

# Casper Mattress Review For 2022

by [Laiba Tariq](#) Updated: November 4th, 2022

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Casper is one of the **best mattress brands** and you've probably stumbled upon it somewhere. Their award-winning mattresses and products are crafted with standard quality in mind since they launched in 2014. So what makes Casper super special?

In this review, I'm looking at every factor that makes Casper a **comfortable mattress**. Wondering if it's the right mattress for you? **Read my full Casper Mattress review to know everything about this brand.**

In a rush? Skip down to a [quick summary](#) of this review.



## Product Details

- **Mattress Type:** Foam
- **Size:** Twin to California King
- **Certifications:** CertiPUR-US®, OEKO-TEX®
- **Warranty:** 10-year limited warranty

- **Price Range:** \$995 - \$1945
- **Trial Length:** 100 nights
- **Firmness:** Medium Firm

## Our Recommendations

I recommend this mattress for the following sleepers:

### 1. Hot Sleepers

Hate heating up at night? This mattress uses smart cooling technology to let you stay cool.

### 2. Back Pain

This mattress strikes the perfect balance of cushioning and support for back pain sufferers.

### 3. Back Sleepers

The spine support aligns back sleepers into a comfortable sleeping position.

### 4. Couples

With incredible motion isolation, your partner won't feel you tossing in your sleep.

### 5. Children And Pets

Isolated motion protects you from waking up as your child or pet shifts in their sleep.

## General Overview

Casper mattress has gained popularity for being a comfortable and innovative mattress brand.

**When using Casper, you'll probably notice a foamy feel, thanks to the 3 different layers of foam it uses for an integrated support system.** That gives leverage and lumbar support to many sleepers.

Casper is also a bed-in-a-box mattress that delivers durability, comfort, and supports all in one go. **Especially with the integrated technology of AirScape and Zoned Support System, it's easily one of the best mattresses you can invest in.**

## Is Casper The Right Mattress For You?

Now that we have a general overview of Casper, I want to remind you that mattresses are not "one size fits all." **Just because it's a great brand doesn't translate that it's the right mattress for you.**

So I want to dive into what makes Casper the right mattress for different sleepers.

## Casper Is Best For People Who...

- Have **chronic back pain and need extra support from their mattress**. The zoned support system alleviates chronic pain with unmatched pressure support.
- Are **light or average-weighted in body size**. Casper doesn't let you sink in too deep but neither does it feel like a stiff mattress.
- **Sleep with a partner, child, or pet**. If you don't want to be woken up by movements or tossing, the motion isolation of Casper does the job better than most mattresses.
- Are **back sleepers** because Casper gives the right balance of spine support. Moving around on the bed is more comfortable with Casper.

## Casper Is Bad For People Who...

- Are **heavy sleepers** because the foam will sink under the weight, leaving you uncomfortable throughout the night. I recommend innerspring mattresses as a better option.
- Tend to be **stomach sleepers**. Casper doesn't offer much body contouring and might feel stiff for such sleepers.
- **People looking for a slow memory foam feel** to their mattresses. Look into memory foam mattresses for better sinkage.

## What Do Users Say About Casper?

***"This is the most comfortable bed I've ever had. It had just the right amount of support and at the same time feels like a cloud."***

-Nathan, Pennsylvania

## Firmness Of Casper Mattress

It's time to dive deep into specific details about Casper. I want to start with how it feels because, in the end, a good mattress should feel good. And what better way to describe feeling than firmness? So, that's where I'll start my judgments from.

**But keep in mind that firmness is a subjective topic. What might be too firm for me can be just right for you. And vice versa!**

While every mattress has slightly changed firmness, I wanted to focus on the Casper Original. The second you sit on a Casper Original mattress, **you'll notice that it feels super soft and cushions your body amazingly**. But when you lie down and move on the bed, it's much firmer than you'd expect. The reason this happens is because of the Zoned Support System within Casper.

**With frames of firmer foam in the middle for better spine alignment and softer foam around the rest of the surface, it makes for a relaxing and supportive sleep experience.**

**So I give it a 7/10 on the firmness scale, which is a bit higher than the industry standard of 6.5 for a medium-firm mattress.** It's got solid support, I'll admit that. I can imagine the way it would make a difference for people experiencing back pain and shoulder discomfort.

## Performance Of Casper

Firmness can tell a lot about a mattress, but it's certainly not the end of it. I tested more features that affect the performance of Casper like pain relief, cooling, and medical concerns along with some more factors.

