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In this Review:

# Best Mattresses for Seniors in 2024: Our Top Picks

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After testing multiple mattresses and consulting medical experts, we developed a review to share our findings on the best mattresses for older adults.

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## Key Takeaways

- The best mattress for older adults is the Saatva Classic because it offers a great mix of pressure relief, support, and mobility-boosting features.
- When shopping, older adults should prioritize finding the right firmness level, material, mattress height, pressure relief, and support.
- The mattresses in this review range from \$839–\$4,390.
- Only half of all older adults get enough sleep every night.
- According to a 2015 study on older adults in a care home, a medium-firm mattress may lead to lower levels of musculoskeletal pain and make it easier to fall asleep.

As we age, it's important to maintain [healthy sleep patterns](#) to support our physical and mental function. Yet only about [half of older adults](#) get enough sleep throughout the night. [1] While multiple factors can contribute to a poor night's sleep, many are within our control, including our bedroom environment. So, if you're having trouble sleeping comfortably, it may be time to look for the [best mattress](#) for your unique needs. For example, some research links a medium-firm mattress to [lower levels of musculoskeletal pain](#) in older adults, as well as less time spent falling asleep.

To understand which bed characteristics can make you feel more comfortable, our team consulted experts, tested mattresses, and surveyed recent mattress shoppers age 65 and older.

Our top pick is the Saatva Classic, since it combines a supportive, comfortable innerspring base with excellent edge support. We hope our comprehensive list of the best mattresses for older adults helps you make an informed decision as you shop for your next bed. But of course, consult your doctor to see what else you can do to improve your sleep.

## Best mattress for seniors in 2024

- [Saatva Classic](#): Best overall mattress for older adults
- [Saatva Rx](#): Best for older adults with back pain
- [DreamCloud Memory Foam](#): Best affordable mattress for older adults
- [The WinkBed](#): Best mattress for older adults with arthritis
- [Nolah Evolution 15"](#): Best mattress for pressure relief
- [Titan Plus](#): Best mattress for higher-weight older adults
- [Birch Natural](#): Best mattress with edge support for older adults
- [Plank Firm](#): Best firm mattress for older adults

We found several important factors when testing mattresses specifically for older adults, including:



## Mattress firmness

Contrary to popular belief, you don't need an extra firm mattress if you suffer from body aches or back pain. Medium-firm mattresses are the sweet spot.



## Good pressure relief

Find a mattress designed to relieve pressure when your body and joints are pressed against the surface material.

## Spinal support

You want a mattress that supports a neutral spine in its most natural position.

## Edge support

A mattress with reinforced edges may help you get in and out of bed easier and keep you from rolling off.

# Saatva Classic: Best overall mattress for older adults

Our top pick

**Saatva Classic**  
BEST OVERALL

9.7 Exceptional

## Check Price

- ✓ We chose the Saatva Classic as our best overall mattress pick for older adults because its bouncy innerspring construction makes moving and changing positions near effortless. We also appreciate the foam support rail on the edge, which makes it easy to get in and out of bed.

## Features

- **Price:** \$1,395–\$2,990
- **Material:** Innerspring
- **Brand's firmness rating:** Firm
- **Trial period:** 365 nights
- **Shipping:** Free white-glove delivery
- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, California king, split king, California split king
- **Mattress height:** 11.5 inches (") or 14.5"
- **Offers financing:** Yes, through third-party (Affirm)

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## Pros and cons

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## Our testing scores

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## Our expert take on the Saatva Classic mattress

The Saatva Classic is our best overall pick because of its firm ⓘ and bouncy feel, which provides support and easier mobility for many older adults.

*The Saatva Classic has three firmness options, but we tested the luxury firm version, which is the brand's middle-range firmness level in this model. We thought it was on the firmer side at seven out of 10 on the firmness scale, with 6.5 being the true medium per the industry standard.*

This mattress is made almost entirely of innerspring, so it feels bouncy when you reposition or leave the bed. It also has a wall of dense foam around the perimeter to reinforce its edge support. When our testers rolled near the bed's edge, this foam wall almost felt protective, nudging us back to the center. When we sat on the edge, it only lost an inch of height, which is relatively

The Saatva Classic also offers stronger springs and a targeted foam layer along the center of the mattress, providing extra reinforcement under the lower back. If you find a highly supportive mattress comfortable, this mattress is a good choice.

Most mattresses have a trade-off, and the luxury firm Saatva Classic is no different. Its firmer feel might be too dense for lighter-weight (less than 130 pounds) side sleepers who need a softer surface under the shoulder and hip to reduce pressure. If you're a lighter-weight side sleeper, we recommend choosing the plush soft version of this mattress instead for added pressure relief. Although our team likes bouncy mattresses for easier mobility in bed, your partner may feel you move during the night due to the Classic's poor motion isolation ⓘ.

Another reason our team ranks Saatva so highly is its white-glove delivery, also known as in-home setup. Saatva is one of the only mattress brands that provides this service, which means you don't have to lift a finger when your mattress is delivered. The brand also offers a generous one-year trial period, so you have plenty of time to test the mattress to see if it's right.

## “ Our tester on the Saatva Classic mattress:

“The mattress feels very responsive to movement, and it's very easy to switch positions.”

