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In this Review: ∨

Best Mattress for Scoliosis in 2024

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Our team tested mattresses and consulted spine specialists to develop a list of the best mattresses for scoliosis.

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Key Takeaways

- The best mattress for scoliosis is the Saatva Solaire because its adjustable firmness levels allow for personalized support, ensuring proper spinal alignment and reducing pressure on sensitive areas, which is crucial for those with scoliosis.
- Mattresses in our review cost between \$839–\$3,920, depending on the brand and size.
- Every mattress in this review is medium to firm and provides adequate surface support, pressure relief, and functional support for people with scoliosis.
- All featured brands meet or exceed the industry standard of a 100-night trial period so you have ample time to test your mattress in the comfort of your home.
- There is no one-size-fits-all solution for scoliosis, so if you're unsure how a sleeping surface will impact your condition, it's best to discuss options with your spine specialist and physical therapist.

rest. If your scoliosis is disturbing your sleep, it's time to talk to your doctor to make positive changes, including modifying sleep positions and improving sleep hygiene. In some cases, swapping a worn mattress for a new one might help.

After researching multiple mattresses and consulting medical professionals, we developed this review of the best mattresses for scoliosis. Although there is no one-size-fits-all option, our Reviews Team vetted each mattress to ensure they provide the following necessary features: a medium-to-firm feel, adequate surface support, great pressure relief, and the right materials to make it easy to change positions for those with mobility issues. Our best overall pick checks all these boxes, but ultimately, the [best mattress](#) is up to you. We hope our review helps.

Best overall mattress for scoliosis

According to our mattress testing and expert consultation, the Saatva Solaire is the best mattress for scoliosis because it offers the right support, pressure relief, and mobility-boosting features to accommodate a variety of sleepers.

Best Mattress for Scoliosis Overall

9.7 Exceptional



Saatva Solaire

- Excellent pressure relief for pain management
- Responsive surface for changing positions
- Good motion isolation to avoid disturbing your partner

Best mattresses for scoliosis in 2024

- [Saatva Solaire](#): Best Overall
- [Helix Dusk Luxe](#): Best Pillow Top
- [DreamCloud Memory Foam](#): Best Mattress and Adjustable Bed Bundle
- [Saatva Classic](#): Most Supportive
- [The WinkBed](#): Most Comfortable
- [Nolah Evolution 15"](#): Best for Back Sleepers
- [Bear Elite Hybrid](#): Best for Pressure Relief
- [Brooklyn Bedding Aurora Luxe](#): Best Firm

Table 1 Compare the best mattresses for scoliosis in 2024

	Saatva Solaire	Helix Dusk Luxe	DreamCloud Memory Foam	Saatv
	Check Price	Check Price	Check Price	Che
Mattress type	Hybrid	Hybrid	Foam	Inne
Firmness	Adjustable	Firm	Medium	f
White-glove delivery	Yes	No	Yes, bundle only	
Trial period (nights)	365	100	365	
Warranty (years)	Limited lifetime	15	Limited lifetime	Limite

Video: Best Mattress for Back Pain 2024

In this video, Nicole Hernandez, physical therapist and mattress reviewer at NCOA, reviews our top picks for the best mattresses for back pain. She also provides detailed explanations on which features sleepers with back pain will find most comfortable in a mattress, including what kind of support to look for and the role pressure relief plays in improving back pain. Learn everything you need to know about picking the right mattress for back pain in the video below.

Best Mattress for Scoliosis Overall: Saatva Solaire

Our top pick

Saatva Solaire

BEST MATTRESS FOR
SCOLIOSIS OVERALL

9.7 Exceptional

An adjustable air mattress that offers a customizable sleep experience, making it great for those with specific spinal needs.

- Provides excellent lumbar support, especially when back sleeping.

Key features

- **Price:** \$2,945 – \$5,495
- **Material:** Hybrid
- **Firmness:** 5.5 – 7
- **Trial period:** 365 nights
- **Shipping:** Free white glove delivery and setup
- **Warranty:** Lifetime warranty
- **Sizes:** Twin XL, Full, Queen, King, California King, Split King, Split California King
- **Mattress height:** 13 inches (")

Pros and cons of the Saatva Solaire

Additional information

Our expert take on the Saatva Solaire mattress

When it comes to finding a mattress for scoliosis, the Saatva Solaire stands out as the best overall. This adjustable air mattress provides a customizable sleep experience.

too deeply, which is crucial for maintaining a neutral spine—a must for anyone with scoliosis.

