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Perhaps the most important part of purchasing a new mattress is finding the perfect size based on your specific needs. Are you a single sleeper or a couple? What is your room size? What is your budget?A new bed that matches your personal preference is a joy to bring home. To assist you in your search for the right mattress, here is a mattress size chart with all of the popular mattress sizes available as well as the mattress dimensions. Standard Mattress Sizes and Dimensions The standard mattress size for a Helix Twin mattress is 38 inches wide and 75 inches long. A Twin bed size is ideal for smaller rooms and single sleepers with limited space.Learn More A Twin XL mattress is 5 inches longer than a twin size bed. This Twin XL mattress measures 38 inches wide and 80 inches long. Oftentimes, a Twin XL bed is used in student college dorm rooms and guest rooms. Taller individuals may prefer a Twin XL size over a standard Twin size.Learn More A Full size mattress can be a great choice for both single adults sleeping alone and couples sharing a bed. A Full mattress measures 54 inches wide and 75 inches in length. It's a good fit for tall people and individuals looking for extra sleeping space, which is why a full bed is one of the most common sizes people shop for. Learn More Because of its expanded dimensions at 60 inches wide and 80 inches long, a Queen bed size is often considered an upgrade from a Full size bed. A Queen size mattress is ideal for couples and individuals looking for extra space in the bed if a Full size mattress isn't quite roomy enough. If you plan to share your bed, a Queen size bed may be the best mattress size for you. Learn More A King size mattress is a significantly larger mattress that measures 16 inches (one and a half feet) wider than a Queen size mattress. For those with enough space to spare, King size beds are a common size for primary bedrooms, measuring 76 inches wide and 80 inches long.A King bed is perfect for couples, families with kids or pets (who are allowed to snuggle in bed), or simply anyone looking for extra length, width, and leg room in their mattress.Learn More What's the difference between a King mattress and a California King mattress?California King size bed is four inches longer than a Standard King size bed but four inches narrower, meaning these two mattress sizes don't share the same bed frame dimensions, as the California King will provide more leg room but fewer inches of space across the width of the bed for couples.The standard size of a California King bed measures 72 inches wide and 84 inches long. Keep in mind, if you're choosing either a California King size bed or a King mattress, be sure to accurately measure the dimensions of your bedroom, as you will need adequate room size to fit these larger mattress sizes.Learn More Shop California King Mattress Take our signature sleep quiz to find your perfect mattress. What’s the difference between a standard King and a California King?It’s simple: the size. Standard Kings measure 76 inches wide and 80 inches long. California King beds measure 72 inches wide by 84 inches long. Cal King mattresses are 4 inches narrower and 4 inches longer than standard King mattresses. You typically can't interchangeably use the same bed frame or sheets for both bed sizes.Do two Twin size mattresses equal one Full size mattress?No. Twin beds measure 38” by 75”. Combining two would be significantly wider than a standard Full. Two Twin size mattresses are the width of a king mattress, though still 5 inches shorter. Two Twin XL mattresses, however, would be the same length and width as a King size mattress.Is a Full size mattress the same thing as a “Double” mattress?Yes. The terms Full bed and Double bed are used interchangeably to describe mattresses that measure 54 inches wide and 75 inches long.What mattress should I get for a small bedroom? What about a small apartment or studio apartment?It really depends on the size of your sleeping space and personal preferences. If you’re a single adult, a Full bed would be a space saver compared to a Queen bed and could be sufficient. However, for couples, a Queen bed is often recommended. Single sleepers who prefer having more floor space over sleeping space may want to consider a Twin mattress (or, for tall people, a Twin XL mattress) though for many they may not provide enough width.What mattress size should I get for a guest bedroom?Again, it depends on the space and your needs. Full size beds are commonly used in guest rooms as they take up little space and can accommodate two sleepers in a pinch. If you have the space though, we’d recommend going for a larger mattress, like a Queen size bed, for your guest room.Do mattress lengths and widths have anything to do with thickness?Length and width are not typically indicators of how thick a mattress will be. Mattress thickness is usually determined by the materials used to make the mattress, and whether it is a pillow top mattress, as the plush top will generally give it a taller profile by a couple of inches. Different mattress constructions can sometimes differ in height - for example, solid memory foam mattresses sometimes aren't as tall as innerspring mattresses. What customers say:The Helix Midnight mattress receives widespread praise for its comfort, frequently described as "comfortable" and "great," suggesting a high level of satisfaction among users. The mattress is celebrated for providing a good balance of firmness and softness, accommodating a broad range of sleep preferences and contributing to a better night's sleep for many. Customers often mention the mattress's ability to alleviate pain and improve sleep quality, highlighting its supportive yet cozy feel. The term "love" is recurrent in reviews, indicating strong affection for the mattress and the positive impact it has had on users' sleep experiences. Feedback consistently points to the Helix Midnight as a superior choice for those seeking to enhance their sleep comfort, with many asserting it's the "best" mattress they've owned. The ease of setup and the overall positive purchasing experience with Helix also receive commendation, further bolstering the mattress's favorable reception. While the majority of comments are overwhelmingly positive, highlighting the mattress's contribution to restful nights, a small number of reviewers note their preferences for specific firmness levels, reflecting the subjective nature of sleep comfort. ✔ Comfort ✔ Balance ✔ Improved Sleep Reviews summary generated by AI based on all customer reviews left for the Helix Midnight. Helix Sleep is an online bed in a box brand that has been around since 2014 and has surely made its mark in the mattress market. Their makeup is what sets them apart from the rest of the competition. They have 6 separate mattresses in their traditional range and you can also choose according to your sleeping style and your taste for stability. Discovers all in the below Helix Mattress dimension guide with easy-to-use Helix Mattress size charts. Best Mattress For Back Pain – Spine AlignmentSleepopolisThe full international Mattress Size Charts you can find hereThe dimensions of your room for the best Mattress size is handled hereThe very first thing you might notice when seeing helixsleep.com is their sleep quiz. It is a useful tool that can help you find the best mattress for your sleeping style and tastes. This is especially useful as they have 6 separate mattresses in their range. Each version is available with Luxe update features for an additional price. If you have a moment, try the sleep quiz, it’s sweet and short.We know choosing a mattress can be difficult, but Helix truly includes a mattress for everyone. In addition to the 6 different firmness levels, they additionally have Helix Plus and Birch from Helix (sizing info on Birch is handled on this page). The Helix Plus is specially designed for heavier sleepers, while the Helix Birch is their only organic offering.The two main lines of Helix mattresses – Helix Standard and Helix Luxe- are divided into three different firmness options: soft, medium, and firm. Helix mattresses are available in two variants, depending on your preferred sleeping position. One is designed for side sleepers; the other for back and stomach sleepers. Once you know that, choosing the right Helix mattress is very easy. However, you can also take the Helix Sleep Quiz. This will find you the right mattress within minutes, depending on the answers to some questions about your age, height, sleep preferences, etc. (If you’re sharing a bed, you can also fill in your partner’s contact details.) Finding the right mattress has always been difficult. Many companies seem to be promoting themselves as a one-stop solution to sleep problems. These claims are simply not correct, as everyone has different requirements and tastes. With all the options available in the market today, finding the perfect mattress can be difficult and can take some time, if not a little trial and error at least.We’ve compiled a full-size and Helix Mattress dimension guide of Helix mattresses so you can see if this specific model or brand is the right selection for you.Factors like room size, how active a sleeper you are, and whether or not you share a bed influence which Helix Mattresses sizes the best suit your needs.Understanding the dimension and names will help you narrow down the options to help you find the right bed size to suit your specific needs.Helix mattress sizing explained by Mattress NerdWant to know the weight and thickness of Helix mattresses? These depend by the model, check them belowHelixsleep.comHelix Mattress, prices and discountsGo Helixby size-charts.comThe Sunset is the lightest mattress in the regular Helix Sleep collection. It is the most conventional memory foam texture and shapes around the body larger than any other normal Helix mattress, making it the best mattress for side sleepers. The Sunsets