Before we feel comfortable recommending the best mattresses for seniors, we rely on testers who can give an honest and accurate review of their experience with each model. Knowing many sleepers are looking for relief from back pain, our Reviews Team includes testers who have a history of chronic pain. This allows us to feel confident in the mattresses we recommend to sleepers dealing with aches and pain. Tim is one of our testers, he is 62 years old and an average weight, and he tested the Saatva Classic mattress. He prefers to sleep on his back and has chronic lower back pain.

## “ From our tester with chronic lower back pain

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edge support.”

*One of our testers, who has a history of lower back pain, testing the edge support on the Saatva Classic mattress.*

## Our mattress expert’s take

### Who may love it

- Sleepers who find maximum surface support comfortable



## Who may want to avoid it

- Anyone looking for budget-friendly options
- Partners who are easily disturbed by movement
- People who weigh less than 130 pounds may find the luxury firm version to be dense for side sleeping and should opt for the softer firmness level

## Customer reviews

The Saatva Classic has a 4.8-star rating out of 3,458 total reviews on its website. In general, reviewers find the mattress comfortable and appreciate the free white glove delivery.

“I am a stomach sleeper and hubby is a side sleeper – it works wonderfully for both of us. We are seniors with the normal amount of aches and pains, and this mattress has eased those. Edge support is also very good, so we don’t struggle to get up.”

– Robin U., verified buyer.

“The Classic I choose is a wonderful mattress. Best sleep I’ve had in a long time... What really made the experience wonderful was the ‘White Glove’ delivery, setup, and removal of old mattress and box spring. The delivery service makes it truly a painless experience with professional, polite and efficient workmen. I highly recommend Saatva to others.”

– John S., verified buyer.

Visit our [Saatva mattress review](#) to learn more.

## Saatva Rx: Best mattress for older adults with back pain

## BEST FOR BACK PAIN

[Check Price](#)

- ✓ The Saatva Rx makes changing positions easy and offers excellent support and pressure relief for a sore back. It earns our pick for the best mattress for older adults with back pain.

### Features

- **Price:** \$1,995–\$4,390
- **Material:** Hybrid
- **Brand's Firmness Rating:** Medium
- **Trial period:** 365 days
- **Shipping:** Free shipping and white-glove delivery
- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, split king, California king
- **Mattress height:** 15"
- **Offers financing:** Yes, through third-party (Affirm)

## Our testing scores

## Additional information

## Our expert take on the Saatva Rx mattress

Saatva earns another spot on our list because it makes a mattress specifically for back pain. the Saatva Rx. This mattress's unique build is adaptable to your body's natural shape, supporting whichever position offers you the most relief. Our team found it highly supportive and pressure-relieving, which are two characteristics people with lower back pain prioritize, according to our survey of 600 recent mattress customers. It's also a true medium-firm mattress, which, according to [research](#), is more likely to relieve back pain and improve sleep quality than other firmness levels.



Talk to your doctor before purchasing a mattress for back pain. It's important to receive a full evaluation and treatment plan, which may or may not involve purchasing a new mattress.

*Our first impression of the Saatva Rx was how plush and soft the quilted top felt, likely contributing to its high-scoring pressure relief.*

The Saatva Rx is a hybrid mattress with mostly innerspring layers, but it offers more pressure-relieving properties than the Saatva Classic. Older adults with back pain may appreciate this mattress's balanced feel, which seems to adapt to your body and its movements. Each spring in its primary coil layer is capped with foam, allowing each component to mold and support your body as you sleep. Saatva also added a layer of micro-coils similarly designed to hug your curves and a foam layer along the center for extra reinforcement under the lower back.

Our team was impressed by the functional support in the Saatva Rx. Despite having more forgiving layers than the Saatva Classic, it has similar mobility-boosting properties, like excellent edge support and bounce. It's also one of the taller mattresses in our review at 15 inches, making it easier to stand from the edge of the bed. Those who are careful with their movement may appreciate how the Saatva Rx feels, but an occupational or physical therapist should address painful bed mobility.

For more information, check out our review of the [best mattresses for back pain](#).

firmness and allows for support and comfort.”

## Our mattress expert’s take

### Who may love it

- Sleepers who find relief in maximum surface support
- Those seeking a mobility boost from a tall surface with bouncy coils
- Anyone prioritizing pressure relief away from sensitive spots

### Who may want to avoid it

- Anyone looking for budget-friendly options
- People who pair this tall mattress with a high bed frame may find it difficult to get into bed

## Customer reviews

The Saatva Rx has a 4.9-star rating out of 5 with 74 total reviews on its website. Many reviewers report fewer aches and pains after sleeping on it and appreciate the white glove delivery. Although, some reviewers mentioned that the edge wasn’t as supportive as expected.

“This mattress is very comfortable and seems to have helped back pain. Purchased split king with adjustable plus base. A lot of money but we’ll worth it.”

– Jeff W., verified buyer on 03/31/24.

“My back and hips are extremely happy! The soreness and stiffness in the morning is a thing of the past! Thanks for designing such a great mattress for

Read our [Saatva Rx review](#) to learn more about this model.

## DreamCloud Memory Foam: Best affordable mattress for older adults

### DreamCloud Memory Foam

BEST AFFORDABLE

9.3

Excellent

**Check Price**

- ✓ For older adults looking for an affordable mattress choice, the DreamCloud Memory Foam is available for under \$1,000 during the brand's sales. It's also comfortable for different sleep positions and body types.

