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In this Review: 

7 Best Mattresses for Fibromyalgia of 2024, Tested by Experts


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After testing different mattresses and consulting with medical experts, we narrowed down our list to the top seven best mattresses for fibromyalgia.

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Key Takeaways

- The best mattress for fibromyalgia in our roundup is the Saatva Rx because it's adaptable to different sleepers, has great pressure relief and support, and offers free white-glove delivery.
- Excellent pressure relief is important to the comfort of sleepers with fibromyalgia, but they still need a level of firmness to promote spinal alignment. Cooling capabilities can relieve those with temperature sensitivity, and responsiveness makes it easier to switch positions throughout the night.
- The mattresses in this review range from \$1,149–\$4,390.
- Between 5 and 8 million people in the United States experience pain associated with fibromyalgia.

Fibromyalgia is a chronic pain condition affecting between 5 million and 8 million people in the United States, according to the National Fibromyalgia Association (NFA). “There are often other accompanying symptoms including sleep disruption, daytime fatigue, anxiety or depression, and jaw pain,” said Catherine Darley, ND, a licensed naturopathic doctor and founder of The Institute of Naturopathic Sleep Medicine in Seattle.

Poor sleep quality is common in those with fibromyalgia, yet sleep is one of the most important aspects of pain management and recovery. “When we are sleeping poorly, it increases our sensitivity to pain, and in turn, disrupts sleep,” said Darley. If you can relate, it’s best to work with your doctor or a specialist to find out how to sleep better, like improving your sleep hygiene or trying cognitive-behavioral therapy for insomnia (CBT-I). “People with fibromyalgia should ensure they get the total sleep they do best with. That’s somewhere between seven and nine hours nightly for most adults,” she added.

For some, it may be worth trying a new mattress if your current one is old and worn. Since the main symptom of fibromyalgia is chronic pain, including tenderness to touch and joint stiffness, we’ve found the best mattress for fibromyalgia offers pressure relief while still maintaining a neutral spine with medium-firm support. Even the [best mattresses](#) may not work for those with fibromyalgia, as they can need pressure relief and support in specific areas to feel comfortable. When choosing a mattress to support your fibromyalgia, talk to a physical or occupational therapist about positioning with pillows and wedges to find an ideal sleeping position, and discuss ways to help you feel more comfortable at night.

Best mattress for fibromyalgia in 2024

- [Saatva Rx](#): Best Mattress for Fibromyalgia Overall
- [Helix Midnight Luxe](#): Best Mattress for Side Sleepers with Fibromyalgia
- [The WinkBed](#): Most Comfortable Mattress for Fibromyalgia
- [Bear Elite Hybrid](#): Best Mattress for Arthritis and Fibromyalgia

- [Birch Natural](#): Best Natural Mattress for Fibromyalgia

What we look for in a mattress for fibromyalgia

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



Mattress firmness

A medium-firm mattress balances pressure relief and support, a combination that often works well for those with pain associated with fibromyalgia.



Responsiveness

Spinal support

Choose a mattress that supports a neutral spine in your preferred sleeping position.

Cooling Capabilities

Temperature sensitivity is a common symptom of fibromyalgia. A breathable mattress with a cooling pillow top can help with temperature regulation.

Video: The best stretches to do before bed

In this video, Vicki Tilley, a physical therapist and certified geriatric clinical specialist, provides in-depth instruction on the best stretches to do before bed to relieve tension, improve flexibility, and reduce pain. Learn more about stretching before bed in the video below.

Saatva Rx: Best mattress for fibromyalgia overall

Our top pick

Saatva Rx
BEST OVERALL

9.7 Exceptional

Check Price

✓ We chose the Saatva Rx as our best mattress for fibromyalgia overall because our testers found it to be highly adaptable to different sleep positions and body types. We were impressed with the

Features

- **Price:** \$1,995–\$4,390
- **Material:** Hybrid
- **Firmness:** Medium
- **Trial period:** 365 nights
- **Shipping:** Free shipping and white-glove delivery
- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, split king, California king
- **Mattress height:** 15 inches (")

Pros and cons

Our testing scores

Additional information

Our expert take on the Saatva Rx Mattress

The Saatva Rx is our top mattress for those with fibromyalgia because the true medium-firmness level and unique hybrid ⓘ design adapts to most body types and sleep preferences. Testers noted how well this mattress supports and relieves pressure in any position, contouring your body's natural curves to offload tender areas and help you sleep better. But it does so without sacrificing responsiveness ⓘ, a necessary feature for people who want to move easily in bed.