comfort cover includes soft memory foam, so you will feel hugged and lying down, especially if you sleep on your side. Helix designed the mattress to provide side sleeper assistance for short body types, but medium-weight sleepers who like an extremely plush feel might find it comfortable as well. Although it shares a similar stability setting in the Helix Moonlight.SizesDimensionsThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″The Helix Moonlight mattress is promoted with the Sunset as with a soft feel. While it’s soft, it doesn’t have a sinking feeling that memory foam purists tend to like. It uses the manufacturer’s exclusive Helix Dynamic Foam from the Relaxation and Transition layers, which collectively create neutral, soft buoyancy for your sleeper. This mattress is ideal for small back and stomach sleepers, but we also suggest it as a mattress for mixed sleepers who change mainly with the stomach and back. The Helix Moonlight can also do the job for little side sleepers who don’t like a memory foam texture.SizesDimensionsThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″The Helix Midnight is your brand’s most popular version, using a moderate level of firmness that might be suitable for back, side, stomach, and mix sleepers. It’s a traditional memory foam texture reminiscent of Tempur-Pedic mattresses, but it’s responsive and inviting thanks to the pocket coil center and the dynamic Helix latex-like foam transition coating. The flexibility of this Helix Midnight also makes it one of the best mattresses for couples who fall into the midweight category. The Helix Dusk, the maker of other moderate firm mattresses, has a neutral foam feel and also a bit more support. If you’re struggling to choose between the two, we recommend Midnight for people with ailments and pain.SizesDimensionsThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″Helix Mattress Dimension Guide Size Chart Helix MidnightMuch like the Helix Midnight, the Dusk is a hybrid mattress using a moderate level of firmness. On our mattress stability scale, we think the Midnight as well as the Dusk collapse around a 6/10 degree of hardness: moderate stability. On the other hand, the Dusk is meant to feel like a more even-handed lather than the texture of Midnight’s memory foam. Helix accomplishes this by putting its own responsive and inviting Helix dynamic foam on the Dusk’s comfortable liner. Despite the fact that you won’t experience as much stress relief as on the softer Midnight or Sunset mattresses, you will likely feel encouraged in any place to sleep under Helix Dusk.Helix SizesHelix DimensionsHelix ThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″Helix Mattress Dimension Guide Size Chart Helix DuskFrom the second firmest mattress in the normal Helix Sleeps line, the Twilight offers a professional feel but offers pressure point relief with the help of a top layer of memory foam. If you sleep soundly, mostly on your side, but appreciate a firmer mattress, this could be a fantastic alternative for you. The Twilight is a fantastic mattress for back and stomach sleepers who want a firm mattress but also need pressure relief to avoid aches and pains. The Twilight will feel more welcoming than the Dusk and Midnight beds (each of which have moderate firmness), but it’s not likely to feel as firm as the Helix Dawn.Helix SizesHelix DimensionsHelix ThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″Helix Mattress Dimension Guide Size Chart Helix TwilightThe Helix Plus was created for individuals “and size” (and has been called the Nightfall), is a more substantial mattress compared to Helix’s other choices. It is moderately firm and should hold up well to many sleepers, including individuals weighing over 91 kg. Additionally, we believe that despite its title, it is acceptable for sleepers who are planning a lot less, as the harder construction results in a classier mattress and a feel that might appeal to a larger audience. The Helix Plus is created with three layers of foam, all denser than almost all of Helix’s additional 13 mattresses. The top cover, which is generally the most vulnerable to wear and tear of almost any mattress, provides a polyfoam density of 1 pound per cubic foot, compared to two 1/2 or two 3/4 pounds per cubic foot in other offerings. from Helix. The memory foam in the next layer is real memory foam. The foam layers were held together by 968 individually wrapped spools.SizesDimensionsThicknessTwin38″ x 75″13″Twin XL38″ x 8013″Full54″ x 75″13″Queen60″ x 80″13″King76″ x 8013″California King72″ x 84″13″Helix Mattress Dimension Guide Size Chart Helix PlusHelixsleep.comHelix Mattress, prices and discountsGo Helixby size-charts.comAn 8″ hybrid mattress with 5″ innerspring and custom foam layers to provide the right safety, comfort, support, and durability for growing kids with changing needs and preferences. The mattress has a soft side and a more firm side for your kids to choose from. No harmful chemicals are used.Helix Kids MattressDimensionsWeightTwin38 in W × 75 in L × 8 in H60 lbFull54 in W × 75 in L × 8 in H75 lbThere’s no such thing called the perfect size for a mattress. The main reason is that choosing the right mattress size is mainly a choice based on personal preferences. Take the measurements of your room also into account when choosing your Helix Mattress Size.Time needed: 3 minutesMeasure your mattress size in 6 simple steps, with extra steps to be sure you have chosen the perfect bed for your sleepMake sure your mattress is free of blankets, sheets, and pillowsIt is best to measure the correct size of your mattress when there is absolutely nothing on it. If there is a comfort layer on your mattress, feel free to leave it.Measure the width of your mattress from left to right.Mattresses can bend towards the ends, so be sure to measure from the ends of each side of the mattress.Use a flexible ruler or tape measure when measuring. Write the measurements on a piece of paper so you don’t forget them.Measure the length of your mattress from the foot end to the head end.When your mattress deflects at the head and foot end, be sure to measure the furthest point from each side.Measure the height from the bottom to the top of the mattressWhen you have a comfort layer on your mattress, feel free to leave it in your measurement. If not, only measure the height of the mattress.Apply these measurements in the size tables below of this articleThese measurements will help you choose the standard size of the mattress of your choice. The standard Helix Mattress sizes are Twin, Twin XL, Full, Queen, King, California King and Split KingExtra: Measure the doorways and hallways in your home before purchasing a new mattressThis is a very important dimension because you have to be absolutely sure that the mattress of your dreams. Choose the width of your mattress so that it can pass through the lowest doorway in your house where you have to carry it. Many mattresses are delivered in a box, so this problem occurs less these daysPay attention to the width and height of stairs that you have to pass with the mattressExtra: Measure the bed frame before you buy the mattress.This sounds logical, but it is recommended that you also measure your bed frame. Or when you buy a separate bed frame, it is best to check the dimensions, as these can vary from different manufacturers.Extra: Measure your roomMake sure there is enough space around the bed or mattress you plan to buy. This space is preferably provided along 3 sides of the mattress so that you can walk smoothly past your bed. We have written a separate article about this topic.Remember that height/thickness varies depending on the Model, so there is no universal thickness for each mattress size.The term “mattress thickness” is the same as “mattress height” and “mattress depth.” The Mattress thickness is only a part of the overall height of your bed. When your mattress is on the floor it’s the complete height of the bed.Material Thickness is the vertical dimension of a mattress. (height of the mattress)Helix Thickness SizingHelix MattressHelix Mattress Height in InchesHelix Mattress weight in LbsHelix Sunset MattressHelix Moonlight MattressHelix Midnight Mattress9.25″65 – 140 lbsHelix Dusk Mattress11.0″77 – 148 lbsHelix Twilight Mattress12.0″77 – 178 lbsHelix plus Mattress13.0″100 – 202 lbsHelix Kid’s Mattress8.0″60 – 75 lbsCheck all Mattresses on Helixsleep.comThe standard mattress size for a Helix Twin mattress is 38 inches wide and 75 inches long. A Twin bed size is ideal for smaller rooms and single sleepers with limited space. SHOP TWIN MATTRESSThe dimensions of a helix Twin are equal to the Helix Kids Twin sizes in width and length, the kid’s mattress is only 8″ thick. SHOP KIDS TWIN MATTRESSA Twin XL mattress is 5 inches longer than a twin size bed. This Twin XL mattress measures 38 inches wide and 80 inches long. Oftentimes, a Twin XL bed is used in student college dorm rooms and guest rooms. Taller individuals may prefer a Twin XL size over a standard Twin size. SHOP TWIN XL MATTRESSA Full size mattress can be a great choice for both single adults sleeping alone and couples sharing a bed. A Full mattress measures 54 inches wide and 75 inches in length. It’s a good fit for tall people and individuals looking for extra sleeping space, which is why a full bed is one of the most common sizes people shop for.SHOP FULL MATTRESSBecause of its expanded dimensions at 60 inches wide and 80 inches long, a Queen bed size is often considered an upgrade from a Full size bed. A Queen size mattress is ideal for couples and individuals looking for extra space in the bed if a Full size mattress isn’t quite roomy enough. If you plan to share your bed, a Queen size bed may be the best mattress size for you. SHOP QUEEN MATTRESSA King size mattress is a significantly larger mattress that measures 16 inches (one and a half feet) wider than a Queen size mattress. For those with enough space to spare, King size beds are a common size