



What Is the Best Thickness for a Memory Foam Mattress for Comfortable Sleep

It's fine to buy a memory foam mattress, but what thickness is best for a comfortable sleep? The thickness of the mattress directly affects your [comfort, support,](#) and durability. If you're of average weight (60–80 kg) and want balanced comfort, a 6 to 8-inch memory foam mattress is best. For those with a little more body weight, an 8 to 10-inch mattress is ideal. More thickness means extra layers of foam, which support your body evenly.

This prevents the mattress from sagging and provides long-lasting comfort. If you're slim or prefer a softer feel, a 5 to 6-inch mattress is also sufficient. Mattress thickness will only work if your base or bed frame is solid and supportive. If the base is uneven, even a thick mattress will not be able to work its magic.

