



What Mattress Is Best For Couples To Reduce Motion Transfer

Memory Foam Mattress – Memory foam is famous for its “motion absorbing” qualities. This mattress does not allow the movements of one partner to reach the other.

Latex Foam Mattress (Natural or Blended) – Latex also [*significantly reduces*](#) motion transfer; its advantage is that it is slightly more responsive and cooler. Latex is a balanced choice for couples who are active sleepers.

Hybrid Mattress (Pocketed Coils + Foam)- If a Hybrid has pocketed coils (individually wrapped springs), then motion transfer is reduced to a great extent.