### Features

- **Price:** \$839–\$2,578
- **Material:** Foam
- **Brand's firmness rating:** Medium
- **Trial period:** 365 days

- **Sizes:** Twin, twin XL, full, queen, king, split king, California king
- **Mattress height:** 12"
- **Offers financing:** Yes, through third-party (Affirm or Split)

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### Pros and cons

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### Our testing scores

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### Additional information

## Our expert take on the DreamCloud Memory Foam mattress

If you're shopping on a strict budget, DreamCloud should be one of your top contenders. The DreamCloud Memory Foam is a medium-firm mattress with excellent surface support, plenty of pressure relief, and high-scoring motion isolation. Most importantly, it's available for under \$1,000 during the brand's frequent promotions.

All-foam mattresses have a reputation for being hot, soft, and unsupportive. But our testing results revealed that DreamCloud is an exception. Although this mattress offers conforming and pressure-relieving foam, it makes enough contact with our body's curves to support our spines. "I wasn't expecting this mattress to feel so supportive. I've tried some soft memory foam mattresses that make too much contact with my body and envelop me throughout the night, but this mattress doesn't do that," said one tester. "Those mattresses also feel hot. Since DreamCloud Memory Foam doesn't sink so much, it's not noticeably hot. When my testing partner [lie] beside me, it still felt relatively cool."

*The DreamCloud has a luxurious (and removable) quilted cover. When we placed a 10-pound ball on the surface, we saw that it allowed some sinkage around concentrated weight to relieve pressure, but not so much to where testers felt stuck in the material.*

Testers also noticed how well the DreamCloud Memory Foam mattress isolates motion. Testing partners barely felt each other move when repositioning, which makes it a perfect option for couples. This is because foam material does a great job of damping motion. But its trade-off is less bounce, which means movement can take more effort. This mattress scored above average for functional support with a 3.6 out of 5—not a bad score, but not as helpful as the springier beds in this review.

If you want a springer option, consider the Saatva Rx, which has excellent bounce and edge support.

DreamCloud offers white-glove delivery but not for memory foam beds. Be sure to recruit help to move this mattress, which comes in a box, into your home, as it can be too bulky and heavy for one person to do on their own. Hiring a local moving company might be a good idea. You can find one by Googling “furniture moving companies near me.”



## Our mattress expert's take

### Who may love it

- Those looking for a budget-friendly bed
- Most sleepers who love the conforming feel without sacrificing easy bed mobility
- People seeking a supportive memory foam option

### Who may want to avoid it

- Lighter-weight side sleepers may need a softer surface for added pressure relief at the shoulder and hip
- Those who need white-glove delivery

## Customer reviews

The DreamCloud Memory Foam has a 4.6-star rating out of 5 with 8,909 total reviews on its website. Many reviewers find the mattress comfortable and supportive and report fewer aches and pains and less tossing and turning.

“You have no idea what this has done to improve my sleep quality. The bed has just the right amount of firmness. Honestly cannot complain and tell everyone who mentions they need a new bed to consider DreamCloud.”

– Jennifer M., verified buyer.

“Since getting this mattress, I have had the best sleep without tossing and turning, and no back pain. It's supportive and comfortable.”

– Sheila A., verified buyer.

# with arthritis

## The WinkBed

### BEST FOR ARTHRITIS

9.4

Excellent

[Check Price](#)

- ✓ The WinkBed earned our pick for the best mattress for older adults with arthritis. Its combination of memory foam and a cushioned pillow top helps provide pressure relief for sore joints.

### Features

- **Price:** \$1,149–\$2,199
- **Material:** Hybrid
- **Brand's firmness rating:** Medium
- **Trial period:** 120 nights
- **Shipping:** Free shipping
- **Warranty:** Limited lifetime

- **Offers financing:** Yes, through third-party (Bread Pay and Katapult)

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### Pros and cons

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### Our testing scores

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### Additional information

## Our expert take on The WinkBed mattress

Arthritis can be painful, especially in the morning when joints feel stiffest. If you have arthritis in your knee or hip joint, consider a pressure-relieving mattress with enough functional support to help you move more easily. According to our testing results, The WinkBed is a great choice.

The WinkBed has four firmness options: softer, luxury firm, firmer, and plus (designed for higher-weight people weighing more than 250 pounds). We tested the luxury firm, the medium-firm version of The WinkBed. One of our first impressions of the mattress was how soft and responsive ⓘ the mattress felt due to the Euro pillow top ⓘ top. “I can feel it contouring my body well. I definitely sit on top of the material with some cradling, which is comfortable and distributes my body weight evenly across the mattress,” said our tester. Our pressure map testing confirmed this—The WinkBed diverts pressure away from our joints when lying on our backs and sides.

*Although we detected slight pressure buildup at the shoulder, our tester wasn't bothered by it. If this is a concern, you can opt for the softer version of The WinkBed for added pressure relief*

If you look at the lower back area of the person depicted above, you'll notice how well The WinkBed makes contact with the tester's lower back. The WinkBed offers zoned support, a stiffer area across the center of the mattress designed to reinforce your lower back's natural position throughout the night and prevent sag. According to [research](#), zoned support can promote [spinal alignment](#) and improve sleep quality, especially in side sleepers with general back pain .