Our tester noticed how strong the edge of the Saatva Rx felt. If she had her eyes closed, she wouldn't have known she was on the edge.

Our team also likes how the Saatva Rx is compatible with [adjustable beds](#) for those interested in a completely new bed setup for improved comfort with less mobility. Based on our testing experience, the 15-inch-thick profile may not conform well to every adjusted position.

We like the Saatva Rx for its distinct build designed to adapt to more body types and comfort needs than many other mattresses we've tested. It offers a micro coil layer and a foam-capped innerspring layer made to hug your body, which testers felt did a good job redistributing weight across the surface of the mattress in every position. Testers also noted strong lumbar support from the memory foam layer along the center of the mattress to prevent uncomfortable sagging and support a neutral, comfortable spine position.

And for many people, white-glove delivery is a must. We surveyed 600 older adults who recently purchased a mattress to understand what was most important to them during their search. Of the respondents who reported buying a mattress with specific aches and pains in mind, about 42% reported white-glove delivery to be very or extremely important. Our team appreciates how

“ Our tester on the Saatva Rx mattress:

“I loved how easy it was to roll over in the Saatva Rx mattress. The mattress pushes up against my body, and it is very responsive making changing positions easy.”

What our mattress expert says

Who may love it

- Those who are most comfortable with as much support as possible
- Sleepers in any position who benefit from pressure relief at tender spots throughout the night for better sleep
- People who appreciate a mobility boost for easier repositioning

Who may want to avoid it

- Those sticking to a budget
- Anyone with a tall bed frame may find it difficult to get on and off this 15-inch-high mattress

Customer reviews

The Saatva Rx has a 4.9 star rating out of 5 with 73 reviews on its websites. Many of the reviews point out the pain relief they experienced after switching to this mattress.

“I had given up on the possibility of finding a mattress that is not just tolerable, but actually comfortable. I cannot say enough good things about this mattress. It really is like sleeping on a cloud.”

– Donna, verified reviewer on 2/16/24

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

Helix Midnight Luxe: Best mattress for side sleepers with fibromyalgia

Helix Midnight Luxe

BEST FOR SIDE SLEEPERS

9.4 Excellent

[Check Price](#)

- ✓ We chose the Helix Midnight Luxe as our best mattress for side sleepers with fibromyalgia because of its balanced zoned support and excellent pressure relief for those who weigh less than 250 pounds. During testing, we found the medium firm support paired with the soft pillow top to be comfortable for a wide range of sleepers. As a hybrid pairing foam layers with an inner core, this mattress is designed for easier mobility in bed.

Features

- **Price:** \$1,373–\$2,873
- **Material:** Hybrid

- **Shipping:** Free shipping, in-home delivery available for an extra fee
- **Warranty:** 15 years
- **Sizes:** Twin, twin XL, full, queen, king, California king, short queen, RV king
- **Mattress height:** 13.5"

Pros and cons

Our testing scores

Additional information

Our expert take on the Helix Midnight Luxe mattress

The Helix Midnight Luxe stands out as one of the best for side sleepers with fibromyalgia. It has a reinforced coil center designed to provide targeted support at the midsection for a neutral spine position.

This mattress also has a pillow top layer for cushioning under sensitive areas, like the shoulder or hip.

Our testers perceived this mattress to be softer than the true medium feel, clocking in at 5.5 out of 10 on the firmness scale (with 6.5 out of 10 being the true industry-standard medium). Side sleepers who weigh less than 250 pounds may find this mattress conforming and comfortable. Unfortunately, it may feel too unsupportive if you weigh more than 250 pounds unless you find relief from borderline-soft surfaces. Higher-weight sleepers may benefit more from a true medium-firm mattress or one that leans slightly firmer, like the Saatva Rx or a Titan mattress.

If you're unsure whether the Helix Midnight Luxe model is right for you, consider taking the [brand's quiz](#) to see if there's another good option based on your sleep positions and other preferences. Once you've purchased a mattress, you get an industry-standard 100-night trial period (being mindful of the [30-day adjustment period](#) ⓘ) to test it out at home before returning it for a different model. Helix allows you to swap out your purchase up to three times, which is generous compared to other brands in this review. But the third will be the final sale.

If you commit to the Helix Midnight Luxe, it comes with a 15-year warranty, but in-home setup and removal of your old mattress require an additional fee.

pillowtop offers a great amount of pressure relief for side sleeper.”

