

★ GH report ★



how we tested
We assess everything from sheets to pillows to PJ's and more with a combo of rigorous in-Lab testing using specialized equipment and extensive consumer feedback. Here's some of what our experts look at:

- Comfort
- Durability
- Fabric strength
- Washability
- Fit



SHEETS:
BROOKLINEN LUXE PILLOWCASES AND DUVET COVER IN STEEL, FROM \$44, BROOKLINEN.COM.

PILLOW:
COOP HOME GOODS ADJUSTABLE PILLOW, \$60, COOP HOMEGOODS.COM.

COMFORTER:
L.L.BEAN PERMABAFFLE BOX GOOSE DOWN COMFORTER, FROM \$389, LLBEAN.COM.

LEARN ABOUT THESE WINNING PICKS AND MORE! →

LAB-TESTED SECRETS TO

Find Your Best Rest

Build the ultimate bed with the GH Textiles Lab top-tested sheets, mattresses and more. These 22 winners will transform how well you snooze – and help you sleep better tonight!

BY **NICOLE SAPORITA**



All-Star MATTRESSES



SHOP IN-STORE

TRUSTED CRAFTSMANSHIP

This **Stearns & Foster** is a true luxury bed. It's designed with a unique innerspring system and dense memory foam for the best support. You can also customize your bed with three firmness levels and the option to add a built-in pillow top.

LAB RESULTS The brand got raves from our panel, with the majority saying the mattresses were worth the price. It's ideal if you want to buy in-store, but trial period varies by retailer.

STEARNS & FOSTER LUX ESTATE CASSATT, \$2,299 FOR QUEEN, STEARNSANDFOSTER.COM FOR RETAILERS

ULTIMATE CUSTOMIZABLE SMART BED

Sleep Number's techy option so couples can set each side to the preferred firmness. Control it from your phone, and if you move around overnight it'll auto-adjust to maintain your settings.

LAB RESULTS Consumer testers raved about the GH Seal star's built-in sleep tracking and liked getting feedback on the quality of their zzz's, like how much they moved and how long they were getting restful sleep.

SLEEP NUMBER 360 P6 SMART BED, \$2,899 FOR QUEEN, SLEEPNUMBER.COM

SHOP ONLINE

TOP-QUALITY INTERNET PICK

If you want all the convenience of buying online but aren't a fan of all-foam styles, **Saatva** is the brand for you. You get the innerspring and pillow-top mattresses that are usually sold only in stores – at a much better price.

LAB RESULTS Our testers gave it high marks for comfort, support and sleep quality. We also appreciate that you get perks like free delivery and setup, old-mattress removal and a 120-night trial.

SAATVA CLASSIC MATTRESS, \$1,199 FOR QUEEN, SAATVA.COM

MAGICAL MATTRESS-IN-A-BOX

Casper is the OG of online mattresses, so it's no shock that it's also our panel's fave. After a seamless ordering process, the all-foam style arrives in a too-small-to-be-believed box, then expands within minutes.

LAB RESULTS We think the original is the best value, but the brand also offers other styles. You can opt for a more expensive one specially designed for pressure relief or save money with a version that has fewer foam layers.

CASPER MATTRESS, \$1,095 FOR QUEEN, CASPER.COM



HOW TO

SHOP FOR A MATTRESS

1 Think about where to buy.

Online mattress buying has seen a serious boom, but it's not right for everyone. Shop **in-store** if you want a greater variety and to feel them before buying. You can also negotiate the price. Buy **online** if you have trouble making decisions, since there are fewer options. Plus, you can shop from home!

2 Find your firmness.

Traditional innerspring styles have that familiar bouncy feel and may be firmer. Memory foam options have less spring and offer more pressure relief. In general, side sleepers need a softer mattress, stomach sleepers need a firm one and back sleepers fall somewhere in between.

3 Ask about the return policy.

Not happy with your pick? You may get a partial refund if you bought it in a store, but online companies often arrange to pick it up for a local charity and will give back 100% of your money. Make sure you can test out a new mattress for a month risk-free; that way, you can get used to it before making a decision.

4 Shop all our top picks.

We've shared the GH Textiles Lab's top four picks above, but for even more options, visit **goodhousekeeping.com/bestmattresses**. You'll find a full list of our top-tested mattresses (with specific delivery info!), for every budget, bed and type of sleeper.



Premier PILLOWS + SHEETS



STANDOUT SUPPORT

This **Coop Home Goods** pick comes with extra stuffing so you can tailor it to your exact needs. With a mix of memory foam pieces and microfiber clusters, it feels supportive *and* plush. **LAB RESULTS** Adjusting its fill is simple (albeit a little messy!), and we appreciate that you can decide on the right amount at home, in your own bed.