We appreciated how The WinkBed offers bouncy springs for easier bed mobility without sacrificing motion isolation, which many hybrid mattresses often do. Testers found it relatively easy to move around on this mattress since it has a bouncy coil layer, good edge support, and a 13-inch-tall profile. Those with knee or hip arthritis should find it easier to navigate this mattress compared to shorter, less responsive options.

When you purchase The WinkBed, you can take advantage of a unique exchange program for \$49, where you can try a mattress with a different firmness level if you're unhappy with your

## “ Our tester on The WinkBed mattress:

“It’s easy to switch positions on this mattress: Not too difficult to roll over.”

## Our mattress expert’s take

### Who may love it

- People with arthritis looking for a plush yet mobility-boosting bed
- Most back, side, and combination sleepers
- Those who aren’t sure which firmness level is right for their needs

### Who may want to avoid it

- Stomach sleepers who weigh more than 250 pounds may not feel supported
- Those who want white-glove delivery

## Customer reviews

The WinkBed has a 4.8-star rating out of 5 with more than 8,000 reviews on its website. Many reviewers find the bed supportive and enjoy the brand’s customer service. Some reviewers who decided to return the mattress found it easy to do so.

“I love this bed! It is just the right balance of firmness and soft comfort. The company has been fantastic about communicating and offering support. Can’t recommend highly enough.”

– Sarah S., verified buyer on 02/14/24

“This bed helps me so much with my arthritic joints.”

## Nolah Evolution 15": Best mattress for older adults with pressure relief

### Nolah Evolution 15"

BEST FOR PRESSURE RELIEF

9.4

Excellent

[Check Price](#)

- ✓ The Nolah Evolution 15" features zoned support coils and memory foam to contour to your body. These dual features helped it earn our pick as the best mattress for older adults seeking pressure relief.

### Features

- **Price:** \$1,499–\$3,198
- **Material:** Hybrid
- **Brand's firmness rating:** Firm
- **Trial period:** 120 nights
- **Shipping:** Free shipping; optional white-glove delivery (\$150–\$300)

- **Mattress height:** 15"
- **Offers financing:** Yes, through third-party (Affirm)

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### Pros and cons

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### Our testing scores

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### Additional information

## Our expert take on the Nolah Evolution 15" mattress

The luxury firm version of the Nolah Evolution 15" is a tall hybrid mattress with zoned support in its coil and foam design—offering support and pressure relief in the right places. In fact, it earned a perfect score in pressure relief during our testing, making it a great option for sleepers with soreness in different areas around the body. For similar reasons, you'll also find it on our list of [best mattresses for fibromyalgia](#) and [best mattresses for sciatica](#).

Nolah offers a unique type of foam called [AirFoam](#), which is more dense along the center and less dense above and below. This offers reinforcement under the lower back while offloading pressure around the hips and shoulders. Nolah also incorporates stiffer coils along the center for added support, which helps you maintain spinal alignment throughout the night. A supportive mattress helps prevent sag and encourages even weight distribution throughout the bed for a more comfortable night's sleep.

Some mattresses with high levels of pressure relief are also forgiving, which creates a sinking feel as you settle into the bed. Testers liked how Nolah gently hugs the body without feeling like you're fighting the material while repositioning. Since the luxury firm Nolah Evolution 15" is slightly firmer (seven out of 10 on the firmness scale), offers excellent edge support, has above-

*Looking at both images, we see only blue and green in this pressure map reading, which indicates great pressure relief. We also see good contact between the tester's lower back and the Nolah Evolution 15", which means the mattress offers plenty of support.*

When you buy the Nolah Evolution 15", you can add white-glove delivery through a company called [LoadUp](#) for \$150–\$300, depending on whether you need old mattress removal. We recommend investing in white-glove delivery for this mattress because it's thicker and bulkier than many other mattresses we've tested.

## “ Our tester on the Nolah Evolution 15" mattress:

“It's easy to push up and move around on this mattress: Didn't take much effort.”

## Our mattress expert's take



- Sleepers of various body types who are comfortable in any position, although it's most ideal for people who weigh 130–250 pounds
- Anyone who needs a mobility boost for easier repositioning in bed

### Who may want to avoid it

- Anyone looking for budget-friendly options
- People who pair this tall mattress with a high bed frame may find it difficult to get into bed

## Customer reviews

The Nolah Evolution 15" has a 4.9-star rating out of five and nearly 900 reviews on its website. Many reviewers report sleeping more comfortably on the mattress and enjoy the brand's white glove delivery.

"The Nolah mattress blew me away. It is seriously so comfortable. I cannot get over the quality for the price! Its amazing. Would highly recommend."

– Shelby S., verified buyer on 12/30/2020

"The top layer is soft feeling but not too plush. And there's still a bit of spring in it when moving around so I don't get that stuck feeling."

– Teresa N., verified buyer on 1/16/2021

Visit our [Nolah mattress review](#) to learn more.

## Titan Plus: Best mattress for heavier-weight older adults

## BEST FOR HEAVY SLEEPERS

### Check Price

- ✓ The Titan Plus features sturdy steel coils designed to stay firm and promote easy movement. It's the best mattress for higher-weight older adults in our book.