What our mattress expert says

Who may love it

- Side sleepers who weigh less than 250 pounds
- People looking for adequate support in the midsection to prevent sag
- Those who appreciate a mobility boost for easier repositioning

Who may want to avoid it

- Side sleepers weighing more than 250 pounds may not receive enough support
- Light sleepers who are easily disturbed by a partner’s movement

Customer reviews

The Helix Midnight Luxe has a 4.4-star rating out of 5 and over 6,100 reviews on its website. Many reviewers mention the mattress’s positive effects on their back pain.

“I am sleeping so good ... perfect mattress if you side sleep 

– Siobhan D., verified buyer on 6/13/24

“My sleep has improved so much and I finally feel rested when I wake up. Before I just couldn’t get comfortable, tossing and turning, I fall asleep so fast now.”

– Tony V., verified buyer on 5/31/24

Visit our [Helix Midnight Luxe mattress review](#) to learn more.

The WinkBed: Most comfortable mattress for fibromyalgia

The WinkBed

MOST COMFORTABLE

9.4

Excellent

[Check Price](#)

- ✓ We chose The WinkBed as our most comfortable mattress for fibromyalgia because of the true-medium firm support paired with a pressure-relieving Euro pillow and zoned lumber support. During testing, we gave it a high functional support score because of how easy it was to reposition without transferring movement to a sleep partner. We also love WinkBed's generous exchange program and frequent discounts.

Features

- **Price:** \$1,149–\$2,199
- **Material:** Hybrid

- **Shipping:** Free shipping
- **Warranty:** Limited lifetime
- **Sizes:** Twin, twin XL, full, queen, king, California king
- **Mattress height:** 13.5"

Pros and cons

Our testing scores

Additional information

Our expert take on The WinkBed mattress

We know saying “comfortable” is subjective, especially among those with medical conditions like fibromyalgia. What works for you may not work for others, and vice versa. But if you prefer a cushioned cloud-like bed without feeling “stuck” in the material—as is the case with some soft all-foam mattresses—The WinkBed is a good contender with plenty of options to try. Plus, the brand offers a generous exchange program to help you find the right mattress that fits your comfort needs.

This hybrid mattress offers a good mix of pressure relief and support to accommodate most body types and sleep positions. You get a Euro pillow top ⓘ with individually encased springs designed to contour the body, promote airflow, and limit motion transfer from side to side. Not only did our testers find this comfortable in most positions (especially side sleeping), but they were also impressed by how well The WinkBed dampens movement for a hybrid with bouncy motion-boosting springs. According to our testing, a bed with high functional support like this one will

Our volunteer tester from Northern Wake Senior Center in Raleigh, North Carolina, found it easy to move on and find the right sleeping position on this mattress.

We tested the luxury firm version of this mattress, which is the medium-firmness level offered by WinkBeds. But you can opt for the softer, firmer, or plus (designed for higher-weight people) versions instead. If you're unsure what to order, WinkBeds offers a 120-night trial period, so you have plenty of time to try it out at home before returning the mattress or taking advantage of their exchange program. You can ask WinkBeds to exchange your mattress for a different firmness level for \$49, then keep both for up to 60 days while you decide which accommodates your needs best.

Once you commit to your mattress, you get a limited lifetime warranty. But WinkBeds doesn't offer white-glove delivery, so you'll need to arrange help to set up this mattress in a box.

slightly.”

What our mattress expert says

Who may love it

- Side sleepers who weigh less than 250 pounds
- People looking for adequate support in the midsection to prevent sag
- Those who appreciate a mobility boost for easier repositioning

Who may want to avoid it

- Side sleepers who weigh more than 250 pounds may not receive enough support
- Light sleepers who are easily disturbed by a partner’s movement
- People who can’t find help to set up the mattress in their bedroom

Customer reviews

The WinkBed Luxury Firm has a 4.8-star rating out of 5 and over 8,600 reviews on its website. Many reviewers commented on how comfortable this mattress was.

“Most comfortable mattress I have ever slept on. Sleeping better than ever! Incredible product.”

– Seth E., verified buyer on 6/11/2024

“I’m sleeping much better than on my previous mattress. My only regret is that I didn’t switch sooner.”