The pillow top layer delivers a plush feel that cradles the hips and shoulders, making it ideal for side sleepers. The mattress scored high in our pressure relief tests, especially at a firmness level of 20 mm.

The Solaire's ability to adapt to different body shapes and sizes ensures that side sleepers with scoliosis can enjoy a comfortable and supportive night's rest.

In terms of motion transfer, the Solaire performed admirably, with minimal disturbance reported when sharing the bed. This makes it a great option for couples, particularly when one partner is more restless.

However, it's worth noting that the mattress might not be the best choice for stomach sleepers, regardless of firmness level. While excellent for back and side sleepers, the cushioning may cause hips to dip too low, leading to spinal misalignment.

Learn more in our in-depth review of the [Saatva Solaire](#).

Best Pillow Top for Scoliosis: Helix Dusk Luxe

Helix Dusk Luxe

BEST PILLOW TOP FOR
SCOLIOSIS

9.4 Excellent

Check Price

- A slightly firm mattress with excellent pressure relief and good support to accommodate a wide variety of sleep positions and body types
- Offers a bouncy surface to make it easier to change positions in bed

Key features

- **Price:** \$1,373.80–\$2,873.80
- **Material:** Hybrid
- **Firmness:** Firm
- **Trial period:** 100 nights
- **Shipping:** Free shipping, in-home delivery for an additional fee.
- **Warranty:** 15 years
- **Sizes:** Twin, twin XL, full, queen, king, California king, short queen, RV king
- **Mattress height:** 13.5 inches (")

Pros and cons of the Helix Dusk Luxe mattress

Additional information

relieving foam, and bouncy coils. Testers perceived it to be slightly firmer than medium, scoring 7 out of 10 on the firmness scale (6.5 being the true medium firmness, according to industry standards). A firm, springy feel can provide greater functional support ⓘ, which could be important for anyone needing a mobility boost as they change positions for comfort throughout the night using pillows or wedges.

Helix Dusk Luxe has a tall 13.5-inch profile, so standing from the edge is relatively easy despite sinking slightly into the plush top.

We believe the Helix Dusk Luxe's special features make it worth considering for those with chronic pain associated with their scoliosis. But, you should always discuss painful or difficult mobility with your occupational or physical therapist to incorporate strategies to make movement easier.

uses reinforced coils along the center of the mattress with softer coils above and below. Zoned support provides resistance at the spine with pressure relief at the shoulder and hip, encouraging a more neutral spine position in most people. Depending on your spine's curvature and specific treatment plan, this extra support can also benefit those with scoliosis. But it's important to discuss nighttime positioning with your rehabilitation professional.

Our recommendation

Who may love it

- People of various body types who sleep in different positions
- Those with scoliosis and back pain who may benefit from a mattress with targeted support at the lower back
- Sleepers who want a high amount of pressure relief without sacrificing functional support for easier mobility in bed

Who may want to avoid it

- Lighter-weight side sleepers (less than 130 pounds) may perceive this mattress as too firm to provide adequate pressure relief

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

Best Mattress and Adjustable Bed Bundle: DreamCloud Memory Foam

DreamCloud Memory Foam

9.3 Excellent

Check Price

- Medium-firm foam mattress provides great pressure relief and support
- Available in an affordable adjustable bed bundle for those who find relief by elevating the head or foot of the bed

Key features

- **Price:** \$839–\$2,578
- **Material:** Foam
- **Firmness:** Medium
- **Trial period:** 365 days
- **Shipping:** Free shipping
- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, split king, California king
- **Mattress height:** 12"

Additional information

Our expert take on DreamCloud Memory Foam mattress

If you're looking for a mattress that can be used with an [adjustable bed](#), the DreamCloud Memory Foam is a good option. Testers loved the DreamCloud Memory Foam for its denser foam, which provides more support and a true medium feel without sacrificing pressure relief. Softer foams allow you to sink far into the mattress, potentially reinforcing your spine's abnormal curvature, depending on your sleep position.

We placed a 10-pound ball on the DreamCloud Memory Foam mattress to depict how much weight sinks through the mattress's material. Testing showed this mattress offers enough sinkage to offload pressure without sagging overnight, although it may feel dense to side sleepers who weigh less than 130 pounds.

you can purchase a mattress and adjustable base for around \$1,500, the same price as many mattresses or adjustable beds alone.