for master bedrooms, measuring 76 inches wide and 80 inches long.A King bed is perfect for couples, families with kids or pets (who are allowed to snuggle in bed), or simply anyone looking for extra length, width, and leg room in their mattress.SHOP KING MATTRESSCalifornia King size bed is four inches longer than a Standard King size bed but four inches narrower, meaning these two mattress sizes don’t share the same bed frame dimensions, as the California King will provide more leg room but fewer inches of space across the width of the bed for couples.The standard size of a California King bed measures 72 inches wide and 84 inches long. Keep in mind, if you’re choosing either a California King size bed or a King mattress, be sure to accurately measure the dimensions of your bedroom, as you will need adequate room size to fit these larger mattress sizes.SHOP CA KING MATTRESSWhile it is not essential to create a comfortable mattress, a box spring improves the durability of your mattress and also protects it from mildew. The warranty for most typical Helix mattresses takes a support base with clamps spaced no more than 13cm apart. Platform bases, flexible foundations, and box springs are acceptable as long as they provide sufficient support for your mattress.None of the normal versions of Helix have thick, ultra-absorbent foam layers like those found in a memory foam mattress, but some models’ ability to distill movement varies depending on comfortable foam shape and depth. For example, the Sunsets soft memory foam surface absorbs more movement and sound than its softer counterparts featuring Helix Dynamic Foam at the top.We expect Helix mattresses to last seven to ten years.The quiz on HelixSleep.com matches a customer using the manufacturer’s best mattress using sleep patterns and biomechanical data. To get your recommendation, you will then answer a few questions about your tastes, your body type, and your sleeping place.The company is well known for their high-quality mattresses at competitive prices – you will find Helix in our best mattress and best mattress in a guide box. There is a 100-night risk-free trial, so you can make sure the option you choose is the perfect fit for the safety of your own home. (If you don’t like it completely you’ll get a full refund.) Read on for the best prices, deals, and discounts on Helix mattresses… Helix Sleep offers the best solution for someone who can’t seem to access the mattress they’re looking for or even a sharing group who can’t agree on what they need in a mattress. Heavier users tend to enjoy many favorable benefits when choosing a custom mattress due to their specific needs. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Our dedicated team of sleep science coaches, engineers, and product evaluators thoroughly investigate hundreds of mattresses using our unique product methodology. Each article is reviewed for accuracy, referencing only trustworthy sources. Consistently updating our content and picks, we align with the latest scientific literature and expert counsel. Our top-rated mattresses have been personally reviewed and highly rated. In his latest hands-on mattress review, Dr. Jordan Burns, a seasoned chiropractor and sleep science coach, brings his expertise to bear on the Helix Midnight Luxe. With a discerning eye, he carefully examines the mattress’s construction, materials, and performance to determine whether it truly deserves its luxury status. By assessing factors such as pressure relief, responsiveness, and durability, Dr. Burns aims to provide an unbiased evaluation of the Midnight Luxe’s overall value proposition.Through meticulous testing and analysis of the mattress’s multi-layered design, Dr. Burns delves into the Midnight Luxe’s ability to deliver on its promises of exceptional comfort and support. He pays close attention to the mattress’s cooling capabilities, comparing its performance to traditional memory foam mattresses, and scrutinizes the zoned support features designed to promote proper spinal alignment. His goal is to offer readers an objective assessment that goes beyond the manufacturer’s claims and controlled studies. By combining his empirical observations from simulated sleep tests with a thorough examination of the Midnight Luxe’s components and construction, Dr. Burns seeks to provide readers with a comprehensive understanding of the mattress’s strengths and potential drawbacks. His review aims to cut through marketing jargon and provide a clear picture of whether the Midnight Luxe’s custom-engineered materials and USA-based manufacturing justify its premium price point compared to more affordable hybrid and foam mattress alternatives.When Helix sent me their highly acclaimed Midnight Luxe mattress, I was thrilled to have the opportunity to put it through its paces for eNight.com. As a chiropractor and certified sleep science coach, I’m always on the lookout for mattresses that can effectively support my patients’ varied sleep needs and preferences.After rigorously testing the Midnight Luxe’s performance across various criteria, including its suitability for different sleeping positions, motion isolation, edge support, and cooling properties, I’m excited to share my in-depth, first-hand review. Spoiler alert: the Helix Midnight Luxe impressed me across the board, delivering a perfect balance of comfort, support, and luxury.The mattress’s high-quality construction and thoughtful design elements make it a top contender for those seeking a durable, long-lasting investment in their sleep health. In the following sections, I’ll dive into the details of the Midnight Luxe’s innovative construction and share my findings from a series of hands-on performance tests, so you can make an informed decision about whether this mattress is the right fit for you.Side sleepers: Memory foam layers cradle hips and shoulders, providing excellent pressure relief.Back sleepers: Medium firmness and zoned lumbar support maintain proper spinal alignment.Combination sleepers: Responsive foam layers and coils allow for easy movement and changing of positions.Couples: Individually wrapped coils and memory foam layers minimize motion transfer, ensuring undisturbed sleep.Hot sleepers: Optional GlacioTex™ cooling cover and breathable design help regulate temperature for a cooler sleep.Those seeking luxury: Premium materials, pillow top, and thoughtful construction offer a high-end sleep experience.Sleepers with back pain: Targeted support and pressure relief help alleviate back pain and discomfort.Eco-conscious shoppers: CertiPUR-US and GREENGUARD Gold certifications ensure low emissions and no harmful chemicals.Shoppers seeking a trial period: 100-night sleep trial allows ample time to test the mattress risk-free.Those looking for a long-term investment: 15-year warranty demonstrates the durability and longevity of the mattress.The Helix Midnight Luxe mattress arrived at my doorstep in a compact box, which was a pleasant surprise considering the mattress’s size. The box was quite heavy, so I recommend having someone assist you with moving it to your bedroom. Once I opened the box, I found the mattress compressed, encased in plastic, and rolled up tightly.The unboxing process was straightforward. I removed the mattress from the box, placed it on my bed frame, and carefully cut open the plastic wrapping. As soon as I removed the plastic, the mattress began to expand rapidly. It was ready for use almost immediately, which was impressive.I did notice a slight off-gassing odor upon opening, common to mattresses in boxes. But it dissipated within a couple of hours after I cracked open a window.Mattress Layers, Materials, and ConstructionOne of the first things I wanted to examine was the mattress’s construction. The Helix Midnight Luxe is a well-crafted mattress with several layers that work together to provide comfort and support.Foam BaseAt the base, there’s a DuraDense foam layer that serves as a foundation for the mattress and the pocketed coil layer above it.Pocketed Coil SupportSpeaking of the coil layer, the Helix Midnight Luxe boasts up to 1,000 individually wrapped coils. During my time testing the mattress, I found that this layer not only provided excellent lumbar support but also contributed to the mattress’s impressive edge support, which I’ll discuss in more detail later.Memory FoamAbove the coil layer, there’s a transition layer made of memory foam, followed by a copper gel memory foam layer and a Helix responsive foam layer. These memory foam layers work together to provide the mattress with its medium firmness level, cradling your body to ensure optimal comfort and support.Mattress CoverFinally, the Helix Midnight Luxe features a premium cooling pillow top cover. You can choose between an ultra-breathable TENCEL™ cover or a GlacioTex™ cooling cover.The model I tested had the GlacioTex™ cover, which felt cool to the touch and did an excellent job of regulating my body temperature throughout the night.Testing Sleeping PositionsAs a chiropractor, I’m often asked about how different mattresses can affect spinal alignment for various body types and sleeping positions.The mattress has a medium firmness level, which I believe strikes a good balance for most sleepers. As a side sleeper myself, I was particularly impressed with how the mattress cradled my hips and shoulders, keeping my spine in a neutral alignment.While some back and stomach sleepers might prefer a slightly firmer mattress, I found the Helix Midnight Luxe to provide ample support in these positions.Let’s take a closer look at how the mattress performs for each sleeping position.Side SleepingAs a side sleeper myself, I was particularly interested in how the Helix Midnight Luxe would support my body in this position. It’s designed primarily as a mattress for side sleeping, too, and I wanted to see how it lived up to the hype.I was pleasantly surprised by the mattress’s ability to provide excellent pressure relief for my hips and shoulders, which