials are the best options for sheet material.

Read our [Titan mattress review](#) to learn more.

Best mattress for motion isolation: Nolah Signature 12"

Best mattress for motion isolation

9.5

Excellent



- Excellent motion isolation.
- Consistent movement isn't noticeable.
- Price: \$1,299–\$2,798.

[Check Price](#)

Key features

- **Rating:** 9.5/10.
- **Cost:** \$1,299–\$2,798.
- **Shipping:** Free shipping (\$225 for white glove setup).
- **Firmness:** 7.5/10.
- **Material:** Foam.
- **Warranty:** Limited lifetime.
- **Trial period:** 120 nights.
- **Sizes available:** Twin, twin XL, full, queen, king, California king, split California king.

- **Our experience:** Our testers love the Nolah Signature 12" for couples, thanks to its exceptional motion isolation. Even with a restless partner, the movement is barely noticeable. The firm, all-foam design also offers good edge support and pressure relief for back and stomach sleepers, but might be too firm for lighter side sleepers.

Pros and cons



Why Nolah Signature 12" is our pick for best mattress couples with motion isolation

Couples seeking an uninterrupted night's sleep will find solace in the Nolah Signature 12". Our testers were particularly impressed by its exceptional motion isolation—even restless movements were barely perceptible. This all-foam mattress also offers excellent edge support, ensuring you won't feel like you're rolling off the edge during the night. While its firmness provides great pressure relief for back and stomach sleepers, lighter side sleepers might find it a bit too unforgiving.

Who should consider the Nolah Signature 12": It is ideal for couples who prioritize minimal partner disturbance and a supportive sleep experience.

Who should consider other options: Lighter-weight side sleepers (under 130 lbs) might prefer a softer mattress for optimal comfort.

Nolah Signature 12" tester insights

Light sleepers will enjoy the all-foam Nolah Signature 12" because it dampens movement exceedingly well. We tested this by having one tester lie on the mattress while another rolled a 10-pound ball across the surface, crawled around on the bed, and jumped onto the opposite side. Small movements were barely noticeable, and larger sudden movements were "more noticeable, but not too disturbing," according to one of our testers. So if you have a restless sleeping partner or a pet that jumps on the bed in the middle of the night, the Nolah Signature 12" is a good choice.

Unfortunately, many beds with excellent motion isolation have poor bounce. Some couples might miss the bounciness of more responsive material, like spring coil, for

intimacy. But our testers noted that it was easy to reposition and move around on this bed without feeling stuck, which is helpful.

From one of our Nolah testers:

"I like this mattress's edge support. I feel stable towards the edge with the same support as the mattress's center. There's a lot of room to move without feeling like you're going to fall off."

We felt that the Nolah Signature 12" errs on the firmer side (7.5 out of 10). It offers some contour for pressure relief and good support, which makes it a great choice for back sleepers. We think stomach sleepers might also like it because its firmness prevents the lower back from dipping into the surface. We don't think lighter and average-weight side sleepers would like this mattress, though, because it doesn't offer enough pressure relief at sharper pressure points, like the shoulders and hips.

We were surprised to learn that this mattress didn't sink as much as we were expecting for a foam mattress. When we placed a dumbbell on the mattress, it stayed near the surface.

If you want to learn more, read our [Nolah mattress review](#).

Best value for couples: Brooklyn Bedding Signature Hybrid

Brooklyn Bedding Signature Hybrid

9.2

Excellent



- Starting price is well below \$1,000.
- 120-night trial period.
- Price: \$665–\$1,599.

[Check Price](#)

Key features

- **Rating:** 9.2/10.
- **Cost:** \$665–\$1,599
- **Shipping:** Free shipping.
- **Firmness:** 6/10.
- **Material:** Hybrid.
- **Warranty:** 10 years.
- **Trial period:** 120 nights.
- **Sizes available:** Twin, twin XL, full, short full, queen, short queen, olympic queen, king, short king, California king, RV king (three sizes).
- **Our experience:** Our testers love the Brooklyn Bedding Signature Hybrid for budget-minded couples. It offers a good balance of pressure relief and support in all sleeping positions, making it a versatile choice. While motion isolation is average, minimizing partner disturbance from small movements, larger movements are more noticeable.

Pros and cons



Why Brooklyn Bedding Signature Hybrid is our pick for best value mattress for couples

Couples looking for an affordable sleep solution will love the Brooklyn Bedding Signature Hybrid. This mattress provides a combination of pressure relief and support, letting users sleep in a range of different positions. The medium firmness makes it a versatile choice for couples who have different sleep preferences. The motion isolation is average, but it can effectively minimize disruptions caused by small movements.

