



BUDGET MATTRESSES TOP OUR TESTS

Our latest tests show that there's no need to splash out thousands of pounds on a mattress, as you can pick up a supportive and long-lasting Best Buy for less than £200

WHAT'S ON TEST?
19 new pocket-sprung and foam mattresses from our 2016 tests. Read all reviews at which.co.uk/mattressontest

Remember when mattresses were simple things, made of either springs or foam? Not any more. Today there are spring mattresses with foam, foam mattresses with springs and even springs made of foam – with manufacturers also adding gel or latex layers in their quest to offer the most comfortable combinations.

These constructions can cost you a fortune. But while some pricier options have impressed in our previous tests, our 2016 test results show a mattress that will support your spine for years to come doesn't have to break the bank.

Of the 19 mattresses we've tested this year, the cheapest foam mattresses came out on top. All three are Best

Buys, and all cost £250 or less (see p52). On the other hand, three of the bottom five mattresses we tested cost more than £1,000.

None of the latest pocket-sprung mattresses we tested this year could quite match the top foam mattresses, but one is worth a look and we've also included the best good-value spring mattresses from our 2015 test that are still available to buy (see p52).

All our top-rated mattresses will support your spine, keeping it in the same shape as when standing if you sleep on your back, or parallel to the mattress if you sleep on your side. They also provide the same support after years of use, and won't sag or soften.

Best brands

We asked you to rate your mattress for comfort, value for money and satisfaction*. We've combined the satisfaction ratings with how likely you'd be to recommend your mattress, to give each brand an overall customer score.

TOP THREE

86% Vi-Spring
82% Dunlopillo
82% Hypnos

62% Rest Assured
55% Bensons for Beds
50% Dreams

BOTTOM THREE

*Survey conducted in April 2016. Based on the opinions of 5,001 Which? members

Best Buy foam mattresses under £250



BEST BUY

Ikea Morgedal 72%
STORE & ONLINE £165

PROS Offers good body support whether you're larger or smaller than average, especially if you tend to sleep on your back. It will continue to do so for years to come, because it doesn't sag over time.

CONS On hot, muggy nights, you might find this mattress becomes damp with sweat, because it's not that breathable.

OUR VERDICT A bargain Best Buy mattress that will stand the test of time.

Exclusive to Ikea



BEST BUY

Dormeo Memory Plus 70%
STORE & ONLINE £250

PROS You shouldn't be disturbed if your partner rolls over in the night, because this mattress doesn't bounce much. And even after years of use, it will provide decent support for your back.

CONS When you try this mattress out in the shop, bear in mind that it will get a little softer over time. But even then, it will still offer good support.

OUR VERDICT A good all-round mattress that will last for years.

Cheapest store Argos



BEST BUY

Silentnight 3 Zone Memory Foam 70%
STORE £190 ONLINE £199

PROS Offers great support, particularly for side-sleepers. This mattress won't sag or become softer over time, so even after years of use it should feel similar to when you bought it.

CONS You should rotate memory-foam mattresses every so often. That's easier said than done with this one, though, because there aren't any handles.

OUR VERDICT A good mattress at a great price.

Cheapest store Argos

High-scoring pocket-sprung mattresses under £550



BEST BUY

Ikea Hesseng 72%
STORE & ONLINE £540

PROS Restless sleepers are unlikely to disturb their partner with this mattress because it's very stable and absorbs bounces well. It also supports your spine really well if you sleep on your back.

CONS There are no major flaws, but it's slightly harder to turn over on this mattress than some we've tested.

OUR VERDICT If you're looking for a spring mattress and tend to sleep on your back, then look no further.

Exclusive to Ikea



BEST BUY

Silentnight Classic 1200 Pocket Deluxe 72%
STORE & ONLINE £400

PROS Provides great support for almost all body types and sleeping positions, and it won't sag or get softer over time.

CONS It's cooler than most, but that's only a downside if you get cold during the night. Also, if you're larger than average and sleep on your back the Ikea Hesseng (left) is slightly more supportive.

OUR VERDICT Perfect for side-sleepers who tend to get hot during the night.

Cheapest Online



WORTH A LOOK

Sleepzee Spirit 2000 67%
STORE £549

PROS If you're smaller and lighter than average, and move around a lot during the night, this is worth considering, as it offers decent support and is easy to turn over on.

CONS Avoid this mattress if you're taller and heavier than average or sweat a lot during the night because you won't get great support and it's not very breathable.

OUR VERDICT A long-lasting, soft, spring mattress.

Cheapest Independents

Mattress topper brands



If your mattress is starting to sag or soften, but you're keen to get a few more years use out of it, you could consider buying a mattress topper. Costing as little as £20, they sit on top of your mattress, providing an extra layer of foam or padding. In our April 2016 survey of Which? members who own a mattress topper, 84% said that it made their mattress more comfortable. However, not all brands provide the same level of customer satisfaction.

Mattress-topper brands ranked by overall customer score

Marks & Spencer

76%

The White Company

74%

John Lewis

73%

Dunelm

68%

Ikea

65%

Silentnight

58%

Best places to buy a mattress

With so many retailers to choose from, buying the right mattress for you can seem like a daunting prospect. So we asked you about your previous experiences to reveal the companies that shone in terms of service and satisfaction, and those that could improve

The best retailers offer a large choice of high-quality mattresses at a good price, give sound advice without being pushy and organise efficient and convenient delivery straight to your bedroom. We surveyed Which? members who have bought a mattress

about their shopping experience to find the best retailers.

Customer scores for topper brands and mattress retailers combine overall customer satisfaction with how likely they are to recommend their topper brand or retailer to a friend.