are common pain points for side sleepers.The memory foam layers in the Helix Midnight Luxe did an exceptional job of contouring to my body, allowing my hips and shoulders to sink in just enough without causing misalignment in my spine. The medium firmness level was perfect for me as a side sleeper, as it provided the right balance of comfort and support.During my testing, I noticed that the mattress helped maintain my spine’s natural alignment, which is crucial for preventing pain and stiffness in the morning. I woke up feeling refreshed and without any discomfort in my hips or shoulders, which is a testament to the Helix Midnight Luxe’s performance for side sleepers.Back SleepingWhile I primarily sleep on my side, I also tested the Helix Midnight Luxe in the back sleeping position. As a chiropractor, I know how important it is for a mattress for back sleeping to provide adequate lumbar support to maintain the natural curvature of the spine.The Helix Midnight Luxe’s medium firmness level and supportive coil layer worked together to keep my spine properly aligned while sleeping on my back. The memory foam layers contoured to my lower back, providing the necessary support to prevent my hips from sinking too deeply into the mattress.Although some back sleepers may prefer a slightly firmer mattress, I found the Helix Midnight Luxe to be comfortable and supportive in this position. I didn’t experience any lower back pain or stiffness after sleeping on my back, which is a good indication of the mattress’s suitability for this sleeping position.Stomach SleepingStomach sleeping is often considered the least healthy sleeping position, as it can put excessive strain on the lower back and neck. However, for those who prefer this position, it’s essential to choose a mattress for stomach sleeping that provides adequate support to minimize the risk of pain and discomfort.During my testing, I found that the Helix Midnight Luxe performed reasonably well for stomach sleeping. The medium firmness level and supportive coil layer helped prevent my hips from sinking too deeply into the mattress, which is a common issue for stomach sleepers on softer mattresses.However, it’s worth noting that some stomach sleepers may prefer an even firmer mattress to ensure optimal spinal alignment. If you’re a dedicated stomach sleeper, you may want to consider one of Helix’s firmer mattress options or use a thin pillow to help maintain a neutral neck position.Combination SleepingCombination sleepers, or those who change positions throughout the night, often have a challenging time finding a mattress that suits all of their needs. However, the Helix Midnight Luxe’s versatility makes it an excellent choice as a mattress for combination sleepers.During my testing, I purposely changed positions multiple times to see how the mattress would respond. I was impressed by how easily I could move from one position to another without feeling stuck or experiencing excessive motion transfer.The Helix Midnight Luxe’s medium firmness level and responsive foam layers allowed me to comfortably sleep on my side, back, and stomach without any significant issues. The mattress provided the necessary support and pressure relief in each position, ensuring a comfortable and restful night’s sleep.You can observe me switching sleep positions in the clip below!As a combination sleeper, I highly recommend the Helix Midnight Luxe for its ability to accommodate multiple sleeping positions. Its versatility and adaptability make it a top choice for those who like to switch things up during the night. With all these features, you can also find Helix Midnight Luxe in our collection of best mattresses 2025.Mattress Response TimeResponse time is a crucial factor to consider when choosing a mattress, as it directly impacts your comfort and sleep quality. A mattress with good response time will quickly adapt to your body’s movements and changes in position, ensuring that you receive consistent support and pressure relief throughout the night.To test the response time of the Helix Midnight Luxe, I used both a 15-pound kettlebell and my own body weight.First, I placed the kettlebell on the mattress and observed how quickly the mattress recovered its shape after I removed the weight. The Helix Midnight Luxe demonstrated excellent responsiveness, with the mattress bouncing back to its original shape almost immediately.Next, I dropped the kettlebell onto the mattress from a small height to simulate the impact of a person’s body weight. Once again, the Helix Midnight Luxe showcased its impressive response time. The mattress absorbed the impact of the kettlebell and quickly returned to its original shape, demonstrating its ability to adapt to sudden changes in pressure.You can see me performing this drop test in the clip below!In addition to the kettlebell test, I also conducted a hand press test. I pressed my hand into the mattress and observed how quickly it regained its shape once I removed my hand. The Helix Midnight Luxe exhibited a fast response time, with the foam layers quickly bouncing back to their original position.To further test the mattress’s response time, I lay down on the Helix Midnight Luxe in various positions and observed how the mattress adapted to my body. As I shifted from my side to my back and then to my stomach, the mattress quickly contoured to my body’s curves, providing consistent support and pressure relief.When I changed positions, the Helix Midnight Luxe responded swiftly, allowing me to comfortably transition without feeling stuck or experiencing any discomfort. The mattress’s combination of individually wrapped coils and responsive foam layers contributed to its exceptional response time, ensuring that I received the support I needed no matter how much I moved throughout the night.As a chiropractor, I know how important it is for a mattress to have a good response time. A mattress that fails to adapt quickly to your body’s movements can lead to discomfort, pain, and even sleep disruptions.The Helix Midnight Luxe’s excellent response time ensures that your body receives the necessary support and pressure relief, regardless of your sleeping position or movements during the night. Throughout my testing, I was consistently impressed. Whether I was using a kettlebell, my own body weight, or simply pressing my hand into the mattress, the Helix Midnight Luxe always responded quickly and efficiently. I would give the Helix Midnight Luxe a 9 out of 10 for response time. This material responsiveness is a testament to the high-quality materials and thoughtful construction of the mattress. Mattress Responsiveness Score 9 out of 10Motion transfer is another critical factor to consider, especially if you share your bed with a partner. A mattress with good motion isolation will minimize the amount of movement felt across the surface, allowing you and your partner to sleep undisturbed, even if one of you tends to toss and turn or get up during the night.To test motion transfer, I once again used the 15-pound kettlebell. I placed the kettlebell on one side of the mattress and dropped it from a small height. While the kettlebell did eventually fall over, the motion transfer was minimal. I would give the Helix Midnight Luxe a score of 9 out of 10 for motion transfer, making it an excellent mattress for couples.The Helix Midnight Luxe’s superior mattress motion isolation can be attributed to its thoughtful construction. The individually wrapped coils in the support layer help to localize motion, preventing it from transferring across the entire mattress surface.Additionally, the memory foam layers above the coils further contribute to motion isolation by absorbing and dampening any remaining movement.To further test the motion transfer, I asked my partner to lie on the mattress while I moved around on the other side. I intentionally changed positions, shifted my weight, and even got in and out of bed to simulate a restless night’s sleep. Throughout this test, my partner reported minimal disturbance, confirming the Helix Midnight Luxe’s excellent motion isolation properties.The importance of motion isolation extends beyond just minimizing sleep disturbances for couples. A mattress with good motion isolation can also help reduce the risk of waking up due to your own movements.If you tend to change positions frequently during the night, a mattress that absorbs and isolates motion can help you stay asleep, as you’ll be less likely to disrupt yourself with your own movements. Motion Isolation Score 9 out of 10Edge support is a crucial factor to consider when choosing a mattress, especially if you tend to sit on the edge of the bed or sleep near the perimeter. A mattress with edge support will provide a stable and secure feeling, preventing you from feeling like you might roll off the bed. It also ensures that you can utilize the entire surface area of the mattress, maximizing your sleeping space.Furthermore, mattress edge support is beneficial for individuals who have mobility issues or difficulty getting in and out of bed. The stable edges provide a secure surface to sit on when transitioning from sitting to standing, or vice versa. This can greatly improve the ease and safety of getting in and out of bed, particularly in mattresses for seniors or those with physical limitations.During my testing of the Helix Midnight Luxe, I was thoroughly impressed by its exceptional edge support. The mattress features a reinforced perimeter in the coil layer, which provides a solid and sturdy feel along the edges. When I sat on the edge of the bed, I felt well-supported and stable, with minimal compression or sinkage.In addition to the reinforced coil layer, the Helix Midnight Luxe’s high-density foam layers also contribute to its excellent edge support. These foam layers work in harmony with the coils to provide a solid and stable foundation, further enhancing the overall edge support of the mattress.To further test the edge support, I lay down on