While most hybrid, latex, and foam mattresses are compatible with an adjustable bed, not all conform nicely to the bed's adjustments. Thinner, more pliable mattresses worked best during our testing, molding to each adjustment with minimal gapping between the mattress and the base. The 12-inch DreamCloud Memory Foam mattress is a great fit for an adjustable bed because it's thin enough to conform well, but still provides the firmness and support most people need for a comfortable night's sleep on a flat surface.

An adjustable bed is useful for some people who feel comfortable (or relief) when elevating their head or feet. It's similar to propping yourself with pillows but more convenient because you can control your position using a remote. While an adjustable bed can be a great tool, we recommend talking to your rehabilitation or orthopedic specialist about how and when to use its features. Depending on your treatment plan, you may only want to use adjustments as you wind down, then lie flat for the rest of the night.

DreamCloud offers a generous 365-night trial period and a limited lifetime warranty. Unfortunately, white-glove delivery is unavailable for the mattress alone. But if you opt for the adjustable bed bundle, it's available for \$199.

Our recommendation

Who may love it

- Those who love the pressure-relieving feel of an all-foam mattress without sag
- Anyone shopping for a new mattress on a budget
- Someone with back pain who feels relief by elevating their head or legs

Who may want to avoid it

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

Most Supportive: Saatva Classic

Saatva Classic

MOST SUPPORTIVE

9.7 Exceptional

[Check Price](#)

- A firm option with targeted lower back reinforcement for those who need extra support
- Great choice for those with mobility issues or lower body weakness due to its bouncy surface
- Free white-glove delivery (free delivery and setup of new mattress and removal of old mattress)

Key features

- **Price:** \$1,395–\$2,990
- **Material:** Innerspring
- **Firmness:** Firm
- **Trial period:** 365 nights

- **Sizes:** Twin, twin XL, full, queen, king, California king, split king, California split king
- **Mattress height:** 11.5" or 14.5"

Pros and cons of the Saatva Classic mattress

Additional information

Our expert take on Saatva Classic mattress

Our team recommends the Saatva Classic if you prefer a supportive mattress with mobility-boosting features. We tested the luxury firm (medium firmness) model, which felt firm to our team. But this mattress has three firmness options, so you can go softer or firmer depending on what works best for you.

The Saatva Classic is one of the most supportive mattresses we've tested. While lying on this mattress, testers noted how strongly reinforced the center of the mattress felt. Saatva Classic offers zoned support along the lower back, similar to the Helix Dusk Luxe. But this mattress designed its support differently, reinforcing the central springs and adding an additional foam layer to its center. "The support is obvious when I [lie] on my back and side. The center of the mattress is notably stronger than the rest by design," said one tester. "It meets and pushes into my body stronger than most other mattresses I've tried, yet my shoulder and hip don't have too much pressure buildup."

The same tester also noted how they needed to scoot down the mattress because of their short stature (5 feet and 3 inches tall) to ensure it supported them in the right places. For side sleepers with scoliosis, it's worth asking a rehabilitation professional if a mattress with a reinforced center is appropriate and how to position yourself best.

test it at home by placing a thin pillow beneath your lower back for added reinforcement. The Saatva Classic could be a good option if this feels good after several nights.

We compared the feel of the central part of the mattress and the areas above and below. The center (where the quilting pattern is more concentrated) felt slightly denser due to the added reinforcement. But the areas above and below were softer and allowed more sinkage, as seen with the 10-pound ball's placement.

If you have pain or weakness associated with your back curve, you'll appreciate this mattress's bouncy innerspring build and top-rated functional support. "It's much easier to roll, push up to sitting, and stand from the edge of the bed than less responsive ⓘ mattresses," said the tester. "I can roll up to the edge without feeling like I'll fall."

Saatva offers free white-glove delivery for all its mattresses, so you don't have to worry about setting it up yourself. You also get a limited lifetime warranty and a long 365-night trial period, which is plenty of time to try the mattress at home.

- People who need a firm, supportive mattress to feel comfortable throughout the night
- Those who want a mattress that feels easy and safe to move on
- Anyone who needs white-glove delivery to help set up the mattress

Who may want to avoid it

- Lighter-weight side sleepers may prefer the softer version of this mattress for added pressure relief at the hip and shoulder
- Those shopping on a budget

To learn more about this brand, read out [Saatva mattress review](#).