### Features

- **Price:** \$699–\$1,598
- **Material:** Hybrid
- **Brand's firmness rating:** Firm
- **Trial period:** 120 nights
- **Shipping:** Free shipping
- **Warranty:** 10 years
- **Sizes:** Twin, twin XL, full, short queen, queen, king, California king, split California King, RV king
- **Mattress height:** 11"
- **Offers financing:** Yes, through third-party (Affirm)

## Our testing scores

## Additional information

## Our expert take on the Titan Plus mattress

Higher-weight sleepers need a firm, responsive mattress to feel comfortable and prevent sagging over time. The Titan Plus was designed by its parent company, Brooklyn Bedding, to support higher-weight people looking for the right balance of comfort and durability.

The Titan Plus offers good pressure relief for back sleepers with contouring and supportive material. But this isn't the case for those who weigh less than 250 pounds, as they may perceive this dense mattress as less conforming. Most side sleepers, regardless of weight, may want to consider upgrading to the [Luxe](#) version of this mattress for its added pressure-relieving memory foam layer. According to test results, a lighter-weight partner may feel more comfortable on the Luxe for the same reason.

But if you upgrade, you'll sacrifice firmness. The Titan Plus is a better fit for people with mobility issues because firm surfaces are more responsive, which makes movement easier.

*Testers recommend pairing your Titan Plus with a higher bed frame, as its 11-inch profile may be too short for taller statures*

Our team appreciates how the Titan Plus offers relatively affordable king-size options. You can get a California king for \$1,499 at regular price, which is the same cost as some queen-size mattresses at a discount (like The WinkBed). So if you like to spread out on a larger sleep surface, this is a great choice.

Unfortunately, the Titan Plus doesn't come with white-glove delivery, so you'll need to arrange help moving and unboxing the mattress when it's delivered.

## “ Our tester on the Titan Plus mattress:

“The coils respond quickly to handle sleepers that are a higher weight.”

## Our mattress expert's take

- Those looking for affordable larger sizes
- People who need a mobility boost for easier repositioning in bed

### Who may want to avoid it

- Couples with a lighter-weight partner may find the Luxe version more comfortable
- Those who want white-glove delivery

## Customer reviews

The Titan Plus has a 4.7-star rating out of five with more than 2,600 reviews on its website. Some reviewers enjoy the firmer feel and report less pain.

“My husband has back pain and broken hip to recover from. He is tall and heavy. Our regular mattress is keep him up at night and lot of pain during the day. After this mattress in place, he slept like a baby and he told me that is the best mattress he ever slept on. The shipping is fast and very easy to unpack.”

– Shu S., verified buyer on 06/20/24

“It is the most comfortable bed I have ever slept on. I am 5’4 and 330lbs, and I don’t wake up with back aches and found that I can sleep with a lot less pillows than before.”

– Ruth M., verified buyer on 05/09/24

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

## Birch Natural: Best mattress for older adults with edge support

## BEST FOR EDGE SUPPORT

### Check Price

- ✓ The Birch Natural has a reinforced edge that was strong enough to prevent a heavy steel ball from rolling off the mattress. This impressive performance helped it earn our pick as the best mattress for edge support.

### Features

- **Price:** \$1,373.80–\$2,248.80
- **Material:** Hybrid
- **Brand's firmness rating:** Medium
- **Trial period:** 100 nights
- **Shipping:** Free shipping, white-glove delivery available depending on location (starts at \$129)
- **Warranty:** 25 years
- **Sizes:** Twin, twin XL, full, queen, king, California king
- **Mattress height:** 11"

### Pros and cons

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### Our testing scores

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### Additional information

## Our expert take on the Birch Natural mattress

Our team was impressed by this mattress's functional support, which offers strong edges that are safe and easy to navigate. The Birch Natural is one of the best options for older adults with mobility issues who benefit from a responsive bed.

*When we rolled a steel ball to the edge of the Birch Natural, the mattress prevented it from rolling off. It's rare to see a mattress's edge support perform this way, especially at the foot of the bed. Some mattresses only offer strong edge support on the longer sides*

Birch differs from other mattresses in this review because it's made with latex, a natural alternative to foam. Latex is similar to foam because it offloads pressure well, but it's more responsive, making it a better choice for people who don't want to feel stuck in their mattress material.

Since this material holds its shape well, the edges don't budge under weight. "I can roll all the way to the edge and then some," said one tester. "I can put my limb over the edge and feel completely safe." When we sat on the edge, it only dipped 1.5 inches, which is relatively good compared to other mattresses. Unfortunately, the Birch Natural is only 11 inches tall, so you may want to pair it with a tall bed frame if you find it difficult to stand from lower surfaces.

Our team likes how Birch offers white-glove delivery, although it costs extra and depends on your ZIP code. The service starts at \$129 and can increase depending on the additional service you may need, like old mattress removal. Latex tends to feel heavier than foam and spring materials, so our team recommends white-glove delivery.



edge.”

## Our mattress expert’s take

### Who may love it

- People who prioritize mattresses that support easier, safer bed mobility
- Back sleepers of any body type and most combination or stomach sleepers who weigh less than 250 pounds
- Those who want a natural, eco-friendly bed

### Who may want to avoid it

- Side sleepers may perceive this mattress as too dense and may want to upgrade to the Luxe version
- Higher-weight stomach sleepers may not feel supported

## Customer reviews

The Birch Natural has a 4.5-star rating out of 5 with over 4,500 reviews on Birch’s website. Many reviewers find it comfortable and appreciate the natural construction.