the mattress in various positions, paying close attention to how supported I felt near the edges. Whether I was lying on my side, back, or stomach, I consistently felt secure and comfortable, even when I was close to the perimeter of the mattress.The Helix Midnight Luxe’s edge support allowed me to use the entire surface area of the mattress without any concerns about rolling off or feeling unstable. As a chiropractor, I cannot overstate the importance of edge support for maintaining proper spinal alignment and preventing discomfort.Throughout my testing, I consistently felt confident and supported when sitting or lying near the edges of the Helix Midnight Luxe. The mattress’s edge support is truly top-notch, and I would give it a perfect score of 10 out of 10 in this category.When a mattress lacks adequate edge support, you may find yourself struggling to maintain a comfortable and stable position near the perimeter of the bed. This can lead to improper spinal alignment, increased pressure on your joints, and even the risk of falling off the bed. Edge Support Score 10 out of 10One of the standout features of the Helix Midnight Luxe mattress is its exceptional cooling and breathability. In today’s market, where many people struggle with overheating during sleep, finding a cooling mattress that effectively regulates temperature is crucial for a comfortable and restful night’s sleep.The Helix Midnight Luxe addresses this concern head-on with its thoughtful design and innovative materials.During my testing, I was immediately impressed by the mattress’s ability to keep me cool and comfortable throughout the night, and I give the mattress a 10 out of 10 for its temperature regulation.The Helix Midnight Luxe’s cooling capabilities can be attributed to several key factors, including the GlacioTex™ cooling cover, the breathable design, and the use of heat-dissipating materials.GlacioTex™ Cooling CoverThe model I tested featured the GlacioTex™ cooling cover, which is an optional upgrade for those who prioritize a cool sleeping surface. This advanced cover is specifically designed to regulate temperature and keep you comfortable all night long.Upon touching the GlacioTex™ cover, I noticed that it felt remarkably cool and refreshing against my skin. The cover is made with fibers that have high thermal conductivity, allowing for rapid heat dissipation.This means that any excess heat generated by your body is quickly drawn away from the surface of the mattress, helping to maintain a cool and comfortable sleeping environment.Throughout my testing period, I never once felt overheated or clammy while sleeping on the Helix Midnight Luxe with the GlacioTex™ cover. Even on warmer nights, the mattress remained consistently cool

and inviting, allowing me to sleep soundly without any temperature-related disruptions.It’s worth noting that Helix also offers an ultra-breathable TENCEL™ cover as a standard option for the Midnight Luxe. While I did not personally test this cover, it is known for its moisture-wicking and breathable properties, which can also contribute to a cooler and more comfortable sleep experience.Breathable DesignIn addition to the cooling cover, the Helix Midnight Luxe boasts a highly breathable design that promotes airflow and temperature regulation throughout the mattress. During my examination of the mattress, I noticed the presence of substantial ventilation channels and air pockets within the various layers.These ventilation channels allow for continuous air circulation, preventing heat from getting trapped within the mattress. By promoting constant airflow, the Helix Midnight Luxe effectively dissipates any excess heat and moisture, ensuring that the sleeping surface remains cool and dry.The individually wrapped coils in the support layer also play a crucial role in enhancing breathability. Unlike traditional solid foam bases, the coil system allows for greater air circulation throughout the mattress. This design feature further contributes to the Helix Midnight Luxe’s exceptional cooling and breathability.Heat-Dissipating MaterialsThe Helix Midnight Luxe also incorporates heat-dissipating materials in its construction, which work in tandem with the cooling cover and breathable design to provide a consistently cool sleeping experience.One notable example is the copper-infused memory foam layer. Copper is known for its excellent thermal conductivity, meaning it can efficiently transfer heat away from your body. By infusing copper into the memory foam, the Helix Midnight Luxe enhances its ability to regulate temperature and prevent heat retention.Additionally, the use of high-quality, open-cell foams throughout the mattress further contributes to its breathability and cooling properties. Open-cell foams have a more porous structure compared to traditional closed-cell foams, allowing for better airflow and heat dissipation. Temperature Regulation Score 10 out of 10While the Helix Midnight Luxe is an exceptional mattress, there are a few potential drawbacks to consider. In this section, we’ll take a closer look at some of the potential drawbacks of the Helix Midnight Luxe.Off-GassingLike many new mattresses, the Helix Midnight Luxe may emit a slight off-gassing odor when first unboxed. This odor is a result of the manufacturing process and the release of volatile organic compounds (VOCs) from the foam materials.While the off-gassing odor is generally considered harmless and dissipates quickly, some individuals may be more sensitive to these smells. If you are particularly sensitive to odors or have respiratory issues, the initial off-gassing period may be a drawback.To minimize the impact of off-gassing, I recommend you unbox and air out your Helix Midnight Luxe in a well-ventilated room. Keeping a window open and allowing the mattress to breathe for a few hours can help dissipate the odor more quickly.In most cases, the off-gassing smell should disappear entirely within a few days.Mattress FirmnessThe Helix Midnight Luxe has a medium firmness level, which is designed to accommodate a wide range of sleepers and sleeping positions. However, this firmness level may not be ideal for everyone.Some individuals may prefer a softer or firmer mattress, depending on their body type, weight, and personal preferences.For example, if you are a side sleeper who enjoys a plush, cloud-like feel, you may find the Helix Midnight Luxe to be a bit too firm for your liking.On the other hand, if you are a stomach sleeper who requires a very firm surface to maintain proper spinal alignment, the medium firmness of the Helix Midnight Luxe may not provide the level of support you need.It’s important to keep in mind that firmness preferences are highly subjective and can vary greatly from person to person. While the Helix Midnight Luxe’s medium firmness level aims to strike a balance that suits most sleepers, it may not be the perfect fit for everyone.Mattress ThicknessThe Helix Midnight Luxe has a height of 13.5 inches, which is considered a high-profile mattress. While this extra height allows for the inclusion of additional comfort layers and support features, it may not be ideal for all sleepers or bedroom setups. Some might prefer a shorter or taller mattress.For those sleepers, I would recommend the slimmer Helix Midnight, which is a simplified and more compact version, or the Helix Midnight Elite, a tall luxury mattress with a thick pillow top.If you have a lower bed frame or prefer a mattress with a lower profile, the Helix Midnight Luxe’s height may be a drawback. The added height can make it more difficult to get in and out of bed, especially for individuals with mobility issues or shorter stature.It’s worth noting that the Helix Midnight Luxe’s height also requires deep-pocketed sheets to ensure a proper fit. If you already have a set of standard sheets, you may need to invest in new bedding to accommodate the mattress thickness.Hybrid ConstructionThe Helix Midnight Luxe is a hybrid mattress, combining individually wrapped coils with various foam layers. While this construction offers many benefits, such as targeted support and pressure relief, it may not be the preferred choice for everyone.Some sleepers may prefer the feel of an all-foam mattress, which typically offers a more enveloping, body-hugging sensation. Others may be drawn to the bounce and responsiveness of a traditional innerspring mattress.If you have a strong preference for a specific mattress type, the hybrid construction of the Helix Midnight Luxe may not align with your preferences.Additionally, some individuals may prioritize natural and organic materials in their mattress choice. The Helix Midnight Luxe, while made with high-quality materials, does not primarily focus on natural or organic components.If you are looking for a mattress made with materials such as organic cotton, wool, or natural latex, the Helix Midnight Luxe may not be the best option for you. However, they do have a sister brand, Birch, that focuses on natural materials. I have even personally reviewed the Birch Natural Mattress.Price PointThe Helix Midnight Luxe is a premium, high-quality mattress, and its price point reflects this. While the mattress offers excellent value for its features and benefits, it may not be the most budget-friendly option for everyone.If you are working with a limited budget or are looking for a more affordable mattress option, the Helix Midnight Luxe’s price tag may be a drawback. It’s important to consider your financial situation and priorities when making a mattress purchase decision.However, it’s worth noting that investing in a high-quality mattress like the Helix Midnight Luxe can be beneficial in the long run, compared to a budget mattress. A mattress that provides excellent support, comfort, and durability can contribute to better sleep quality, improved physical health, and enhanced overall well-being.In this context, the Helix Midnight Luxe’s price point may be justified for those who prioritize these