Who should use Brooklyn Bedding Signature Hybrid: We recommend this mattress for value-conscious couples who want comfort and support in all sleeping positions.

Who should not use Brooklyn Bedding Signature Hybrid: Couples needing exceptional motion isolation or those who prefer a luxury sleep experience might want to consider a different option.

Brooklyn Bedding Signature Hybrid tester insights

According to our survey of 600 recent mattress customers, 41.8 percent budgeted \$1,000 or less for a new mattress. The Brooklyn Bedding Signature Hybrid's [queen size mattress](#) is regularly listed at around \$1,300, but you can buy it for under \$1,000 when you catch one of the brand's frequent sales. Your purchase also includes a 120-night trial period and a 10-year warranty.

Our team loves the medium version of the Brooklyn Bedding Signature Hybrid for people on a budget because it has a good amount of pressure relief and decent support. We felt comfortable in every sleeping position, which makes it perfect for couples who sleep differently. But we also like that this mattress comes in softer and firmer options. Partners who sleep only on their side may need a softer surface, while stomach sleepers may want something firmer.

One of our first impressions was how soft the cover looked and felt. It's nicely tufted and seems to have foam material directly underneath the cover for some comfortable padding.

From one of our Brooklyn Bedding testers:

"I definitely can't sleep too close to the edge, but there is a lip that seems to protect me. I still wouldn't feel totally safe if I migrated there during the night. I'd say it performed about average compared to other mattresses we tested."

Most hybrids we've tested score about average for motion isolation due to their coil layer, and this [affordable mattress](#) is no different. Testers noticed that small movements, like rolling a 10-pound weighted ball on the mattress or changing positions, aren't too noticeable. But larger movements, like a pet jumping on the bed or a partner getting out of bed, might disturb your sleep. If you want a hybrid with better motion isolation, we recommend the WinkBed, although it's more expensive.

Read more in our [Brooklyn Bedding review](#).

How we test and choose the best mattresses for couples

1000+ hours
of research

130+ models
evaluated

21 experts
consulted

Restful sleep isn't just a luxury, it's the foundation for a healthy relationship. Adequate sleep goes hand-in-hand with emotional well-being, making you more patient and understanding with your partner. Sleep deprivation, on the other hand, can make you irritable and cause unnecessary friction. So, prioritize those eight hours with a mattress that helps you sleep a little bit easier!

In addition to surveys, we consult sleep experts, physical therapists, occupational therapists, and pain specialists to understand what mattresses offer that make an overwhelmingly positive impact on couples sharing a bed.

From our focus group

"My partner and I have mild anxiety that worsened when we were trying to sleep. We would wake up cranky and fighting. That completely switched after getting a better mattress because we were getting better, fuller, longer sleep."

First-hand testing experience

The Handbook Team personally every mattress we review. We evaluate brands and models by recording our findings on a 42-question standardized testing form to identify standout features and services, document issues with each product, and describe our personal experience lying on each mattress. Then we study those results against consumer needs, like sleeping with a partner, so we can help you determine which mattress best fits your sleeping conditions.

We test things like edge support (the sturdiness of your mattress edge), so you and your partner can stretch out without worrying about rolling out of bed. We look at cooling capabilities, with temperature management being a challenge many couples face because of varying preferences and comfort levels. We also look at how well a mattress isolates movement since one sleep partner moving can disrupt the sleep of lighter sleepers. Lastly, we look at bounce to see how responsive a mattress is to

movement during sex. We test all of these things the same way on each mattress and compare the results. Our methodology allows us to accurately compare each mattress’s score in an unbiased way while also sharing our subjective point of view as mattress testers and experts.

Mattress surveys & interviews

Finding the perfect mattress for couples means going beyond the surface. We surveyed 1,200 mattress owners to understand the top considerations for all ages, from budget-conscious young adults to comfort-seeking retirees. Price, features, and the set-up process were all key factors real people considered important. We also interviewed *real* people to explore their motivations behind the mattress hunt.

Objective and honest ratings

Crafting the perfect sleep experience for couples requires an objective lens. To achieve this, we leveraged valuable insights from both our survey of 1,200 mattress owners and in-depth interviews with real couples. This information helped us identify the crucial features shoppers are concerned about when looking for a new mattress. Every mattress in this roundup scored a minimum of 9/10 to ensure they’re all high-quality.

Factor	Weight	Description
Customer Service	15%	Customer care center hours, support options
Brand Reputation	10%	Years in business, lawsuits & class actions against this company
Features	20%	Size options, firmness options, weight capacity, add-ons included (free sleep accessories)
User Experience	35%	White glove delivery, CERTIPUR-US certifications, risk-free trials
Affordability	20%	Price, warranty, promotions

Learn more about our mattress [testing and review methodology](#).