– April C., verified buyer on 1/22/24

fibromyalgia and arthritis

Bear Elite Hybrid

BEST FOR ARTHRITIS

9.4 Excellent

[Check Price](#)

✓ We chose the Bear Elite Hybrid as our best mattress for fibromyalgia and arthritis because it provides true medium-firm support while maximizing pressure relief. During testing, we appreciated the gentle support that promoted better joint positioning.

Features

- **Price:** \$1,893–\$3,920
- **Material:** Hybrid
- **Firmness:** Medium
- **Trial period:** 120 nights
- **Shipping:** Free box shipping or \$175 white-glove delivery
- **Warranty:** Limited lifetime

Pros and cons

Our testing scores

Additional information

Our expert take on the Bear Elite Hybrid mattress

Those with fibromyalgia and arthritis may feel pain around certain muscular parts of the body, along with joint pain. If this is you, your top priority is a pressure-relieving mattress to disperse force away from achy spots. The Bear Hybrid Elite should be one of your top contenders.

This mattress has only a gentle amount of zoned support under the lower back. This means the reinforcement is present, but it's not obvious and doesn't create a seemingly firmer area along the center of the mattress. People who shift throughout the night may appreciate gentle support to prevent migrating toward a strongly reinforced area of the mattress, which can create pressure buildup at the bum, hip, or shoulder. In fact, this mattress showed zero pressure buildup during our pressure map testing.

Unfortunately, this mattress's gentle surface support knocks the functional support score to just above average. But our testers thought its 14-inch height was helpful to stand from the edge. Those with hip and knee arthritis may appreciate a higher bed to avoid standing from a low surface. But it's not as tall as the Nolah Evolution 15", which could be hard to climb into at night, depending on your height, mobility level, and bed frame height.

One of our testers (about 5 feet, 3 inches tall) sitting on the edge of the Bear Elite Hybrid.

Your Bear Elite Hybrid has a 120-night trial period and a limited lifetime warranty. You also have a white-glove delivery option for \$175, but you must add it to your cart on a different page. You'll need to click on "[White Glove Service](#)" located at the website's footer under "Support."

Our tester on the Bear Elite Hybrid mattress:

"I like the Bear Elite Hybrid because the internal mattress is firm, but the cushy layer provides some added comfort."

What our mattress expert says

Who may love it

- Any sleeper seeking a gentle amount of zoned support rather than strong lumbar reinforcement
- Most people of any body type who sleep in nearly any position

Who may want to avoid it

- Those shopping on a budget
- Those who need stronger support to avoid uncomfortable sag over time, like higher-weight stomach sleepers

Customer reviews

The Bear Elite Hybrid has a 4.6-star rating out of 5 and over 3,700 reviews on its website. Many of the reviews focus on the comfort of this mattress and how users have experienced decreased pain since purchasing this model.

“Best mattress ever used. I was having back and shoulder pain sleeping on my previous foam mattress. After changing to elite hybrid mattress I no longer have pain. I simply feel the best when I wake up now. It was totally worth the investment.” – Kevin L., verified buyer on 5/18/24

“Best mattress ever used. I was having back and shoulder pain sleeping on my previous foam mattress. After changing to elite hybrid mattress I no longer have pain. I simply feel the best when I wake up now. It was totally worth the investment.”

– Kevin L., verified buyer on 5/18/24

“Has only been a bit over a month but currently loving the Elite Hybrid. Great night’s sleep, the back pain I was dealing with from my last mattress is gone. Will see how it holds up, but nothing but positive things to say for now!”

– David D., verified buyer on 5/10/24

fibromyalgia and back pain

Nolah Evolution 15" **BEST FOR BACK PAIN**

9.6 Excellent

Check Price

- ✓ We chose the Nolah Evolution as our best mattress for fibromyalgia and back pain because of how the zoned support from coils combined with foam support the lower back in a more neutral, comfortable position. During testing, we observed great pressure relief that would avoid force buildup on tender spots and plenty of functional support for easier mobility in bed.

Features

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

- **Mattress height: 15"**

Pros and cons

Our testing scores

Additional information

Our expert take on the Nolah Evolution 15" mattress

The luxury firm Nolah Evolution 15" is a great option for those with fibromyalgia and lower back pain because of its unique mixture of foam and zoned coil support at the lumbar area, great functional support to reduce effort while moving in bed, and near-maximum pressure relief throughout the body.

Testers loved how fluffy the top of the Nolah Evolution 15" looked and felt.