TOP FIVE

- 90% John Lewis
- 89% Amazon
- 81% Warren Evans
- 79% Marks & Spencer
- 79% Mattressman.co.uk

BOTTOM FOUR

- 70% Bensos for Beds
- 70% Furniture Village
- 65% Argos
- 60% Dreams

MATTRESSES ON TEST

	SPECIFICATION				WHICH? TEST PERFORMANCE							TEST SCORE
	Price	Firmness/softness Layers	Brand comfort rating Warmth	Body support -lying on back	Body support -lying on side	Breathability	Stability	Change in height and firmness	Overall durability			
POCKET-SPRUNG MATTRESSES												
Sealy Teramo 1400	£800	PS/F	8 M	★★★★	★★★	★★★	★★★★	★★★★★	★★★★★	★★★★★	★★★★★	77%
Ikea Hesseng	£540	PS/F	3 M	★★★★	★★★★	★★★	★★★★	★★★★★	★★★★★	★★★★★	★★★★★	72%
Silentnight Classic 1200 Pocket Deluxe	£400	PS	4 C	★★★★	★★★★	★★★★	★★★★	★★★★	★★★★★	★★★★★	★★★★★	72%
Sleepzee Spirit 2000	£549	PS/MF	8 M	★★★★	★★★	★★	★★	★★★★	★★★★	★★★★★	★★★★★	67%
John Lewis Pocket Memory 1000	£375	PS/MF	5 C	★★★★★	★★★	★★★	★★	★★★★	★★★★	★★★★★	★★★★★	64%
Silentnight Geltex Tranquil 1000	£511	PS/F	8 M	★★★★	★★★	★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	64%
Dreams Workshop Classic Collection Orchard 1000	£599	PS	4 C	★★	★★★	★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	61%
John Lewis Natural Collection Natural Linen 5000	£699	PS	5 C	★★★★★	★★★	★★★	★★★★	★★★★	★★★★	★★★★★	★★★★★	60%
Marks & Spencer Natural 2800	£749	PS	6 C	★★★★	★★	★★★	★★★★	★★★★	★★★★	★★★★★	★★★★★	60%
Ikea Hockåsen	£390	PS/L	7 M	★★★★	★★	★★★	★★	★★★★	★★★★	★★★★★	★★★★★	59%
Hypnos Orthos Cashmere 'Firm' Tension	£1,065	PS	6 C	★★★★★	★★★	★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	55%
Sleepzee Lagoon Luxurious 1500 (Aqua3)	£529	PS/F	9 M	★★★★	★★	★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	55%
Myer's My Super Duper Memory Mattress 1200	£499	PS/MF	8 W	★★★★	★	★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	49%
FOAM MATTRESSES												
Ikea Morgedal	£165	F	5 M	★★★★	★★★★	★★★	★★	★★★★★	★★★★★	★★★★★	★★★★★	72%
Dormeo Memory Plus	£250	F/MF	6 M	n/a	★★★	★★★	★★★★	★★★★★	★★★★★	★★★★★	★★★★★	70%
Silentnight 3 Zone Memory Foam	£190	F/MF	7 W	★★★★	★★★	★★★★	★★★	★★★★	★★★★★	★★★★★	★★★★★	70%
Eve The Mattress	£549	F/MF	7 M	n/a	★★★	★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	67%
Slumberland Tempo	£1,200	F	9 M	★★★★	★★	★★★	★★★★	★★★★	★★★★★	★★★★★	★★★★★	67%
Made.com One by Made	£499	F/MF	8 M	n/a	★★	★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	66%
Dreams TheraPur Devotion 24 ActiGel Plus	£1,099	F	7 M	★★	★★★	★★★	★★★★	★★★★	★★★★	★★★★★	★★★★★	65%
Tempur Original 21	£1,349	MF	8 C	★★★★★	★★	★★★	★★★★	★★★★★	★★★★★	★★★★★	★★★★★	35%
HYBRID MATTRESSES												
Dormeo Octaspring Hybrid Plus	£899	PS/F/MF	6 M	n/a	★★	★★★	★★	★★★★★	★★★★★	★★★★★	★★★★★	67%
Sealy Hybrid Fusion	£1,060	PS/F	8 M	★★★★	★★	★★★	★★★	★★	★★★★	★★★★★	★★★★★	58%
Sealy Hybrid Pocket Perfection 2200	£1,290	PS/F	9 M	★★★★	★	★★★	★★	★★★★	★★★★	★★★★★	★★★★★	51%
LATEX MATTRESSES												
Dunlopillo Royal Sovereign	£1,349	L	6 M	★★★★★	★★★★	★★★	★★★★	★★★★	★★★★★	★★★★★	★★★★★	72%

USING THE TABLE

Best Buys highlighted in red, Don't Buys in grey. The more stars the better.

SPECIFICATION Price

For a standard double. **Layers** PS = pocket springs, MF = memory foam, F = foam, L = latex. Most

mattresses have a spring or foam core with additional layers. Hybrid mattresses have similar amounts of springs and foam.

Firmness/softness Measured on a relative scale (1 = firmest, 10 = softest). May differ to manufacturer's interpretation,

so try before you buy. **Warmth** How warm you'll feel when lying on it. C = cool, M = medium, W = warm. **PERFORMANCE Brand comfort rating** A survey-based score for the overall brand. It doesn't relate to the individual mattress or contribute to the test score.

Breathability Whether the mattress allows sweat to escape so that it stays dry. **Stability** How still the mattress stays when your partner turns on it during the night. **Change in height and firmness** How the height and firmness of the mattress changes after

our durability tests. **Overall durability** Combines damage, change in height and firmness, and change in body support. **SCORE** Ignores price. Based on: Performance.....55% Durability.....40% Ease of use.....5%