COOP HOME GOODS
ORIGINAL PILLOW, \$60,
COOPHOMEGOODS.COM



SMOOTH SATEEN

A top performer in our Lab test, **Brooklinen** sheets were strong, smooth and pill-resistant and washed well. The fitted sheet's long and short sides are labeled, so bed-making is a snap.

BROOKLINEN LUXE CORE SHEET SET, \$149 FOR FOUR-PIECE QUEEN, BROOKLINEN.COM



LUXURY COTTON

Wamsutta's set is made of 100% pima cotton that's DNA-tested so you know it's legit. It earned top marks from our Lab for strength, pill resistance and softness.

WAMSUTTA PIMACOTT 500-TC SHEET SET, \$80 FOR FOUR-PIECE QUEEN, BEDBATHANDBEYOND.COM



UNBEATABLE VALUE

Get two pillows for less than the price of one! **AmazonBasics's** down-alternative options are machine washable, making them great for anyone suffering from allergies.

LAB RESULTS Our experts say these are ideal for people who need a lower-profile pillow with less support, like stomach sleepers or kids.

AMAZONBASICS DOWN ALTERNATIVE SOFT DENSITY PILLOWS, \$23 FOR TWO, AMAZON.COM

VERSATILE DOWN

If you love down pillows, you can't go wrong with this one from **Home Decorators**. Its medium density works for all sleeping positions. Plus, it's backed by the GH Seal! **LAB RESULTS** We like its smart dual-layer design—an inner chamber of feathers for support with an outer layer of down for a soft, fluffy feel.

HOME DECORATORS DOWN SURROUND PILLOW, \$30, HOMEDEPOT.COM



CRISP PERCALE

If you love an airy, crisp feel to your sheets, **Parachute's** 100% cotton set is the one for you. Its fabric was strong and pill-resistant in our review and shrank only a little after washing.

PARACHUTE PERCALE SHEET SET, \$209 FOR FOUR-PIECE QUEEN, PARACHUTEHOME.COM



BUDGET BUY

We couldn't wait to test **Mellanni's** polyester microfiber set, and it didn't disappoint. The pieces proved shrink- and wrinkle-resistant, and our panel loved the supersoft feel.

MELLANNI MICROFIBER SHEET SET, \$25 FOR FOUR-PIECE QUEEN, AMAZON.COM



HOW TO PICK YOUR PERFECT PILLOW

1 Consider your sleeping position.

Just as with mattresses, when shopping for pillows, think about how you sleep. **Side sleepers** need a thick, firm pillow; **stomach sleepers** require a soft, thinner one; and **back sleepers** should go for something in between. An easy fit test: When you're lying down, your neck shouldn't tilt in any direction.

2 Decide on fill.

Next, think about what the pillow is filled with. **Down** is the fluffiest, but a **down-and-feather combo** will be firmer and less expensive. **Down alternatives** feel soft and, since they're made with synthetic fill, are even more affordable. **Memory foam** is thicker and firmer. There are also **hybrid** ones that mix foam and fiberfill for the best of both.

3 Consider the care.

While most styles are machine washable, some are dry-clean only, have front-loading machine restrictions or advise only spot-treating. Our experts recommend washing pillows two to four times a year to help them last longer. And the last thing you want is one that's a hassle to keep clean. Check the care label before making a final decision.



Coziest COVERS + CASES



INNOVATIVE CONSTRUCTION

L.L.Bean's real-down option is designed with useful features like a gate system to stop the fill from shifting around and built-in loops to help you easily attach a duvet cover. **LAB RESULTS** Consumers love its fluffiness, and our pros love that it has all the "musts" when it comes to down styles, including a down-proof cover and responsibly sourced fill that's repeatedly cleaned during production.

L.L.BEAN PERMABAFFLE BOX GOOSE DOWN COMFORTER, FROM \$389, LLBEAN.COM



SOOTHING WEIGHTED BLANKET

Sleep Number's option looks like a normal throw but feels like a gentle squeeze. Snuggle under it, and the pressure helps increase serotonin (a neurotransmitter that makes you happy and calm) so you can relax and sleep better.

LAB RESULTS This earned high marks for its softness and quality construction, which keeps the glass pellets distributed evenly. Pick one that's about 10% of your body weight.

SLEEP NUMBER RELAXATION WEIGHTED BLANKET, \$200, SLEEPNUMBER.COM

FLUFFIEST DOWN ALTERNATIVE

One of our biggest gripes with comforters? Clumping. That's why we're excited about **Buffy's** innovative style. Its down-alternative fill is a web of fibers (not clusters) to prevent empty spots, and there's no box stitching that could compress layers and flatten it.

LAB RESULTS We were blown away by how incredibly soft and fluffy it was. It's dry-clean only, but you'll have 30 days to decide if it's worth it.