Nolah offers a different type of foam material called [AirFoam](#). It's designed to be dense along the center of the mattress, working with the zoned support in the coils to reinforce the lower back. [Zoned support](#) is a popular feature in this review as it prevents sag and reinforces the lower back and midsection, but it could be especially important for those with lower back pain, according to research. Testers felt the coil and foam duo provided just the right amount of support in every position for their body types (average weight, between 130–250 pounds).

Testers also noted how easy it felt to move on this bed. Rolling to their side, pushing up to sit, and standing from the edge was relatively easy compared to softer mattresses. Although this mattress felt sturdy, pressure map testing revealed plenty of pressure relief throughout the body to offload tender areas around the body.

Studies show that [medium-firm mattresses are helpful](#) for those with lower back pain. The luxury firm version of the Nolah Evolution 15" is close at 7 out of 10 on the firmness scale, which is slightly firmer than the true industry-standard medium of 6.5. But if you prefer to go softer or firmer, Nolah offers these options.

this bulky mattress. Once it's delivered, you receive a 120-night trial period and a limited lifetime warranty.

Our tester on the Nolah Evolution 15" mattress:

"When lying on my back, this mattress contours to my lower back but I still feel I am mostly sleeping on top of the mattress and my spine is remaining neutral."

What our mattress expert says

Who may love it

- Those who find pain relief from a highly supportive mattress
- Sleepers who prioritize pressure relief away from tender areas to avoid tossing and turning
- People who appreciate a mobility boost for easier repositioning

Who may want to avoid it

- Those shopping on a budget
- People who don't want to pay the extra fee for white-glove delivery, which is recommended due to its bulkiness

Customer reviews

The Nolah Evolution has a 4.9-star rating out of 5 and over 850 reviews on its website. Many reviewers mentioned the back pain relief they experienced after switching to this mattress.

– Shyam V., verified buyer on 9/26/23

“We have tried a few different mattresses over the past year and this is by far the best one! All others CAUSED back pain and we are so comfy and pain-free!!”

– Nicole D., verified buyer on 9/25/23

On Google, the Nolah Evolution has a 4.7-star rating and 755 reviews. Reviewers consistently noted how supportive this mattress is and how switching to it helped manage back pain.

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

Brooklyn Bedding Aurora Luxe: Best firm mattress for fibromyalgia

Brooklyn Bedding Aurora Luxe
BEST FIRM

9.3 Excellent

Check Price

✓ We chose the Brooklyn Bedding Aurora Luxe as our best firm mattress for fibromyalgia because while it's a firm mattress, it still offers maximum pressure relief for tender spots. We like how the gentle, zoned surface support promotes a more neutral and comfortable spine position. During testing, the

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

Our testing scores

Additional information

Our expert take on the Brooklyn Bedding Aurora Luxe mattress

A firm mattress with enough pressure relief to offload achy, tender areas can be difficult to find. But our team came across the medium-firmness version of Brooklyn Bedding Aurora Luxe during our testing, which felt sturdy to us (7.5 out of 10 on the firmness scale) without skimping on pressure relief. In fact, it's one of the few mattresses with a maximum pressure relief score.

expecting.” Testers were surprised to learn how well the Aurora Luxe distributes pressure away from prominent joints, showing an all-blue pressure map ⓘ result while lying on the back and side.



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Pressure pad image showing little to no pressure on the sleeper's body when in the side and back positions.

We noticed a nearly all-blue map during pressure map testing. Gradual pressure buildup will show yellow, orange, and red, but those colors were nowhere to be seen in our results.

We credit this mattress's three memory foam layers and zoned support for its pressure relief. The memory foam is responsive and dense for a firmer feel but does its job of contouring to the body's curves. Like other mattresses in this review, the gentle amount of zoned support only reinforces coils along your lower back, allowing other areas to compress under curvier body areas (like the hip and shoulder).

The medium version of this mattress already felt firm to us, but if you anticipate needing an even firmer surface (or if you decide to go softer), the option is available. You get 120 nights to try your mattress at home and a 10-year warranty if you keep it. Unfortunately, like many mattress-in-a-box companies, white-glove delivery isn't available. Be sure to arrange help when it arrives.

doesn't conform as quickly when moving around, but feels very comfortable once settled into position."

What our mattress expert says

Who may love it

- Those who love firm surfaces but need to offload tender areas as much as possible for a better night's sleep
- Any sleeper seeking a gentle amount of zoned support rather than strong lumbar reinforcement
- People who appreciate a mobility boost for easier repositioning

Who may want to avoid it

- Those shopping on a budget
- People who can't find help to set up the mattress in their bedroom

Customer reviews

Brooklyn Bedding Aurora Luxe has a 4.7-star rating out of 5 and 3,351 reviews on its website. Several reviews mention the bed's true firm support.