Most Comfortable: The WinkBed

The WinkBed

MOST COMFORTABLE

9.4 Excellent

Check Price

Key features

- **Price:** \$1,149–\$2,199
- **Material:** Hybrid
- **Firmness:** Medium
- **Trial period:** 120 nights
- **Shipping:** Free shipping
- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, California king
- **Mattress height:** 13.5"

Pros and cons of The WinkBed mattress

Additional information

Our expert take on The WinkBed mattress

If you're looking for a cloud-like mattress without the sinking and unsupportive feel of a soft bed, the luxury firm (medium) version of The WinkBed is a great option. Soft beds can initially feel comfortable and pressure-relieving, but most experts we've consulted don't recommend them because they run the risk of sagging. This is especially true for those with spine conditions where encouraging a neutral position is most beneficial.

Testers use a pressure mapping system—a mat with sensors—to determine how much pressure is concentrated across the body. When we analyzed the results of our volunteer tester from the Northern Wake Senior Center in Raleigh, North Carolina, The WinkBed showed great pressure relief for back and side sleepers.

Our testers' first impression was how responsive yet plush the top layers felt. "The top cradles my body, but I'm met with firmer support as I gently sink into the surface," said one tester. This is due to the [Euro pillow top](#) ^①, which provides a forgiving foam layer to offload pressure and help distribute body weight evenly across the top. Underneath the pillow top is a thick layer of bouncy coils with zoned support similar to the Helix Dusk Luxe (but not as strong as the Saatva Classic). The WinkBed balances pressure relief and support well, accommodating most sleep positions.

While it's important to feel comfortable throughout the night, it's also important to sleep undisturbed. This is especially true if you have pain associated with scoliosis because a quality night's sleep is a key component of [pain management](#) [2]. Finding a hybrid mattress with good [motion isolation](#) ^① between partners is rare because of the springy coils, but testers were impressed to see The WinkBed perform well. "When I was lying on the mattress, and the other tester climbed into bed, I could barely feel a thing," said our tester. In fact, The WinkBed also earned a spot in our review of the [best mattresses for couples](#).

can try both options for up to 60 days before returning one (or both). Like other bed-in-a-box mattresses, you don't get white-glove delivery, so you're responsible for arranging help ahead of time.

Our recommendation

Who may love it

- Those looking for a medium feel with great pressure relief
- Most back, side, and combination sleepers who benefit from zoned support
- Those who aren't sure which firmness level is right for their needs

Who may want to avoid it

- Higher-weight stomach sleepers may not feel supported
- Those who can't find help to move this mattress into their home after delivery

Our [WinkBeds mattress](#) review shares more, if you are interested in this mattress.

Best for Back Sleepers: Nolah Evolution 15"

Nolah Evolution 15"

BEST FOR BACK SLEEPERS:

9.4 Excellent

Check Price

- Dual-zoned support from coils and foam, which help support the spine's natural curvature while lying on your back
- Tall profile and great functional support to make it easier to change positions and get out of bed

Key features

- **Price:** \$1,499–\$3,198
- **Material:** Hybrid
- **Firmness:** Firm
- **Trial period:** 120 nights
- **Shipping:** Free shipping; optional white-glove delivery (\$150–\$300)
- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, California king, split king
- **Mattress height:** 15"

Pros and cons of the Nolah Evolution 15" mattress

Additional information

support under the lower back. While other mattresses in this review also offer zoned support, this option offers soft yet effective support using reinforced coils and a specific foam designed to encourage spinal alignment. We tested the luxury firm version, which felt slightly firm to our testers at seven out of 10 on the firmness scale. But you can opt for a softer or firmer version if you prefer.

Looking at a skeleton from the side, you'll notice natural curves at the lower back and neck. Those with scoliosis have additional curves, rotating and swaying the spine to the side. Back sleepers can support their natural curvatures throughout the night and help promote the most neutral position possible, preventing awkward spine positions.

Nolah developed a unique type of foam called [AirFoam](#), which is more dense along the center and less dense above and below. This allows the material to contour your spine, providing support under the lower back and distributing weight evenly across the mattress. "I sink into the softer first layer, then I'm met with a reinforced layer underneath. I can feel the material contour my lower back, but it's not too much. It's like a gentle hug," said our tester.



Testers noticed the Nolah Evolution 15" had more gentle support compared to Saatva Classic; it met the spine without extra reinforcement. If you're a back sleeper who feels most comfortable with a pillow beneath the legs (which bends the spine slightly forward for relief), this mattress allows you to do so comfortably without working around reinforced material.