“Love love love my Birch! I’m sleeping so much better and [have] peace of mind knowing it’s all natural. Thank you so much for great customer service and a great product.”

– Brenden C., verified buyer.

Read our review of the [Birch Natural mattress](#) to learn more.

## Plank Firm

BEST FIRM

9.3    Excellent

[Check Price](#)

- ✓ The Plank Firm nearly maxed out our firmness scale, making it an easy choice for older adults looking for an ultra firm mattress.

### Features

- **Price:** \$749–\$1,698
- **Material:** Foam
- **Brand's firmness rating:** Firm and extra firm
- **Trial period:** 120 nights
- **Shipping:** Free shipping
- **Warranty:** 10 years
- **Sizes:** Twin, twin XL, full, queen, king, California king, split California king, short full, short queen, short king, Olympic queen, RV king
- **Mattress height:** 10.25"

### Pros and cons

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### Our testing scores

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### Additional information

## Our expert take on the Plank Firm mattress

Some older adults prefer sleeping on a dense, firm mattress. If this sounds like you, the all-foam Plank Firm is a good option. Its flippable design has firm and extra-firm sides, so you can choose what's most comfortable.

*Testers rated the firmness level on either side. The firm side felt like a 7.5 out of 10 on the firmness scale, and the extra firm side felt like a nine out of 10.*

The biggest benefit of a firm mattress is its solid shape, which is easy to move around on. The Plank Firm doesn't sink at all under body weight, so testers didn't fight the material when rolling or pushing up to sit on the edge. "There's no give or sinkage at all. It keeps up with my movement well, so it's very easy to switch positions," said one tester.

Those with mobility issues should find the Plank Firm easy to navigate, but if you have a short bed frame and leg weakness, you might find it hard to stand from this mattress. It's one of the shortest and most compact mattresses we've tested, so plan ahead to make sure you're comfortable with its height.

Unfortunately, white-glove delivery isn't available. The Plank Firm might be short and compact, but it still weighs between 60–105 pounds depending on the size you order. Make sure you arrange for help when it arrives to set it up and flip it to your preferred firm side.

## Our mattress expert's take

### Who may love it

- Sleepers who find firm or extra-firm surfaces comfortable throughout the night
- People who love firm mattresses but aren't sure how firm to go
- Those who want a mattress that supports easier repositioning

### Who may want to avoid it

- Anyone who isn't used to sleeping on firm and solid surfaces, particularly side sleepers who often need more sinkage for pressure relief
- Those who can't find help to move this bed in a box inside once it's delivered

## Customer reviews

The Plank Firm has a 4.7-star rating out of 5 with 3,191 reviews on its website. Positive reviewers generally report that the mattress feels firm, as advertised, and comfortable for their preferences.

"So far this is the most comfortable mattress I've ever had. Very good for stomach sleepers and those who like a firm mattress."

– Sophia M., verified buyer.

"If you want firm, this mattress is for you! This is by far THE most comfortable mattress we have ever owned! The firmness is perfection. It's got slight give to it but no sagging whatsoever! My husband or I can get on and off the bed and not disturb each other too."

# How we test mattresses for seniors

We spent more than 2,000 hours researching the best mattresses and other sleep products to find the best choices for older adults. To make our selections, we surveyed more than 2,200 people, including older adults to understand what criteria they prioritize in a mattress. We also personally tested every mattress model in-house to get hands-on experience and ranked them on our internal scoring system. Because we were testing and reviewing mattresses for older adults, we wanted to ensure we understand what this population needs in a mattress. For this reason, we made sure older adults tested each mattress and provided feedback. Here's how we tested and scored the following criteria.

## Firmness

We use a 1 to 10 scoring method to rank firmness, with 1 being the softest and 10 being the firmest. As a team, testers assign a firmness level after trying each mattress, then compare it to the brand's claimed firmness to see how closely it matches.

## Edge Support

We score edge support on a scale of 1 to 5, with 5 being the most supportive. Our team tested edge support by rolling a ball near the edge of the bed to gauge safety. We also measured how many inches it sank under our weight while sitting on the edge of the bed.

## Functional support

Good functional support makes it easier to move around on the surface of your bed. We developed this term to help us understand how well a mattress supports or boosts mobility in bed.

We score functional support by combining our scores for firmness (30%), support (30%), bounce (10%), and edge support (30%).

pressure relief using a sensor-based mapping system to detect heat buildup in areas with high pressure. Then, the system creates a map of our body where pressure is located.

To learn more about our testing, review our [sleep methodology](#).



We continuously test new mattresses each month and make sure we give you the most up-to-date information possible.

## How to choose a mattress for seniors

A one-size-fits-all mattress doesn't exist for all older adults, since the right choice often depends on your personal preferences. But consider the following criteria when shopping for the ideal mattress for you.