"We got one of the best weekends of sleep due to the new mattress. We like firm and it is exactly what they described it to be. My wife and I couldn't be happier."

– Sean K., verified buyer on 6/7/24

– William M., verified buyer on 5/23/34

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

Birch Natural: Best natural mattress for fibromyalgia

Birch Natural
BEST NATURAL

8.9 Very Good

Check Price

✓ We chose the Birch Natural as our best natural mattress for fibromyalgia because we found it to be a true medium-firm mattress with great surface support while providing excellent pressure relief for back sleepers. During testing, we observed top-tier functional support promoting easy mobility in bed.

Features

- **Price:** \$1,373.80–\$2,248.80
- **Material:** Hybrid
- **Firmness:** Medium

- **Warranty:** 25 years
- **Sizes:** Twin, twin XL, full, queen, king, California king
- **Mattress height:** 11"

Pros and cons

Our testing scores

Additional information

Our expert take on the Birch Natural mattress

People with fibromyalgia often have sensitivities to certain stimuli, like certain chemicals found in everyday items. For some, this is a separate (but related) diagnosis called [multiple chemical sensitivity \(MCS\)](#).

“Fibromyalgia and MCS share some common features in terms of brain hypersensitivity to stimuli, and are often found in the same person,” said Darley. “Multiple chemical sensitivity can worsen over time, with an increase in triggers, and an increase in the number of symptoms. Fibromyalgia can be made worse by MCS, which also affects sleep quality.” Darley recommends her patients with MCS be cautious of scents in the bedroom, like using unscented laundry products in bedding or running an air purifier during the day.

If you and your doctor have discussed removing irritants from your home to improve symptoms, a mattress with eco-friendly materials may be a good choice. We like the Birch because its mattresses are [GREENGUARD Gold certified](#) and [Global Organic Textile Standard certified](#).

The Birch Natural is made with latex, a natural and more durable alternative to foam. Latex is also more responsive, so it still feels relatively soft while supporting better than most foams can. But some people, like our testers, may perceive latex as denser than foam. We recommend upgrading to the Luxe version of this mattress (about \$300 more) for added pressure relief if you sleep on your side, especially if your shoulders, upper back, or neck area are affected by your fibromyalgia.

According to our testing, Birch Natural has plenty of functional support to encourage easier mobility in bed. This is partly due to its excellent edge support, which holds up well under weight.

When you buy the Birch Natural, you'll receive a 25-year warranty and a 100-night trial period. White-glove delivery is available depending on your location. You'll have to check availability and price on the product page by entering your ZIP code, but it can range between \$129–\$398.

movement, the mattress is very springy and helps guide you to switch positions.”

What our mattress expert says

Who may love it

- Those who prioritize environmentally friendly materials in their bedroom
- Back sleepers of any body type
- People who appreciate a mobility boost for easier repositioning

Who may want to avoid it

- Side sleepers will want to upgrade to the Luxe version for more pressure relief
- Stomach sleepers will find this mattress too forgiving

Customer reviews

The Birch Natural Mattress has a 4.6-star rating out of 5 and over 4,500 reviews on its website. Multiple reviewers mentioned how they appreciated knowing their mattress was made from natural materials.

“Since sleeping on my new Birch, my neck and back pain have subsided and I’m taking less trips to the chiropractor! Love it! Highly recommend!”

Shawn R., verified buyer on 6/12/24

“This mattress is the best hybrid of soft and firm imaginable. Pressure points are able to sink in while at the same time your body as a whole is supported.”

-Skip B., verified buyer on 5/9/24

How we test mattresses for fibromyalgia

Our Reviews Team spent over 2,000 hours researching and testing 230 mattresses, adjustable beds, and pillows. During testing, we focus on each bed independently, providing scores across ten categories, and then look at how these scores stack up against other models. In doing this, we hope to get the most accurate understanding of how these mattresses stand alone as well as how they compare to each other.

Our testing categories cover what we feel is most important in a mattress being used by someone with fibromyalgia. For example, when it comes to chronic pain, we have found that there is a sweet spot between comfort and support. A medium-firm mattress that keeps the spine aligned while still providing pressure relief for tender-to-the-touch places is often most comfortable for these sleepers. Because we know that individuals with fibromyalgia can be more sensitive to temperature, we also look at the cooling capabilities of each model using a thermal gun and rate the results on a five-point scale.