When you purchase this mattress, you get a 120-night trial period to try it out at home and a limited lifetime warranty. You can add white-glove delivery for \$150–\$300 depending on whether you need old mattress removal or additional services.

Testers noted how bulky this 15-inch-thick mattress felt to move around, so it's worth purchasing the white-glove delivery service.

Our recommendation

Who may love it

- Back sleepers with scoliosis who benefit from zoned support
- Those who prefer firm mattresses but don't want to sacrifice pressure relief
- People who need a tall, bouncy mattress for easier mobility in bed
- Anyone who needs white-glove delivery to help set up the mattress

Who may want to avoid it

- Shoppers on a budget

Learn more in our [Nolah mattress review](#).

Best for Pressure Relief: Bear Elite Hybrid

Bear Elite Hybrid

BEST FOR PRESSURE RELIEF:

9.4 Excellent

Check Price

- Offers maximum pressure relief, distributing force away from prominent joints (or a prescribed brace, if applicable to your condition)
- Subtle support along the center of the mattress, which can encourage a neutral spine depending on your curve and positioning

Key features

- **Price:** \$1,893–\$3,920
- **Material:** Hybrid
- **Firmness:** Medium

- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, California king, split king
- **Mattress height:** 14"

Pros and cons of the Bear Elite Hybrid mattress

Additional information

Our expert take on Bear Elite Hybrid mattress

The medium-firmness version of the Bear Hybrid Elite is among the few mattresses we've tested with maximum pressure relief, which prevents you from tossing and turning as you search for a better position. Those who spend time in bed while wearing a prescribed brace to manage scoliosis may also benefit from this mattress, as it distributes force away from uncomfortable edges and buckles.



Not every brace is appropriate for scoliosis. Your health care team may prescribe a custom brace to correct your unique curvature (although this treatment is rare for adult-onset scoliosis) or help recover from surgery if you've had one. Avoid using a generic brace until you discuss options with your orthopedist or physical therapist, as it may hinder your treatment.

Our testers used a pressure mapping system  to determine whether the Bear Elite Hybrid offered excellent pressure relief. Sensors on the pressure map signaled areas with high and low pressure buildup, sending a picture of the results to our computer. Blue and green body maps are considered good results, while yellow, orange, and red areas indicate pressure buildup.

These images show one of the best pressure map results in our testing so far. Although the tester in the image above does not have scoliosis, this map shows how the Bear Hybrid Elite is excellent at redistributing weight away from sharp pressure areas, like joints.

This mattress also offers subtle zoned support along the center enough to help distribute weight, but it's not as reinforced as Saatva, Helix, or Nolah. If you like the idea of zoned support but are nervous about how you'll tolerate it, the Bear Hybrid Elite is a good option.

The only downside to this mattress's features is its functional support. It scored above average, which isn't bad, but we don't think it's enough to assist those with painful mobility or weakness. Its thick layer of memory foam is comfortable but dampens bounce from the springs, and its edges aren't as reinforced as we would like to see.

Like many other mattresses in this review, the Bear Elite Hybrid has a softer and firmer version available. You can opt for one or the other at checkout. Your purchase will come with a 120-night trial period, a limited lifetime warranty, and the option to add white-glove delivery for \$175. But the white-glove delivery option is hidden under "Support" on the website's footer as you scroll to the bottom of the page.

- Those with sensitive joints, sore areas, or a brace who would benefit from maximum pressure relief
- People who like the idea of zoned support but aren't sure if it's for them
- Anyone who needs white-glove delivery to help set up the mattress

Who may want to avoid it

- Shoppers on a budget
- Those who need plenty of functional support to help change positions or get out of bed

Read our full [Bear mattress review](#) to learn more about this mattress.

Best Firm: Brooklyn Bedding Aurora Luxe

Brooklyn Bedding Aurora Luxe

BROOKLYN BEDDING AURORA
LUXE

9.3 Excellent

Check Price

- Provides the rare mix of a firm feel with excellent pressure relief
- Subtle zoned support along the center of the mattress for even weight distribution
- Great functional support for easier mobility in bed

Key features

- **Price:** \$1,199–\$2,930
- **Material:** Hybrid
- **Firmness:** Firm
- **Trial period:** 120 nights
- **Shipping:** Free shipping
- **Warranty:** 10 years
- **Sizes:** Twin, twin XL, full, queen, short queen, king, California king, split California king, RV king, RV bunk
- **Mattress height:** 13.25"

Pros and cons of the Brooklyn Bedding Aurora Luxe mattress

Additional information

perceived this mattress as firm (7.5 out of 10 on the firmness scale), we were impressed by its ability to relieve pressure.