### Sleeping Positions

**Your sleeping position indicates how you find comfort the most and can say a lot about your health.** Since that is correlated with your body weight, let's see if Casper is a good fit for you.

Is Casper good for back sleepers?

- **Light back sleepers** – Casper feels amazing to lightweight back sleepers because it functions as a firm yet comfortable mattress, also helping with spine alignment.
- **Average-weight back sleepers** – Average-weight back sleepers should find that the Casper lets you sink through the top foam but elevates you through the second foam. Think of it as sleeping on a cloud that doesn't let you fall through.
- **Heavy back sleepers** – Perhaps Casper is not for heavy back sleepers because the foam will create an uncomfortable sinking situation. It's best to choose an innerspring mattress that is specifically designed for overweight people.

Is Casper good for side sleepers?

- **Light side sleepers** – Light side sleepers may feel that the Casper is too firm to enable a good night's sleep for them. It doesn't provide the right kind of sinkage and perhaps it's best to check out Hybrid Mattresses for good pressure relief.
- **Average-weight side sleepers** – Casper works well with average-weight side sleepers because it provides a nice shoulder sinkage while keeping the entire body comfortable with the Zoned Support system.
- **Heavy side sleepers** – Casper might just suit a heavy side sleeper because it could offer support and firmness for them. But it might be better to opt for a hybrid mattress to offer you more support.

Is Casper good for stomach sleepers?

- **Light stomach sleepers** – Stomach sleepers should enjoy Casper because it provides the body with leveraged support without feeling stiff.
- **Average-weight stomach sleepers** – This sleeper type will not enjoy Casper because they will sink too deeply into the mattress which may develop body aches.

- **Heavy stomach sleepers** – These sleepers will not enjoy Casper because it will be too soft for supporting their bodies during sleep. This can ultimately cause back pain and joint pain down the line.

## Pain Relief

Can bed cure chronic pain? Yes, they can help you with pain relief just as much as they can cause you pain in the first place. When you come to bed, a mattress's ability to relieve pressure in your joints and body makes all the difference.

### Back Pain

**In terms of back pain, a Casper mattress is fully able to provide pressure relief, especially in the lower back region.** If you experience back pain, you already understand the importance of having extra support to boost your hips to the same levels as your spine. It causes alignment and relieves any extra pressure to alleviate stress from the region.

### Shoulder Pain

**When it comes to shoulder pain, Casper does very well in relieving tension in the shoulder region.** If you're a side sleeper with shoulder pain, you'll notice that Casper isn't either too stiff on your shoulder and neither does it sink you too far. You get just the right level of cushioning and firmness thanks to the Zoned Support System.

### Hip Pain

**Casper might do very well in relieving back and shoulder pain but it hasn't proven to do so well for hip pain.** You will need extra hip pressure relief than what Casper is providing in its mattress for now.

## Other Medical Concerns

When considering mattresses, it's important to consider their possible side effects because of the ingredients used. Memory foam and Polyurethane foam are dangerous enough to be nicknamed "solid gasoline" by firefighters. It is also the most common material in Casper Mattresses.

Because they contain a radical amount of toxic chemicals important to mattress production, they can trigger toxic mattress syndrome. **This can lead to irritation, breaking out in hives, and trouble breathing for some with existing health conditions.** Longer and more direct exposure for more than 5 years can damage your lungs, kidneys, and central nervous system.

Here are some precautions to be mindful of when considering Casper:

- **Can cause asthma attacks due to off-gassing VOCs,**
- **Eczema may flare up due to memory foam trapping heat and triggering the disease.**

**I recommend that you check in with a doctor and discuss these concerns along with your medical history.** It will help you make a smarter choice when picking mattresses!

## Cooling

Foam mattresses are notorious for trapping body heat in the complex foam and giving a sleeper some hot flashes throughout the night. But when we dissected the dynamics of this bad boy, we realized they have AirScape.

Now, what's AirScape? AirScape is an innovative technology aimed to keep your mattress cooler at night. Tiny air pockets are made into the top foam layer of the mattress, which helps pulverize air molecules so there's no trapped heat.

**The ventilation caused by AirScape keeps Casper cool at night, so you can have a great night's sleep.**

## Motion Isolation And Edge Support

Motion isolation is how much your mattress can dampen movements from the other corner of the bed. This factor is important for every sleeper because it's the one way to secure the fact that any tossing won't disturb your sleep.

**So when I tested Casper for motion transfer, it showed promising results of isolating even the biggest of movements.** Now I'm not saying that you won't feel anything at all if your pet or partner turns over at night. But when it comes to waking you up, it shouldn't be a big concern when you're sleeping on Casper.