At NCOA, we've created our own testing category called functional support. Functional support is a composite score combining firmness, bounce, and edge support with a focus on ease of movement. We feel these factors are important for comfortable repositioning when an individual has chronic pain.

We also surveyed 2,200 people about their experiences with new mattresses. Through those surveys, we get a better understanding of how people feel about their mattresses, taking into account their experiences, and reviews collected by third-party websites, for a well-rounded perspective of how these mattresses perform in day-to-day life.

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



We know the mattress industry and the science behind chronic pain management and comfort are always changing. Because of this, we continuously test new

How to choose a mattress when you have fibromyalgia

During testing, we found the Saatva Rx to be the best mattress for fibromyalgia overall, but we also know this mattress might not be the best fit for everyone with fibromyalgia. Keeping your own unique symptoms and comfort needs in mind, we suggest you consider firmness, pressure relief, responsiveness, and cooling capabilities while looking for your next mattress.

Firmness

We have found the right firmness level for someone with fibromyalgia is whatever allows them to maintain a neutral spine without being too firm and uncomfortable for tenderness and pain. Firmness is a subjective experience for many, but it is common for a medium to medium-firm mattress to check these boxes for most people.

Different interpretations of firmness are especially true for different body types. A person who weighs less than 130 pounds will perceive mattresses to be firmer than someone who weighs more than 250 pounds. It is also true that back and stomach sleepers may find a slightly firmer mattress more comfortable, while side sleepers need a mattress soft enough to contour their body.

Pressure Relief

In order to avoid pressure build-up in the hips, shoulders, and lower back, mattresses should relieve pressure by redistributing weight. During testing, we use a pressure mat to measure how much pressure is being placed on specific parts of the body in back, stomach, and side sleeping positions.

As you're shopping for a mattress, consider how a minimum trial of 100 nights could help you find a mattress that provides the pressure relief you need. Take note of increased discomfort in certain

Responsiveness

Because individuals with fibromyalgia often have trouble getting comfortable and staying comfortable in bed, they may reposition throughout the night. A responsive mattress is one that bounces back, instead of sinking under the pressure of the sleeper. This allows for ease of movement, preventing the feeling of being stuck in a mattress and needing to make extra effort to move.

Cooling Capabilities

There is a lot we don't know about fibromyalgia, but we do understand there exists a pattern of sensitivity to certain sensory stimuli associated with this condition. Individuals with fibromyalgia may be more sensitive to temperature. If this is true for you, a mattress with cooling capabilities may be most comfortable for you.

Both innerspring and hybrid mattresses with an innerspring core tend to encourage airflow, making them naturally cool mattresses. Additionally, a cooling pillow top with gel-infused foam or phase change material can create a "cool-to-the-touch" experience for the sleeper.

What is fibromyalgia?

Fibromyalgia is a chronic condition that is characterized by abnormal sensitivity to pain. The most common symptom is widespread pain, which may be accompanied by localized pain or tender spots throughout the body. In addition to pain, individuals with fibromyalgia may experience fatigue and difficulty sleeping, they may also notice they experience brain fog, depression, and anxiety.

There isn't a known, singular cause of fibromyalgia. Instead, it is believed that this chronic pain condition can be triggered by a number of events, including traumatic injury, stress, emotional trauma, and infections.

disorder.

Because individuals with chronic pain report worsening pain with poor sleep, healthy sleep habits and treatment of insomnia are essential aspects of fibromyalgia treatment.

Regular exercise can help reduce pain and improve mood. Additionally, there are medications approved by the FDA for the treatment of fibromyalgia.

Which sleep position is best for fibromyalgia?

Those with fibromyalgia may notice their pain is concentrated in certain places throughout the body, and certain spots are more tender to pressure than others. Other people may experience widespread pain throughout the body, or they may experience shifts in the location of their pain over time.

Side Sleepers

A slightly softer mattress is often necessary for side sleepers to maintain a neutral spine, and the [best mattress for side sleepers](#) gently hugs and contours the body without throwing off spinal alignment.

Back Sleepers

If you prefer to sleep on your back, the most important considerations are support and pressure relief. The [best mattress for back sleepers](#) is firm enough to maintain an aligned spine but also soft and cushioning enough to avoid pressure buildup that would worsen the pain.