Most firm mattresses we've tested accumulate pressure around the hips and shoulders during side sleeping. But this mattress's sturdy build strikes the right balance using subtle zoned support and multiple layers of dense memory foam to redistribute weight. In fact, its pressure map image looked strikingly similar to the Bear Elite Hybrid.

“The mattress feels pretty firm when you [lie] on it. But I feel no pressure on my joints as I change positions. The material slightly contours my body over time, but my spine doesn't dip due to the built-in support. I feel even.”

– Our tester

The Brooklyn Bedding Aurora Luxe is a great option if you benefit from a firmer surface. Depending on your curvature, lying on your side on a firm mattress can assist your rehabilitation, but you'll need to consult your physical therapist for specifics. Firmer surfaces are also easier to move on. This mattress earned a high functional support score, so you won't fight the material as you roll or get out of bed.

Our team doesn't always highlight cooling features since bedding often influences their performance, but the Brooklyn Bedding Aurora Luxe has a surprisingly cool cover. It also has a thick layer of innerspring to promote airflow, making it a good choice for hot sleepers.

Testers felt the medium firmness version of this mattress erred firm, but you can go firmer at checkout. Your purchase has a 120-night trial period and a 10-year warranty, but white-glove delivery is unavailable. Be sure to arrange help to set it up when it arrives.

Check out more options in our review of the [best firm mattresses](#).

Our recommendation

Who may love it

- People who benefit most from a firm, [cool mattress](#)
- Those with sensitive joints, sore areas, or a brace who would benefit from maximum pressure relief

Who may want to avoid it

- Those who can't find help to move this mattress into their home after delivery
- Couples who are sensitive to each other's movements throughout the night

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

What is scoliosis?

Scoliosis is a condition where the spine curves and rotates to the side. Every case is unique and can present with one curve (C-shaped) or two curves (S-shaped) to different degrees. Scoliosis is most commonly diagnosed among children around puberty as they grow.

[Adult degenerative scoliosis](#) (ADS), a term for scoliosis due to age-related changes, is present in up to 60% of older adults. The scoliosis is due to age related conditions like [osteoporosis](#) or spinal degenerative changes. Many cases are mild, but if it causes discomfort, it can be treated conservatively through [physical therapy](#). More involved cases may require surgery.



Ask your doctor to refer you to a physical therapist with experience in treating scoliosis. Some are certified in the Schroth method, a treatment strategy that uses exercises and stretches to help stabilize your unique curvature.

Scoliosis and sleep

We asked [Meredith Warner](#), orthopedic surgeon and owner of Well Theory in Baton Rouge, Louisiana, how scoliosis can affect sleep. "For some people, scoliosis can make it difficult to sleep comfortably," she said. "For example, scoliosis can make the hips work harder during everyday movements. The hips can develop pain and irritation, making it hard to sleep due to

If you suspect your scoliosis is causing pain or discomfort and negatively impacting your sleep, discuss your symptoms with your doctor. Lack of sleep can [worsen symptoms](#), creating a vicious cycle [3]. Your treatment plan may involve adjusting your sleep position or upgrading an old mattress. Check out our reviews of the [best mattresses for back pain](#), [shoulder pain](#), and [hip pain](#) for some of our recommendations, but make your choice aligns with the advice of your health care team.



Warner urges people to talk candidly with their doctor and stay open to more holistic evaluations and treatments. Even if a prominent condition like scoliosis is present, it doesn't mean it's the root cause of other issues, like disturbed sleep. "For some patients, I may actually recommend a sleep study because many reasons that a person doesn't sleep well have nothing to do with pain at all. Rather, the person is awakened for some reason and then notices some discomfort before they notice anything else," she said.

How we test the best mattresses for scoliosis

Our Reviews Team has dedicated more than 1,000 hours to researching the mattress industry, consulting at least 10 health care professionals, and testing roughly 40 brands and 130 unique mattress models for quality and comfort. We've also interviewed eight older adults who recently purchased a mattress and surveyed more than 3,200 recent mattress customers to understand their experiences shopping for a new bed.