BUFFY CLOUD COMFORTER, FROM \$130, BUFFY.CO



STELLAR SILK PILLOWCASE

A top performer in our tests, the **Fishers Finery** Mulberry silk case proves you don't have to spend a ton to get the benefits of sleeping on silk—hello, less bedhead and better temp regulation!

LAB RESULTS At half the price of others, this GH Seal star aced our strength and abrasion tests, which simulate tossing, turning and wear.

FISHERS FINERY 100% MULBERRY 25MM SILK PILLOWCASE, \$45, FISHERSFINERY.COM

TOP MATTRESS TOPPERS



1 Superfirm Foam

Great for adding support, **Tempur-Pedic's** memory foam adapts to your body to relieve pressure; and it's famous for reducing motion transfer, so you'll be less likely to feel your partner tossing and turning.

LAB RESULTS Reviewers raved about the dense three-inch topper. Plus, the cover is machine washable!

TEMPUR-PEDIC TEMPUR-TOP-PER SUPREME, \$399 FOR QUEEN, TEMPURPEDIC.COM



2 Instant Feather Bed

Transform your mattress into a supersoft pillow-top style with **Parachute's** down-and-feather topper. If you're allergic (or want to save some \$), opt for the down-alternative version.

LAB RESULTS We were wowed by the design—its two layers of fill and baffle box construction keep the fill evenly dispersed.

PARACHUTE DOWN MATTRESS TOPPER, \$359 FOR QUEEN, PARACHUTEHOME.COM



3 Sustainable Choice

Avocado's wool-and-latex topper is made with natural materials—without sacrificing quality. Pick Firm or Plush style.

LAB RESULTS Our textiles and sustainability experts like that it's made with certified organic materials so you know the entire manufacturing process meets strict standards.

AVOCADO GREEN MATTRESS TOPPER, \$449 FOR A QUEEN, AVOCADOGREENMATTRESS.COM

Smartest
PAJAMAS PLUS



CLASSIC FLANNEL

Ideal for chilly nights, **L.L.Bean's** brushed cotton set retains heat to help keep you warm. Choose from different plaid colors and with plus, tall and petite sizes.

LAB RESULTS In our Textiles Lab test, it outperformed other flannels. It held up well in our pros' evaluations, and our testers rated these PJ's softer than average.

L.L.BEAN SCOTCH PLAID FLANNEL PAJAMAS, \$70, LLBEAN.COM



LIGHT-BLOCKING EYE MASK

Can't snooze without total darkness, or need a DO NOT DISTURB sign for a power nap? Block light with **Bucky's** sleep mask. Its unique contoured design means you can even open your eyes while wearing it, something our testers absolutely loved.

LAB RESULTS This mask was the top performer in our tests, excelling in both Lab and consumer evaluations. We found that it effectively blocked light, held up well to washing and was easy to put on and take off.

BUCKY 40 BLINKS SLEEP MASK, \$15, BUCKY.COM



SWEAT-FIGHTING STYLE

Lusomé's cami-and-shorts combo doesn't just look great; it also helps take the edge off night sweats, say GH testers.

LAB RESULTS The winner of our recent Textiles Lab test, this luxe set was the best at managing moisture according to a specialized machine that uses synthetic sweat to analyze fabric.

LUSOMÉ GINGER CAMI AND CARA SHORT, \$64 EACH, LUSOME.COM



EXPERT & EDITOR FAVORITE

These **Under Armour** styles are a go-to for many GH staffers. We like that the athlete-inspired joggers and tops don't scream "pajamas," so you can wear them to walk the dog or run errands.

LAB RESULTS The lightweight fabric is extra soft and held up to repeated washings in Lab tests.

UNDER ARMOUR RECOVERY SLEEPWEAR, FROM \$45 PER PIECE, UNDERARMOUR.COM



HOW TO CLEAN YOUR BEDDING LIKE A PRO

1 Wash linens weekly.

Schedule laundry day once a week for your sheets and pillowcases to help them stay fresh. Our Cleaning Lab experts recommend using warm or hot water and tumbling dry on Low to reduce shrinkage, wrinkles and general wear and tear.

2 Protect pillows.

If your styles are machine washable (most down and fiberfill ones are), clean two at a time in an agitator-free machine to help maintain their shape. Do this every four to six months. We also recommend using a pillow protector to keep it clean and safe from wear.

3 Speed-dry fluffy items.

Pillows and comforters with fill can often end up wet and clumpy after a cycle if they don't tumble freely in the dryer. To help prevent this, toss in two or three dryer balls at the start and pause the drying cycle a few times to give your bedding a fluff.

4 Spruce up your mattress.

Every few months, vacuum the surface to remove dust. Zap odor by sprinkling on (and brushing in) baking soda. Wait about 15 minutes, then vacuum. Pass a handheld garment steamer over the surface to kill dust mites, then vacuum again.