factors and are willing to invest in a premium sleep experience.Break-In PeriodAs with any new mattress, the Helix Midnight Luxe may require a break-in period before it fully adapts to your body and reaches its optimal comfort level. During this break-in period, which can last anywhere from a few days to a few weeks, you may experience slight discomfort or feel that the mattress is firmer than expected.This mattress break-in period is a common drawback of many new mattresses and is not unique to the Helix Midnight Luxe. However, it is important to be aware of this potential adjustment period, as it may impact your initial satisfaction with the mattress.To help expedite the break-in process and ensure a comfortable sleeping experience, I recommend you spend as much time as possible on your new Helix Midnight Luxe mattress. Sleeping, sitting, and even briefly walking on the mattress can help the materials soften and conform to your body more quickly.If you experience prolonged discomfort or feel that the mattress is not meeting your expectations after the break-in period, it’s important to remember that Helix offers a 100-night sleep trial. This trial period allows you to fully experience the mattress in the comfort of your own home and return it for a full refund if you are not satisfied.Trial Period, Warranty, Pricing, and SizesHelix offers a generous 100-night sleep trial, allowing you to test the mattress in the comfort of your own home. If you’re not satisfied, you can return the mattress for a full refund within this period.The mattress also comes with a 15-year warranty, which demonstrates Helix’s confidence in their product’s durability.The Helix Midnight Luxe is available in all standard mattress sizes, twin to California king. While it may be more expensive than some other mattresses on the market, I believe it offers excellent value when compared to other luxury hybrid mattresses.Helix has partnered with Affirm to provide financing options, making the mattress more accessible to a wider range of customers. They also provide detailed dimensions for each mattress size on their website, ensuring that you can find the perfect fit for your space.Helix Midnight Luxe Mattress Dimensions and PricesBirch Natural SizeDimensionsSales PriceTwin Size38 inches wide by 75 inches long by 13.5 inches tall$1373.80Twin XL Size38 inches wide by 80 inches long by 13.5 inches tall$1623.80Full Size54 inches wide by 75 inches long by 13.5 inches tall$1998.80Queen Size60 inches wide by 80 inches long by 11 inches tall$2373.80King Size76 inches wide by 80 inches long by 11 inches tall$2873.80California King Size72 inches wide by 84 inches long by 13.5 inches tall$2873.80Short Queen60 inches wide by 74 inches long by 13.5 inches tall$2373.80RV King72 inches wide by 80 inches long by 13.5 inches tall$2873.80The Helix Midnight Luxe has garnered an impressive 4.4-star rating from over 6,000 reviews, indicating a high level of customer satisfaction. Let’s take a closer look at some of these reviews to better understand how the mattress performs in real-life situations.Morgan P., a verified buyer, gave the mattress a 4-star rating, noting that it has helped alleviate shoulder and neck pain as a side sleeper. They also mentioned that the mattress provides excellent motion isolation, as their partner, who is a more active sleeper, does not disturb them during the night. However, Morgan did point out that the edge support could be better, as they noticed significant sinkage when sitting on the side of the bed.Robert M., another verified buyer, awarded the Helix Midnight Luxe a perfect 5-star rating. They mentioned that they had been sleeping on the mattress for a couple of months and were very pleased with its performance. Despite initial hesitations about ordering a mattress online, Robert and his partner have been sleeping great on the Helix Midnight Luxe.On the other hand, Marie B., while giving the mattress a 4-star rating, expressed that the cooling properties were not as effective as described. Despite the mattress helping with back and side pain, Marie found that it did not provide the cooler night’s sleep they were hoping for, even with their thermostat set to 67°F at night.This is an important consideration for those who prioritize a cool sleeping surface and may want to opt for the GlacioTex cooling cover upgrade.Craig A. shared similar sentiments, rating the mattress 4 stars. While Craig and his wife have been sleeping better and longer on the Helix Midnight Luxe compared to their old mattress, they also experienced issues with the mattress feeling too warm.They purchased the GlacioTex mattress protector to mitigate this issue, which helped to a degree. Craig mentioned that they plan to switch to percale bedding when the weather warms up to see if that further improves the cooling performance.Julia R., a lightweight side and back sleeper, gave the Helix Midnight Luxe a glowing 5-star review. She reported experiencing better sleep and sleeping through the night since purchasing the mattress, a significant improvement over her older mattress.These reviews highlight the importance of considering individual preferences and needs when choosing a mattress. While the Helix Midnight Luxe has received numerous positive reviews for its comfort, support, and motion isolation, some customers have found the cooling properties to be lacking.If you are a hot sleeper or live in a warm climate, it may be worth considering the GlacioTex cooling cover upgrade to ensure a more comfortable sleeping experience.Environmental ImpactHelix is committed to providing safe and environmentally friendly mattresses, ensuring that customers can rest easy knowing their sleep environment is free from harmful substances.The company has gone above and beyond to earn some of the most rigorous safety certifications in the industry, demonstrating their dedication to customer well-being and environmental responsibility.GREENGUARD Gold CertifiedAll Helix mattresses have received the prestigious GREENGUARD Gold Certification, which involves testing for emissions of over 350 volatile organic compounds (VOCs).This certification guarantees that Helix mattresses do not contain additional chemicals and meet strict emissions safety standards, producing only low amounts of VOCs.By achieving this certification, Helix provides customers with the peace of mind that their mattresses are safe for both their health and the environment.CertiPUR-US Certified FoamsIn addition to the GREENGUARD Gold Certification, all foams used in Helix products are CertiPUR-US certified. This certification ensures that the foams are made without harmful chemicals such as ozone depleters, PBDE flame retardants, mercury, lead, heavy metals, and formaldehyde.CertiPUR-US certified foams also have an extremely low impact on indoor air quality. By using CertiPUR-US certified foams, Helix mattresses offer the potential benefits of improved indoor air quality, greater durability, and the assurance that none of the foams in the mattress are harmful to the customer’s health.ManufacturingHelix takes pride in the fact that every mattress is assembled in their Arizona facility and shipped directly to the customer’s home. The company’s team of engineers, designers, and craftsmen have decades of experience in manufacturing beds with a focus on quality. This expertise results in a meticulously designed and assembled Helix mattress that is tailored to each individual customer.No FiberglassHelix distinguishes itself from other well-known mattress brands by ensuring that their mattresses are 100% fiberglass-free. While some brands rely on fiberglass to meet fire safety standards, Helix has found alternative methods to achieve fire safety compliance without exposing customers’ homes to harmful materials.This commitment to constructing mattresses without fiberglass provides customers with complete peace of mind, knowing that their mattress is both safe and environmentally friendly.Mattress Maintenance and CareTo ensure your Helix Midnight Luxe mattress lasts as long as possible, it’s essential to follow the manufacturer’s care instructions:Helix recommends using a mattress protector, although it’s not required.If you need to clean the mattress, spot clean only and allow it to air dry – never machine wash or dry the mattress.The Helix Midnight Luxe does not require flipping, as it’s designed to be used with the pillow top side facing up. However, you can rotate the mattress if desired to promote even wear.As with any mattress, it’s crucial to maintain a clean sleep environment by regularly washing your sheets and bedding.Final VerdictAfter thoroughly testing the Helix Midnight Luxe mattress, I can confidently say that it’s one of the best mattresses I’ve had the pleasure of sleeping on. The mattress’s exceptional cooling and breathability, combined with its outstanding edge support, make it a top choice for those seeking a comfortable and supportive sleep surface.I was particularly impressed with the mattress’s ability to accommodate various sleeping positions while maintaining proper spinal alignment. The premium materials and craftsmanship used in the Helix Midnight Luxe are evident, contributing to its overall durability and longevity.While the mattress may have a higher price point than some other options on the market, I believe it offers excellent value for its quality and features. The 100-night sleep trial and 15-year warranty provide peace of mind, allowing you to invest in your sleep with confidence.Overall, I would give the Helix Midnight Luxe mattress a rating of 9 out of 10. It’s a high-quality, well-designed mattress that prioritizes comfort, support, and temperature regulation. As a sleep science coach and chiropractor, I wholeheartedly recommend the Helix Midnight Luxe to anyone looking to improve their sleep quality and overall well-being.Remember, investing in a high-quality mattress like the Helix Midnight Luxe is an investment in your sleep health