Each mattress undergoes a rigorous 36-page testing procedure to score its different characteristics, including firmness, support, and other aspects most shoppers consider. We choose the best mattresses for scoliosis based on the scores of the relevant criteria. See how we tested the most important considerations for this review below.

Firmness

firmness the most. A medium to firm feel is best for those with back pain based on the conversations we've had with experts. Plus 71% of respondents to our survey of mattress buyers said they have a medium mattress or firmer, and a majority report being happy with their mattress choice.

Pressure relief

We rate pressure relief on a scale of one to five, with five being the most pressure-relieving. We consider how it feels and use a pressure map with sensors to visualize pressure points around the body accurately. Blue and green pressure map results show great pressure relief, while yellows, oranges, and reds indicate pressure build-up. Almost one-third (30.9%) of survey respondents with scoliosis sleep on their side, so we made sure to include mattresses with good pressure relief for side sleepers in this review. People with scoliosis may also have associated pain in their shoulders and hips, which can also potentially be eased with a pressure-relieving mattress.

Support

We score support on a scale of one to five, with five being the most supportive. Mattresses with strong support contour and push into the curves of your body, particularly the lower back or midsection. Not only do we feel support during testing, but we can also visualize it through pressure map results. Maps with mostly white space at the lower back show how the mattress isn't making contact with the area, which means the mattress isn't supportive. Adequate support helps keep the spine's natural curves in a relatively neutral position, which is usually more comfortable. We were sure to include mattresses that provide enough support to cradle the spine's natural curves.

Functional support

Our team developed this unique score to understand how well a mattress accommodates mobility issues, like difficulty moving around or getting up from the bed. We combined firmness (30%), support (30%), bounce (10%), and edge support (30%) to create a score between one and five,

out of bed.

For more information, see our [sleep products review methodology](#).

How to choose a mattress if you have scoliosis

You should always discuss scoliosis management with your doctor or consult a physical therapist, especially if it's impacting your sleep and daily functioning. Our review only intends to explain options based on our testing methods and expert consultation, but ultimately, the best choice is up to you.

What to look for in a mattress for scoliosis relief

Since scoliosis can vary drastically from person to person, we provided various options in our review. While there are many choices to make as you shop, like choosing the right [mattress size](#) for you and a partner, the following considerations can help you find the best mattress for your scoliosis:

- **Firmness:** [Research](#) generally recommends medium-to-firm mattresses to improve discomfort and boost sleep quality [4]. Recommendations for those with scoliosis are no different, and relatively firm mattresses are good adaptable surfaces for our bodies.
- **Sleep position compatibility:** When shopping for a new mattress, it's always important to consider your favorite sleep position. Side sleepers may require more pressure relief at the hip and shoulder, while stomach and back sleepers need sturdy, supportive surfaces. Those with scoliosis have the same considerations, but if you're working with a clinician who recommends specific nighttime positioning as part of your rehabilitation (perhaps with pillows or other types of support), it may be a good idea to discuss which options are most compatible with your long-term treatment plan. This is especially true if you're considering an adjustable bed.

Memory Foam doesn't offer zoned support. One is not better than the other as long as it's providing some level of support to prevent sag over time. It's up to you to choose how much reinforcement you need under your spine for a good night's sleep, and you can test this before investing in a mattress by using pillows to mimic support.

- **Pressure relief:** Scoliosis can cause stress in other body areas, like the hips and shoulders. Direct pressure can feel painful when irritated, so a pressure-relieving mattress is a good option. All mattresses in our review are good at redistributing force away from prominent joints, but the Bear Hybrid Elite and the Brooklyn Bedding Aurora Luxe are standouts.
- **Functional support:** If your scoliosis coincides with other symptoms, like lower body weakness, it can feel difficult to move and get out of bed. We developed functional support to describe how well a mattress encourages bed mobility based on firmness, edge support, surface support, and bounce. All mattresses in our review have an above-average rating, but some are more helpful than others, like the Saatva Classic.
- **Body type:** Your body size can influence how you perceive the feel of a mattress. Lighter-weight sleepers who weigh less than 130 pounds may think mattresses feel firmer than they are, while higher-weight sleepers who weigh more than 250 pounds may think mattresses feel softer. Check out our review of the [best mattresses for higher-weight people](#) for more options.

Pillows and scoliosis

Scoliosis can influence your neck, even if your curve sits lower on your spine. You can choose the right pillow for your preferred sleep position to encourage a more comfortable, neutral spine position. Read our review of the [best pillows](#) to browse some options, but if you have a curvature in your upper back or neck, it's best to discuss options with your health care team first.