On the other hand, edge support is how firm your mattress can stay on the edges with body weight. **I pushed myself on the edge of Casper and the firmness indicated great edge support. It was stable, comfortable, and didn't feel like I'd sink any moment.**

## What Is Casper Made Of?

Let's quickly break down the build of Casper. **Casper features 3 layers of foam for different functions.** It's the contributing factor that gives this 11-inch mattress a firm yet comfortable all-foam feel.

### 1. Cover

**Casper comes with a stretchable and thin cover made from a knit polyester blend.** It doesn't play a huge role in the comfort levels however it's got a nice feel on its own.

## 2. Comfort Layer

Remember the AirScape technology that helps keep Casper cool? **You can find this implemented in the comfort layer which is the top layer of the mattress.** It's got a ventilated pattern and remains super soft on the touch.

## 3. Transition Layer

The transition layer is where the fun begins. **A zoned Support system is in the transition layer where you'll notice 3 different firmnesses.** Softer foam is placed where your shoulders will be so you don't wake with shoulder pain. Firmer foam is placed near the hip region to elevate and align your spine.

So it's a thoughtful approach to give you a win-win kind of sleep quality!

## 4. Support Layer

**This super thick polyfoam support layer keeps your Casper in shape and provides an overall structure.** The thick density of this layer ensures you have a supported mattress.

## How To Unbox And Offgas Casper?

Like any bed-in-a-box, unboxing Casper is no big deal. It's relatively easy and you'll be able to do so alone or with a partner beside you. **All you need to do is get the mattress out of the box and put it in a ventilated room.**

You will notice a chemical smell when you unbox Casper which can be associated with volatile organic compounds used when manufacturing the mattress. **These VOCs will dissipate anywhere from 24-48 hours depending on how ventilated the room is.**

At Mattress That Matters, we value comfort that doesn't compromise health. Firstly, **you should talk to a health professional like your family doctor when considering mattress options.** Secondly, when off-gassing Casper, ensure you don't have direct contact with VOCs. **If possible, let the mattress air outside for 2 days before putting it in your room.**

**Direct contact with VOCs has been scientifically proven to cause a magnitude of health problems including eye, nose, and throat irritation.** You may also experience headaches, nausea, and in worse cases, damage to your liver, kidneys, and nervous system.

## How Does Casper Compare To Other Mattresses

If you want to compare Casper with other mattress brands, we have a ton of information available one click away:

- Casper vs Nectar.
- Casper vs Saatva.

- Casper vs Purple.
- Casper vs DreamCloud.
- Casper vs Tuft & Needle.

## Quick Summary

We put Casper to the ultimate test in this unbiased Casper Mattress review. **It's one of the top picks for its innovative approach to the bed-in-a-box option delivers quality and promising sleep.** Casper also offers exceptional cooling, pressure relief, and durability to rely upon. But the important question stands: is it the right mattress for you?

## What I Love About Casper

Casper is an all-foam mattress with so many benefits for so many people. **Here are a few reasons I'm in love with Casper's performance:**

- **The zoned support system offers healthy sleep posture support** to align your body and prevent chronic pain from worsening.
- **AirScape technology keeps Casper cool**, especially for people who sleep hot.
- The 3 layers of foam ensure you have the right ratio of sinking and firm support.
- **Incredible motion isolation** prevents couples from waking up from each other's movement during the night.
- **Casper offers pressure relief by supporting your body**, even if you're a combination sleeper.

## Some Downsides To Focus On

Just like there are good things about **Casper Original Mattress**, there are some bad ones worth considering. **Here are some things I'm not so fond of when it comes to Casper:**

- **Side or stomach sleepers will probably wake up with muscle aches** because the foam isn't firm enough to support the body.
- **It may potentially worsen hip pain** because of extra foam sinkage.
- **Heavy sleepers in general can not enjoy Casper's foam due to its lack of support.**
- **VOCs and the use of Polyurethane foam can mean health complications** like irritation, and breathing troubles.

## Frequently Asked Questions

### Does Casper Have Warranty?

Except for clearance items, which have a 5-year warranty, our mattresses have a 10-year limited warranty. The mattress manufacturer warranty manufacturing flaws that are not caused by a sagging foundation or an adjustable bed base.



## Can Casper Mattress Be Flipped?

No, Casper is not designed to be flipped. The layers of a Casper mattress are placed strategically in a way to elevate your sleeping experience. Ensure you lay it right side up.