and, ultimately, your overall wellness. By prioritizing your sleep environment and choosing a mattress that suits your individual needs and preferences, you’re taking a significant step towards better rest and a healthier life.Dr. Jordan Burns’ Final Score TallyCategoryScoreMattress Responsiveness9 out of 10Motion Isolation9 out of 10Edge Support10 out of 10Breathability and Cooling Features10 out of 10Overall Score9 out of 10Frequently Asked QuestionsHow long does the Helix Midnight Luxe last?The Helix Midnight Luxe mattress is designed to provide long-lasting comfort and support, with a lifespan of 7-10 years, depending on usage and maintenance. The high-quality materials, such as the individually wrapped coils and dense foams, contribute to its durability.Additionally, Helix offers a 15-year warranty, demonstrating their confidence in the mattress’s longevity.Is the Helix Midnight Luxe good for couples?Yes, the Helix Midnight Luxe is an excellent choice for couples. The individually wrapped coils and memory foam layers work together to minimize motion transfer, ensuring that you and your partner can sleep undisturbed, even if one of you tends to move around during the night.The mattress also provides excellent edge support, allowing couples to utilize the entire surface area without feeling like they might roll off.Can I try the Helix Midnight Luxe before committing to a purchase?Helix offers a 100-night sleep trial, allowing you to test the Midnight Luxe mattress in the comfort of your own home. If you find that the mattress does not meet your expectations within the trial period, you can return it for a full refund.This risk-free trial period gives you ample time to decide whether the Helix Midnight Luxe is the right mattress for you.How does the Helix Midnight Luxe regulate temperature?The Helix Midnight Luxe mattress features several cooling technologies to help regulate temperature and keep you comfortable throughout the night. The optional GlacioTex™ cooling cover is designed to dissipate heat rapidly, while the breathable design and heat-dissipating materials, such as copper-infused memory foam, work together to promote airflow and prevent heat build-up.These features make the Helix Midnight Luxe an excellent choice for hot sleepers.Is the Helix Midnight Luxe compatible with an adjustable bed frame?Yes, the Helix Midnight Luxe mattress is compatible with adjustable bed frames. The mattress’s flexible design allows it to bend and conform to the adjustable base’s movements without compromising its support or comfort.However, it’s essential to ensure that the adjustable bed frame is designed to accommodate the weight and dimensions of the Helix Midnight Luxe mattress.How do I clean and maintain my Helix Midnight Luxe?To keep your Helix Midnight Luxe mattress in top condition, start by using a mattress protector to guard against spills, stains, and dust mites. If you need to clean the mattress, spot clean any stains using a mild detergent and cold water, then allow the mattress to air dry completely.Rotate the mattress every 3-6 months to ensure even wear, but do not flip it, as the Midnight Luxe is designed with a specific top-to-bottom construction.What makes the Helix Midnight Luxe different from other hybrid mattresses?The Helix Midnight Luxe sets itself apart from other hybrid mattresses through its thoughtful design, premium materials, and attention to detail. The combination of individually wrapped coils, high-density foams, and a plush pillow top creates a balanced, supportive, and comfortable sleep surface.The mattress also offers advanced cooling features, excellent motion isolation, and strong edge support, catering to a wide range of sleep preferences and needs.Additionally, Helix’s commitment to eco-friendly and safe materials, as evidenced by the mattress’s GREENGUARD Gold and CertiPUR-US certifications, makes it a standout choice for health-conscious consumers. Helix Sleep is an online bed in a box brand that has been around since 2014 and has surely made its mark in the mattress market. Their makeup is what sets them apart from the rest of the competition. They have 6 separate mattresses in their traditional range and you can also choose according to your sleeping style and your taste for stability. Discovers all in the below Helix Mattress dimension guide with easy-to-use Helix Mattress size charts. Best Mattress For Back Pain – Spine AlignmentSleepopolisThe full international Mattress Size Charts you can find hereThe dimensions of your room for the best Mattress size is handled hereThe very first thing you might notice when seeing helixsleep.com is their sleep quiz. It is a useful tool that can help you find the best mattress for your sleeping style and tastes. This is especially useful as they have 6 separate mattresses in their range. Each version is available with Luxe update features for an additional price. If you have a moment, try the sleep quiz, it’s sweet and short.We know choosing a mattress can be difficult, but Helix truly includes a mattress for everyone. In addition to the 6 different firmness levels, they additionally have Helix Plus and Birch from Helix (sizing info on Birch is handled on this page). The Helix Plus is specially designed for heavier sleepers, while the Helix Birch is their only organic offering.The two main lines of Helix mattresses – Helix Standard and Helix Luxe- are divided into three different firmness options: soft, medium, and firm. Helix mattresses are available in two variants, depending on your preferred sleeping position. One is designed for side sleepers; the other for back and stomach sleepers. Once you know that, choosing the right Helix mattress is very easy. However, you can also take the Helix Sleep Quiz. This will find you the right mattress within minutes, depending on the answers to some questions about your age, height, sleep preferences, etc. (If you’re sharing a bed, you can also fill in your partner’s contact details.) Finding the right mattress has always been difficult. Many companies seem to be promoting themselves as a one-stop solution to sleep problems. These claims are simply not correct, as everyone has different requirements and tastes. With all the options available in the market today, finding the perfect mattress can be difficult and can take some time, if not a little trial and error at least.We’ve compiled a full-size and Helix Mattress dimension guide of Helix mattresses so you can see if this specific model or brand is the right selection for you.Factors like room size, how active a sleeper you are, and whether or not you share a bed influence which Helix Mattresses sizes the best suit your needs.Understanding the dimension and names will help you narrow down the options to help you find the right bed size to suit your specific needs.Helix mattress sizing explained by Mattress NerdWant to know the weight and thickness of Helix mattresses? These depend by the model, check them belowHelixsleep.comHelix Mattress, prices and discountsGo Helixby size-charts.comThe Sunset is the lightest mattress in the regular Helix Sleep collection. It is the most conventional memory foam texture and shapes around the body larger than any other normal Helix mattress, making it the best mattress for side sleepers. The Sunsets comfort cover includes soft memory foam, so you will feel hugged and lying down, especially if you sleep on your side. Helix designed the mattress to provide side sleeper assistance for short body types, but medium-weight sleepers who like an extremely plush feel might find it comfortable as well. Although it shares a similar stability setting in the Helix Moonlight.SizesDimensionsThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″The Helix Moonlight mattress is promoted with the Sunset as with a soft feel. While it’s soft, it doesn’t have a sinking feeling that memory foam purists tend to like. It uses the manufacturer’s exclusive Helix Dynamic Foam from the Relaxation and Transition layers, which collectively create neutral, soft buoyancy for your sleeper. This mattress is ideal for small back and stomach sleepers, but we also suggest it as a mattress for mixed sleepers who change mainly with the stomach and back. The Helix Moonlight can also do the job for little side sleepers who don’t like a memory foam texture.SizesDimensionsThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″The Helix Midnight is your brand’s most popular version, using a moderate level of firmness that might be suitable for back, side, stomach, and mix sleepers. It’s a traditional memory foam texture reminiscent of Tempur-Pedic mattresses, but it’s responsive and inviting thanks to the pocket coil center and the dynamic Helix latex-like foam transition coating. The flexibility of this Helix Midnight also makes it one of the best mattresses for couples who fall into the midweight category. The Helix Dusk, the maker of other moderate firm mattresses, has a neutral foam feel and also a bit more support. If you’re struggling to choose between the two, we recommend Midnight for people with ailments and pain.SizesDimensionsThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″Helix Mattress Dimension Guide Size Chart Helix MidnightMuch like the Helix Midnight, the Dusk is a hybrid mattress using a moderate level of firmness. On our mattress stability scale, we think the Midnight as well as the Dusk collapse around a 6/10 degree of hardness: moderate stability. On the other hand, the Dusk is meant to feel like a more even-handed lather than the texture of Midnight’s memory foam. Helix accomplishes this by putting its own responsive and inviting Helix dynamic foam on the Dusk’s comfortable liner. Despite the fact that you won’t experience as much stress relief as on the softer Midnight or Sunset mattresses, you will likely feel encouraged in any place to sleep under Helix Dusk.Helix SizesHelix DimensionsHelix ThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″Helix Mattress Dimension Guide Size Chart