Our mattress testing process

Our Mattress Testing Process

Purchase mattress as mystery shoppers.

Set up mattress in testing lab.

Lie on mattress and rank firmness.

Lie on back, side, and stomach to find the best sleeping position.

Place 10-pound ball in mattress center and measure sinkage.

Find biggest pressure points using pressure map reading.

Evaluate cooling capabilities by recording temperature differences.

Drop 10-pound ball onto mattress to measure bounce score.

Test motion isolation.

Test edge support.

Calculate composite scores.

How to choose a mattress for a good night's sleep

Investing in a good mattress is a big decision. After all, a significant chunk of your life is spent nestled between the sheets! A quality mattress plays a crucial role in promoting restful sleep, which is directly linked to your mental and holistic health. When you're well-rested, you face the day with more energy and focus. So, let's delve into the key factors you should look for when shopping for a new mattress.

Material

The materials used in your mattress significantly impact its feel, support, and temperature regulation.

→ **Innerspring:** Traditional coil systems provide bounce and support. *See our full [innerspring mattress guide](#).*

→ **Memory foam:** Memory foam mattresses conform to your body shape, providing pressure relief and a cradling sensation. *See our full [memory foam mattress guide](#).*

→ **Hybrid:** This type of mattress combines innerspring coils with foam layers, providing balanced support and pressure relief. *See our full [hybrid mattress guide](#).*

→ **Latex:** Latex is very responsive and bouncy, providing great cooling properties. *See our full [latex mattress guide](#).*

➔ **Organic:** As the name suggests, organic mattresses are made with natural and eco-friendly materials. See our full [organic mattress guide](#).

Sleeping position

Finding the right mattress for your preferred sleeping position can have a big impact on your sleep quality and overall comfort. Here's what to look for based on your sleeping style:

➔ **Stomach sleepers:** If you sleep on your stomach, you'll want a firmer mattress to keep your spine aligned. See our full [stomach sleeper mattress guide](#).

➔ **Side sleepers:** Side sleepers need extra cushion to protect the pressure points around their shoulders and hips. See our full [side sleeper mattress guide](#).

➔ **Back sleepers:** Those who sleep on their back need balanced support for their entire body. See our full [back sleeper mattress guide](#).

Sleeper's body

Another key factor in finding the best mattress for your needs is your body type. Your age, weight, pain points, and other factors contribute to how you sleep.

➔ **Weight:** Heavier sleepers may require a firmer mattress for adequate support. See our full [mattresses for heavy sleepers guide](#).

➔ **Age:** Children have different comfort needs than adults, and some mattresses cater specifically to them. See our full [mattresses for kids guide](#).

➔ **Health conditions:** Certain health issues may benefit from specific mattress features. See our full guides on [mattresses for back pain](#) and [mattresses for hip pain](#).

Temperature

If you've ever been too hot at night, you know just how much temperature influences sleep and comfort. Some [cooling mattresses](#) come by it naturally—air moves easily through the coils of innerspring styles and natural materials are more breathable. But other mattresses add special cooling features, like gel-infused foam and phase change material, to help with temperature management. These are good things to watch for if you are a sleeper who tends to run hot.

Price

Mattresses can range in price depending on the size, material, and brand. A queen-size mattress can cost anywhere from \$500 to \$3,000. For a budget-friendly option, check out our guide to the [best affordable mattress](#). On the other hand, if you’re looking for a luxurious sleeping experience, explore the [best luxury mattress](#) options.

Our final verdict

Our overall pick for the best mattress for couples is the Helix Midnight because of its great motion isolation and 15-year warranty.

Choosing the perfect mattress is an investment in your overall well-being. A good night’s sleep is vital for mental and physical health, impacting everything from your mood to your focus. We explored and tested dozens of mattresses to bring you the best of the best.

In the end, the “best” mattress for you depends on your needs and preferences. Not everyone will benefit from the same mattress, which is why we were sure to include several options to satisfy various needs in this roundup.

Compare best mattresses for couples

	Check price	Check price	Check price	
Price	\$936–\$1,748	\$1,295–\$2,790	\$1,499–\$3,298	\$’
Firmness	7/10	7/10	7/10	
Material	Hybrid	Innerspring	Foam	

	Check price	Check price	Check price	
Warranty	15 years	Lifetime	Lifetime	
Trial period	100 nights	365 nights	365 days	
Best for	All sleepers	Back sleepers*	Back and side sleepers	B

Frequently asked questions

Which type of mattress is best for couples?

What mattress size is best for couples?

Is a memory foam mattress good for couples?

Do mattresses have a weight limit?

How often should couples replace their mattress?

References

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