### Functional support

The most important and unique mattress characteristic we evaluated was functional support. We developed this term to help us understand how well a mattress supports or boosts mobility in bed. Mattresses with good functional support are firmer and offer good edge support, surface support, and bounce for easier repositioning. Let's break down each component of functional support:

- **Firmness:** A medium-firm mattress is generally ideal for older adults, as it provides [adequate support for the spine](#) while also offering enough cushioning for comfort, said [Taher Saifullah](#), MD, founder of the Spine and Pain Institute Los Angeles. But keep in mind that higher-weight adults may perceive a mattress to be softer than it is, and lighter-weight adults may perceive a mattress to be firmer than it is. Many mattresses in this review are on the firmer side. Check out our [best firm mattress](#) guide for more insight.
- **Mattress height:** Your mattress should allow you to sit comfortably on the edge of the bed, Dr. Saifullah said. As a general rule of thumb, you want your bed to sit as high as your knees

when sitting on the edge,” Dr. Sarrafian said. It’s especially important to look for a model with firm edges if you need a “boost” to get out of bed.

- **Pressure relief:** Feeling pressure on your shoulder or hip may disturb your sleep, causing you to toss and turn as you look for a better position. Look for mattresses with good pressure relief to redistribute your weight evenly across the mattress.
- **Bounciness:** Bouncy mattresses boost movement, making it less effortful to reposition or get out of bed. That said, bouncy innerspring mattresses may also transfer movement more readily than memory foam or hybrid models, which can be less than ideal for couples.
- **Spinal alignment:** The mattress should keep your spine comfortably aligned, regardless of your sleep position. Some mattresses use “support zones” to promote a straight spine.

## Other factors to consider

You may have noticed references to sleep position and body type throughout the roundup. This is because your sleep preferences and weight play a large role in mattress choice.

Higher-weight adults may perceive a mattress to be softer than it is, and lighter-weight adults may perceive a mattress to be firmer than it is. Also, side sleepers may need more pressure relief at the shoulder and hip than back or stomach sleepers.

If you’re unsure where to start, it may be a good idea to test a few mattresses at a store to discover which materials, sizes, and heights you like or dislike. Then, you’ll feel better informed as you continue your search, whether online or in person.



Use pillows to prop your body in comfortable positions. Back sleepers can place pillows under their knees to remove tension in front of the hips and around the lower back. Side sleepers can place a pillow between their knees to achieve a more neutral spine, pelvis, and hip position.



some brands and models pride themselves on having the right mix of both. Recently, alternatives like natural latex options or adjustable air chamber beds have entered the market. With so many options, it's hard to know what's best. Here's a breakdown of the most popular options.

## Innerspring mattress

Innerspring mattresses tend to be firmer and bouncier. The extra bounciness can benefit older adults with mobility limitations, as these mattresses facilitate easy movement. But compared to memory foam or hybrid mattresses, innerspring mattresses don't always relieve pressure or isolate motion well.

Read more in our [innerspring mattress](#) review.

## Memory foam mattress

All-foam mattresses offer excellent pressure relief, especially for side sleepers. But softer foams are susceptible to sagging over time, which can feel uncomfortable. Unlike innerspring mattresses, foam surfaces aren't bouncy or responsive, which makes it hard to move. The lack of responsiveness often results in a feeling of sinking into the mattress, and for sleepers with mobility limitations or chronic pain, this can be a significant drawback. This is why we didn't include many all-foam mattresses in this roundup.

Read more in our [memory foam mattress](#) review.

## Hybrid mattress

Hybrid mattresses combine the bounce and support of innerspring with the pressure relief of memory foam. Most of the mattresses in this roundup are hybrids because they offer the right mix of comfort and functional support for older adults.

Read more in our [hybrid mattress](#) review.

Many latex mattresses offer good functional support for older adults, similar to innerspring options. Hot sleepers often favor latex over foam because it promotes more airflow. But latex is heavy, so if you need to set up your mattress, always recruit help.

Read more in our [best latex mattress review](#).

## Adjustable mattress and base

Some brands, like Saatva or Sleep Number, design beds that allow you to adjust your mattress's firmness with the push of a remote control button. Air chambers inflate or deflate, depending on the setting you choose.

You can also purchase an adjustable base, as long as your mattress is compatible. A simple adjustable base allows you to elevate your feet or head to help you get into a more comfortable position. But more complex bases have head tilt features, massage capabilities, added lumbar support, and more.

Read more in our review of the [best adjustable beds](#) on the market.

## Choosing a mattress for a senior with pain

[Chronic pain](#) is a common issue among older adults and can [negatively affect](#) sleep and overall quality of life [7] . Talk to your doctor about your condition and work together to find the best treatment plan for you. This may involve evaluating your bedroom environment and making changes for a more comfortable sleep.

Upgrading an old, worn mattress may be a step in the right direction. Here are some considerations for common conditions.

### Back and hip pain

According to research, medium-firm mattresses with zoned support are best for generalized lower back pain [3] [4] . Most medium-firm mattresses in our testing were hybrids that balanced support and pressure relief well to maintain better spinal alignment throughout the night. While this research is specific to lower back pain, medium-firm mattresses with zoned support can also direct pressure away from the hips for a more comfortable sleep experience.

Check out our guides for more information on the [best mattress for back pain](#) and the [best mattress for hip pain](#).

## Arthritis

Survey participants over age 65 with arthritis prioritized comfort and support as they shopped for a new mattress, and about 58% of these respondents were side sleepers [2] . As we tested different mattresses, The WinkBed stood out as the best option for our respondents because it offers exactly what older adults with arthritis need: medium firmness, adequate pressure relief for comfort, zoned lumbar reinforcement for support (especially for side sleepers), and a tall bouncy design to get out of bed in the morning easily.