Stomach Sleepers

Sleepers who are most comfortable on their stomachs will benefit from a mattress that is supportive enough to prevent their hips and midsection from sinking into it. When looking for

Combination Sleepers

Combination sleepers may need a very responsive medium-firm mattress that allows them to move easily throughout the night because they're not "stuck in" their mattress. Learn more in our review of the [best mattresses for combination sleepers](#).

What type of mattress is best for fibromyalgia?

Sleepers with fibromyalgia may have difficulty sleeping because they experience pain, preventing them from getting comfortable and staying comfortable in bed. Any steps you can take to reduce discomfort could help you get better sleep at night, including finding the best type of mattress for fibromyalgia.

- **Memory Foam:** Since [memory foam mattresses](#) are typically responsive to body heat, they do an excellent job contouring the body. They tend to provide good pressure relief, preventing build-up and pain in one area of the body, making them a good choice for a sleeper with fibromyalgia. Memory foam mattresses often run hot, so if sensitivity to heat is a symptom of your fibromyalgia, look for an option with added cooling capabilities.
- **Innerspring:** An [innerspring mattress](#) is primarily made of steel coils surrounded by a quilted or pillowtop cover. These mattresses are incredibly supportive but don't always offer the best pressure relief and cushioning. A sleeper with fibromyalgia may notice that there is too much pressure present at their pain spots when sleeping on this mattress.
- **Hybrid:** A [hybrid mattress](#) combines the cushion and responsiveness of memory foam with the durable support of an innerspring mattress. These mattresses can be an excellent choice for someone with fibromyalgia because they are supportive enough to maintain a neutral spine while still providing pressure relief to avoid pain buildup.
- **Latex:** Latex is a memory foam alternative naturally derived from rubber trees. Like memory foam, it provides good pressure relief and cushion but tends to allow for more airflow,

How can I sleep better with fibromyalgia?

Sleeping with fibromyalgia can be difficult, but some strategies help. “Exercise can improve both sleep and fibromyalgia pain symptoms, so it’s a good idea to continue to exercise,” said Darley. You may want to do your exercise outside. Outdoor sun exposure for at least 20 minutes early in the day, then at least 10 minutes every couple of hours, can help promote a healthy circadian rhythm and encourage regular sleep patterns.

But if your sleep isn’t improving, it’s time to get help. “Treatments for insomnia, such as cognitive-behavioral therapy for insomnia (CBT-I) can also be helpful. Check with your doctor if it’s right for you,” said Darley.

Does fibromyalgia get worse at night?

In general, those with chronic pain notice their symptoms intensify at night and that they wake up sore and stiff. Researchers believe this is associated with hormone changes, which cause the body’s anti-inflammatory response to be less active at night. Pain may also be affected by our circadian rhythm.

Unmanaged pain can become part of a recurring cycle. Pain symptoms often disrupt sleep because it is difficult to get comfortable, while a lack of sleep is associated with worsening chronic pain. Because of this, it is crucial that individuals with chronic pain take all possible steps to improve their comfort and their sleep at night.

Compare the best mattresses for fibromyalgia as of 2024

	Saatva Rx	Helix Midnight Luxe	The WinkBed	Bear E
	Check Price	Check Price	Check Price	Che
Mattress type	Hybrid	Hybrid	Hybrid	H
Firmness	Medium	Medium	Softer, luxury firm, firmer, plus	Soft,
Trial period	365 nights	100 nights	120 nights	120
Warranty	Limited lifetime	15 years	Limited lifetime	Limite
White-glove delivery	Yes	No	No	

Bottom line

It can be difficult to get quality sleep with fibromyalgia, but it’s important to work with your doctor to find solutions. Ask if seeing a rehabilitation or sleep specialist will help. If a new mattress is on your horizon, we hope our review of the best mattress for fibromyalgia helped narrow your search.

Overall, the Saatva Rx is our best pick for its adaptability to different types of sleepers. If you need something firmer, consider the Brooklyn Bedding Aurora Luxe. If you prefer a natural option, look into Birch Natural. Choosing the right one is difficult, but know that every mattress in our roundup offers a trial period that meets or exceeds the 100-night industry standard. You’ll have plenty of time to test it before committing to it long-term.

Additional sleep resources for pain

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

Frequently asked questions

What firmness is best for fibromyalgia?



Is memory foam good for fibromyalgia?



Can an adjustable bed help with fibromyalgia?



Could a bad mattress make fibromyalgia worse?



Is a latex mattress good for fibromyalgia?



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