Helix DuskFrom the second firmest mattress in the normal Helix Sleeps line, the Twilight offers a professional feel but offers pressure point relief with the help of a top layer of memory foam. If you sleep soundly, mostly on your side, but appreciate a firmer mattress, this could be a fantastic alternative for you. The Twilight is a fantastic mattress for back and stomach sleepers who want a firm mattress but also need pressure relief to avoid aches and pains. The Twilight will feel more welcoming than the Dusk and Midnight beds (each of which have moderate firmness), but it’s not likely to feel as firm as the Helix Dawn.Helix SizesHelix DimensionsHelix ThicknessTwin38″ x 75″12″Twin XL38″ x 8012″Full54″ x 75″12″Queen60″ x 80″12″King76″ x 8012″California King72″ x 84″12″Helix Mattress Dimension Guide Size Chart Helix TwilightThe Helix Plus was created for individuals “and size” (and has been called the Nightfall), is a more substantial mattress compared to Helix’s other choices. It is moderately firm and should hold up well to many sleepers, including individuals weighing over 91 kg. Additionally, we believe that despite its title, it is acceptable for sleepers who are planning a lot less, as the harder construction results in a classier mattress and a feel that might appeal to a larger audience. The Helix Plus is created with three layers of foam, all denser than almost all of Helix’s additional 13 mattresses. The top cover, which is generally the most vulnerable to wear and tear of almost any mattress, provides a polyfoam density of 1 pound per cubic foot, compared to two 1/2 or two 3/4 pounds per cubic foot in other offerings. from Helix. The memory foam in the next layer is real memory foam. The foam layers were held together by 968 individually wrapped spools.SizesDimensionsThicknessTwin38″ x 75″13″Twin XL38″ x 8013″Full54″ x 75″13″Queen60″ x 80″13″King76″ x 8013″California King72″ x 84″13″Helix Mattress Dimension Guide Size Chart Helix PlusHelixsleep.comHelix Mattress, prices and discountsGo Helixby size-charts.comAn 8″ hybrid mattress with 5″ innerspring and custom foam layers to provide the right safety, comfort, support, and durability for growing kids with changing needs and preferences. The mattress has a soft side and a more firm side for your kids to choose from. No harmful chemicals are used.Helix Kids MattressDimensionsWeightTwin38 in W × 75 in L × 8 in H60 lbFull54 in W × 75 in L × 8 in H75 lbThere’s no such thing called the perfect size for a mattress. The main reason is that choosing the right mattress size is mainly a choice based on personal preferences. Take the measurements of your room also into account when choosing your Helix Mattress Size.Time needed: 3 minutesMeasure your mattress size in 6 simple steps, with extra steps to be sure you have chosen the perfect bed for your sleepMake sure your mattress is free of blankets, sheets, and pillowsIt is best to measure the correct size of your mattress when there is absolutely nothing on it. If there is a comfort layer on your mattress, feel free to leave it.Measure the width of your mattress from left to right.Mattresses can bend towards the ends, so be sure to measure from the ends of each side of the mattress.Use a flexible ruler or tape measure when measuring. Write the measurements on a piece of paper so you don’t forget them.Measure the length of your mattress from the foot end to the head end.When your mattress deflects at the head and foot end, be sure to measure the furthest point from each side.Measure the height from the bottom to the top of the mattressWhen you have a comfort layer on your mattress, feel free to leave it in your measurement. If not, only measure the height of the mattress.Apply these measurements in the size tables below of this articleThese measurements will help you choose the standard size of the mattress of your choice. The standard Helix Mattress sizes are Twin, Twin XL, Full, Queen, King, California King and Split KingExtra: Measure the doorways and hallways in your home before purchasing a new mattressThis is a very important dimension because you have to be absolutely sure that the mattress of your dreams. Choose the width of your mattress so that it can pass through the lowest doorway in your house where you have to carry it. Many mattresses are delivered in a box, so this problem occurs less these daysPay attention to the width and height of stairs that you have to pass with the mattressExtra: Measure the bed frame before you buy the mattress.This sounds logical, but it is recommended that you also measure your bed frame. Or when you buy a separate bed frame, it is best to check the dimensions, as these can vary from different manufacturers.Extra: Measure your roomMake sure there is enough space around the bed or mattress you plan to buy. This space is preferably provided along 3 sides of the mattress so that you can walk smoothly past your bed. We have written a separate article about this topic.Remember that height/thickness varies depending on the Model, so there is no universal thickness for each mattress size.The term “mattress thickness” is the same as “mattress height” and “mattress depth.” The Mattress thickness is only a part of the overall height of your bed. When your mattress is on the floor it’s the complete height of the bed.Material Thickness is the vertical dimension of a mattress. (height of the mattress)Helix Thickness SizingHelix MattressHelix Mattress Height in InchesHelix Mattress weight in LbsHelix Sunset MattressHelix Moonlight MattressHelix Midnight Mattress9.25″65 – 140 lbsHelix Dusk Mattress11.0″77 – 148 lbsHelix Twilight Mattress12.0″77 – 178 lbsHelix plus Mattress13.0″100 – 202 lbsHelix Kid’s Mattress8.0″60 – 75 lbsCheck all Mattresses on Helixsleep.comThe standard mattress size for a Helix Twin mattress is 38 inches wide and 75 inches long. A Twin bed size is ideal for smaller rooms and single sleepers with limited space. SHOP TWIN MATTRESSThe dimensions of a helix Twin are equal to the Helix Kids Twin sizes in width and length, the kid’s mattress is only 8″ thick. SHOP KIDS TWIN MATTRESSA Twin XL mattress is 5 inches longer than a twin size bed. This Twin XL mattress measures 38 inches wide and 80 inches long. Oftentimes, a Twin XL bed is used in student college dorm rooms and guest rooms. Taller individuals may prefer a Twin XL size over a standard Twin size. SHOP TWIN XL MATTRESSA Full size mattress can be a great choice for both single adults sleeping alone and couples sharing a bed. A Full mattress measures 54 inches wide and 75 inches in length. It’s a good fit for tall people and individuals looking for extra sleeping space, which is why a full bed is one of the most common sizes people shop for.SHOP FULL MATTRESSBecause of its expanded dimensions at 60 inches wide and 80 inches long, a Queen bed size is often considered an upgrade from a Full size bed. A Queen size mattress is ideal for couples and individuals looking for extra space in the bed if a Full size mattress isn’t quite roomy enough. If you plan to share your bed, a Queen size bed may be the best mattress size for you. SHOP QUEEN MATTRESSA King size mattress is a significantly larger mattress that measures 16 inches (one and a half feet) wider than a Queen size mattress. For those with enough space to spare, King size beds are a common size for master bedrooms, measuring 76 inches wide and 80 inches long.A King bed is perfect for couples, families with kids or pets (who are allowed to snuggle in bed), or simply anyone looking for extra length, width, and leg room in their mattress.SHOP KING MATTRESSCalifornia King size bed is four inches longer than a Standard King size bed but four inches narrower, meaning these two mattress sizes don’t share the same bed frame dimensions, as the California King will provide more leg room but fewer inches of space across the width of the bed for couples.The standard size of a California King bed measures 72 inches wide and 84 inches long. Keep in mind, if you’re choosing either a California King size bed or a King mattress, be sure to accurately measure the dimensions of your bedroom, as you will need adequate room size to fit these larger mattress sizes.SHOP CA KING MATTRESSWhile it is not essential to create a comfortable mattress, a box spring improves the durability of your mattress and also protects it from mildew. The warranty for most typical Helix mattresses takes a support base with clamps spaced no more than 13cm apart. Platform bases, flexible foundations, and box springs are acceptable as long as they provide sufficient support for your mattress.None of the normal versions of Helix have thick, ultra-absorbent foam layers like those found in a memory foam mattress, but some models’ ability to distill movement varies depending on comfortable foam shape and depth. For example, the Sunsets soft memory foam surface absorbs more movement and sound than its softer counterparts featuring Helix Dynamic Foam at the top.We expect Helix mattresses to last seven to ten years.The quiz on HelixSleep.com matches a customer using the manufacturer’s best mattress using sleep patterns and biomechanical data. To get your recommendation, you will then answer a few questions about your tastes, your body type, and your sleeping place.The company is well known for their high-quality mattresses at competitive prices – you will find Helix in our best mattress and best mattress in a guide box. There is a 100-night risk-free trial, so you can make sure the option you choose is the perfect fit for the safety of your own home. (If you don’t like it completely you’ll get a full refund.) Read on for the best prices, deals, and discounts on Helix mattresses… Helix Sleep offers the best solution for someone who can’t seem to access the mattress they’re looking for or even a sharing group who can’t agree on what they need in a mattress. Heavier users tend to enjoy many favorable benefits when choosing a custom mattress due to their specific needs.