While we love The WinkBed, there are other similar options that check the same boxes. Take a look at our guide on the [best mattress for arthritis pain](#) for more information.

## Tips for seniors to get a good night's sleep

Although our sleep patterns change as we age, the amount of sleep you get each night should not. "Older adults rely more heavily on good sleep to help them function their best due to age-related bodily changes and/or health conditions," said [Brittany Ferri](#), an occupational therapist based in Rochester, New York. "A normal night of sleep for someone over the age of 65 is between six and seven hours. It's typical for older adults to have more difficulty falling asleep and to sleep more lightly than they used to. Due to changing circadian rhythms, older adults may feel more inclined to [go to] sleep around 7 or 8 p.m.. and [wake] between 4 and 5 a.m.."

- **Avoid caffeine late in the day:** Not only can caffeine keep you awake, but it also leads to more bathroom visits throughout the night. It's best to drink tea and coffee [before noon](#).
- **Stay away from blue light at night:** [Blue light exposure](#) from electronics, like your television or phone, can disrupt your body's natural sleep cycle. Try reading before bed instead.
- **Exercise:** Regular [physical activity](#) can encourage better sleep patterns. Aim to exercise at least three times per week to improve sleep quality. Yoga, [Tai chi](#), or walking at a brisk pace are great options.
- **Calm your senses:** Drown out stimuli as you fall asleep. For example, those who live in a city or sleep in a retirement facility may benefit from earplugs, eye masks, or sound machines to relax and fall asleep faster.
- **Check your medications:** Ask your doctor about your current medication regimen. Some medications can cause daytime drowsiness or feel stimulating at night. Other medications may suppress the rapid eye movement sleep cycle, or [REM sleep](#), so reviewing your current medications with your prescriber is important if you feel your sleep quality isn't where you would like it to be.
- **Work with a team of therapists:** Sleep difficulties can be related to anxiety, difficulty adjusting, mood issues, or past trauma experiences. Talking about your mental health with a psychologist may be the right step toward better sleep.
- **Maintain your bladder health:** Talk to your doctor if you go to the bathroom often at night. [Frequent urination](#) at night can disrupt sleep and can be a result of a medical condition or certain medications. It can also increase your risk of falls as you navigate your bedroom in the dark multiple times per night.
- **Napping:** If you do decide to nap, limit yourself to one 15- to 30-minute nap per day. Otherwise, you may not be tired enough to sleep well at night.

2024

|                            | Saatva Classic         | Saatva Rx              | DreamCloud Memory Foam | The 1          |
|----------------------------|------------------------|------------------------|------------------------|----------------|
|                            | <div>Check Price</div> | <div>Check Price</div> | <div>Check Price</div> | <div>Che</div> |
| Mattress type              | Innerspring            | Hybrid                 | Foam                   | H              |
| Mattress height (inches)   | 11.5 or 14.5           | 15                     | 12                     |                |
| Firmness                   | Firm                   | Medium                 | Medium                 | Me             |
| Edge support score         | 5/5                    | 5/5                    | 3.5/5                  |                |
| Back pressure relief score | 4.5/5                  | 5/5                    | 5/5                    |                |
| Side pressure relief score | 3.5/5                  | 4.5/5                  | 4/5                    |                |
| Functional support score   | 4.5/5                  | 4.5/5                  | 3.6/5                  | 3              |

|           | Saatva Classic              | Saatva Rx                   | DreamCloud Memory Foam      | The 1               |
|-----------|-----------------------------|-----------------------------|-----------------------------|---------------------|
|           | <a href="#">Check Price</a> | <a href="#">Check Price</a> | <a href="#">Check Price</a> | <a href="#">Che</a> |
| Weight    | Back, stomach, combination  | Any                         | Back, stomach, combination  | Bac com             |
| Flow type | Yes                         | Yes                         | No                          |                     |

\*Any sleep position for higher-weight people  
\*\*Any sleeper seeking the firmest mattress possible.

## Bottom line

There isn't a single best mattress for older adults. But, in general, mattresses that provide a stable surface for easier movement are an excellent place to start.

The Saatva Classic is at the top of our list for its comfort options and excellent functional support. If you have pain, consider the Saatva Rx or The WinkBed. And if you're on a strict budget, the DreamCloud Memory Foam mattress is a great option.

Although a [new mattress](#) or [adjustable bed](#) could improve your comfort throughout the night, be sure to consult your doctor or a rehabilitation specialist if you have a medical condition that affects your sleep quality.

- [Best mattress for back pain](#)
- [Best mattress for sciatica](#)
- [Best mattress for arthritis](#)
- [Best mattress for side sleepers](#)
- [Best mattress for shoulder pain](#)
- [Best mattress for fibromyalgia](#)
- [Best pillows for neck pain](#)

## Frequently asked questions

**Is a soft or firm mattress better for older adults?**



**What is the best mattress height for seniors?**



**Can I find a good mattress for older adults under \$1,000?**



**What type of mattress is best for seniors with arthritis and back pain?**



Have questions about this review? Email us at [reviewsteam@ncoa.org](mailto:reviewsteam@ncoa.org).

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and injury prevention, rehabilitation, home modifications, and other clinical themes including hearing aids and medical alert systems.



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