You can also use pillows as props. Back sleepers may find relief by placing a pillow under the lower back or legs, while side sleepers can place a pillow between the legs to encourage a more neutral spine position. Depending on your curve and treatment plan, rehabilitation specialists may

What type of mattress is best for scoliosis?

Mattresses are made with different materials, each with their own characteristics. Below are some of the most common materials, their advantages, and their disadvantages:

- **Innerspring:** These mattresses are designed with thick, coil-infused layers to offer plenty of bounce and support. It's easy to move on innerspring mattresses, and they're often on the firmer side. But they lack pressure relief, which can feel painful at the shoulder and hip. Most mattresses now incorporate a cushioning material to avoid this issue, regardless of your condition. Learn more in our review of the [best spring mattresses](#).
- **Foam:** All-foam mattresses are designed to provide pressure relief and can be great for side sleepers. Memory foam is great for motion isolation, so partners are disturbed less by movement across the mattress. Because foam allows your body to sink into the surface, it's notoriously heat-trapping and can make changing positions difficult. Some softer foams are prone to sag and potentially encourage your abnormal curve, so our team prefers all-foam mattresses on the denser side, like the DreamCloud Memory Foam. See more in our review of the [best memory foam mattresses](#).
- **Hybrid:** Most mattresses in this review are hybrids because they incorporate the support and responsiveness of an innerspring with the pressure relief of foam. Based on our testing, hybrids err on the medium-to-firm side, making them a great option for those with scoliosis. Learn more in our review of the [best hybrid mattresses](#).
- **Latex:** A latex mattress is a good choice if you prioritize eco-friendly materials. Latex is a natural alternative to foam, but it's more responsive and sleeps cooler. Unfortunately, many latex options outprice foam and hybrid options, but it's still a good choice if you want a balance between pressure relief and support. Those with scoliosis and accompanying mobility issues will appreciate how easy it is to move on a latex surface. Learn more about natural alternatives in our [best organic mattresses review](#).
- **Air:** Adjustable air mattresses allow you to customize your firmness level. They are expensive but could be useful if your symptoms fluctuate and your sleep preferences

Your sleeping position and scoliosis

According to Warner, your ideal position depends on the location and extent of your curve. Some people with scoliosis may benefit from a specific position using pillows and bolsters, while mild cases may not need specific positioning. Nighttime positioning for your curve is a great topic to discuss with your health care team. Below are some considerations for each position as you browse mattresses:

- **Back sleeping:** When lying face-up, you'll want to support your lower back's natural sway by finding a mattress with adequate reinforcement (or using a pillow). For some, sleeping flat on the back can feel uncomfortable. Placing a pillow under the knees can take some pressure off the lower back and hips for a more comfortable sleep. We like the Nolah Evolution for those with scoliosis, but you can check out our [best mattress for back sleepers review](#) for other options.
- **Side sleeping:** Some side sleepers may benefit from support at specific pressure areas under the shoulder and hip while supporting the torso for a more comfortable sleep. You can read more in our review of the [best mattresses for side sleepers](#), but the Bear Elite Hybrid or Brooklyn Bedding Aurora Luxe are two great options.
- **Stomach sleeping:** When you sleep on your stomach, you must rotate your head to the side to breathe. This may be tolerable for some people with scoliosis, but the higher your curve is on your spine, the more awkward (and potentially painful) the position may feel.
- **Combination sleeping:** Specialists say shifting around in your sleep is normal. People who swap positions throughout the night (known as combination sleepers) benefit most from a functionally supportive mattress with good motion isolation to prevent disturbing a partner. The WinkBed mattress in this review is a great option.

Bottom line

Based on our team's research and testing, the Saatva Solaire is the best overall pick for scoliosis because its customizable firmness offers precise support, promoting spinal alignment and alleviating discomfort for those with scoliosis. But our review offers a variety of options. The DreamCloud Memory Foam mattress could be great if you're considering an adjustable bed. And if you have sore hips or shoulders as a result of your scoliosis, consider the Brooklyn Bedding Aurora Luxe or Bear Elite Hybrid for excellent pressure relief.

Frequently asked questions

What are the symptoms of scoliosis?



Can I find a good mattress for scoliosis on a budget?



Is firm or soft better for scoliosis?



Should I sleep without a pillow if I have scoliosis?



Have questions about this article? Email us at reviewsteam@ncoa.org.

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