

Best Sprung Mattress UK 2026 | Style Beds

Choosing the best sprung mattress for your bedroom is one of those decisions that quietly shapes almost every part of your daily life, your energy levels, your posture, even your mood. With so many types of sprung mattresses available across the UK market, from budget friendly options to premium hand finished designs, it's easy to feel overwhelmed by the choice. At Style Beds, we have spent years helping UK households find mattresses that genuinely improve how they sleep and this guide draws on that experience to walk you through everything you need to know before buying a sprung mattress in 2026.



Whether you are searching for a best sprung mattress UK shoppers consistently rate highly, a fully [best sprung mattress](#) built for heavier support needs, or simply the most reliable cheap sprung mattress that wo not compromise on comfort, this article covers the full picture construction, materials, firmness, sizing and the often overlooked importance of your sprung mattress base.

What Is a Sprung Mattress?

A sprung mattress sometimes written as mattress sprung is a mattress built around an internal network of metal coils that provide the primary support structure. Unlike foam or hybrid mattresses that rely mainly on dense foam layers, a genuine sprung mattress uses these coils to respond dynamically to your body weight, offering support that adjusts as you move through the night. This coil based design has been the backbone of British bed manufacturing for well

over a century and it remains popular today because it delivers a distinctive combination of bounce, breathability and durability that many sleepers still prefer over all foam alternatives. If you are browsing Style Beds full range of mattresses, you will notice that sprung constructions form the core of nearly every collection, reflecting just how enduringly popular this technology remains.

How a Sprung Mattress Works

Inside every sprung mattress sits a coil unit and the way those coils are arranged determines how the mattress feels, performs and lasts. There are two dominant construction methods used across the UK market and understanding the difference is the single most important step in finding your ideal match.

Open coil (also called continuous coil) mattresses use a single length of wire shaped into interconnected springs across the entire mattress. Because the coils are linked, movement on one side of the bed tends to transfer across the surface which some sleepers find gives a familiar, slightly firmer, more traditional feel.

Pocket spring mattresses house each individual coil in its own fabric pocket, allowing every spring to move independently in response to the exact point of pressure. This design significantly reduces motion transfer, making it a popular choice for couples or anyone sharing a bed with a restless partner.

Fully Sprung Mattress Explained

The term fully sprung mattress refers to a mattress where springs make up the entire core support layer, rather than being combined with substantial memory foam or latex sections (as seen in hybrid designs). A fully sprung mattress typically sits on top of a firmer base layer and is finished with comfort layers such as fibre, wool, or a pillow top quilting.

Fully sprung mattresses are often favoured by people who want a traditional, breathable sleeping surface with good edge support and a responsive, bouncy feel underfoot. They also tend to sleep cooler than all foam or heavily foam layered hybrids, since the open coil structure allows air to circulate freely through the mattress core. The Style Beds [Elegance Open Coil Mattress](#) is a strong example of this construction, offering medium comfort with the classic supportive bounce that fully sprung designs are known for.



What Makes the Best Sprung Mattress UK Shoppers Choose?

When searching for the best sprung mattress UK wide, a handful of factors consistently separate excellent mattresses from mediocre ones:

Coil count and gauge Generally, a higher coil count means more individual support points, though coil gauge (wire thickness) also affects firmness and durability. Thinner gauge wire tends to feel softer; thicker gauge wire feels firmer and often lasts longer under heavier use.

Comfort layer quality The springs provide support, but the layers above them determine how the mattress actually feels against your skin. Natural fillings such as wool, cotton and cashmere regulate temperature better than synthetic alternatives and tend to be more breathable overnight.

Border and edge support A well constructed sprung mattress should maintain firm, even support right to the edges, preventing that rolling off sensation and maximising usable sleeping surface, particularly important on smaller UK bed sizes like doubles.

Turning and rotation requirements Some sprung mattresses need regular flipping or rotating to maintain even wear; others are designed as no turn mattresses for convenience.

The Sprung Mattress Base , Why It Matters

Many shoppers focus entirely on the mattress itself and overlook the sprung mattress base underneath it but the two work as a system and mismatching them can undermine even the highest quality mattress. A sprung mattress base, sometimes called a sprung slatted base or divan base, is designed with a degree of flex and give that complements the mattress's own support structure, rather than fighting against it.

Placing a fully sprung mattress on a completely rigid, solid base can make the mattress feel firmer than intended and reduce its lifespan by concentrating pressure unevenly. Conversely, a sprung base paired with the right mattress allows for better shock absorption, improved airflow beneath the mattress and a more consistent overall sleep surface. If you are furnishing a bedroom from scratch, it's worth reviewing your base and mattress together rather than as separate purchases and our team can advise on which combinations work best for specific mattress types.

Premier Sprung Mattress Ranges Is It Worth the Upgrade?

A premier sprung mattress typically sits at the top end of a manufacturer's range, combining higher coil counts, superior comfort fillings and more meticulous hand finishing than standard or budget lines. For UK buyers wondering whether the extra investment is justified, the answer usually comes down to how the mattress is used and by whom.

Premier ranges tend to offer noticeably better temperature regulation, more nuanced firmness zoning (firmer support under the lumbar area, softer give at the shoulders) and materials that are simply more pleasant against the skin night after night. The Style Beds [Gold Cashmere Mattress](#) is a good illustration of what a premier sprung mattress delivers natural cashmere fibres blended into the comfort layers for a genuinely luxurious feel alongside dependable spring support.

Finding a Good Cheap Sprung Mattress

Buying a cheap sprung mattress does not automatically mean sacrificing quality but it does mean being a more careful shopper. The most important thing to check on a budget sprung mattress is the coil specification and comfort layer composition, since these two factors have the biggest impact on how the mattress performs over its lifetime, far more than surface level features like quilting patterns.

A well made affordable sprung mattress will still offer decent coil density, a modest but functional comfort layer and honest firmness labelling. What you are typically trading off at the lower end of the price range is the depth of natural fillings and finer finishing touches, rather than core support quality. The Style Beds [Siam Sleep Mattress](#) is designed to give budget-conscious shoppers dependable sprung support without unnecessary extras, making it a sensible starting point if value is your priority.

Firmness Levels and Comfort Layers

Firmness is one of the most subjective and most important factors in choosing any sprung mattress and it's worth understanding how it's typically categorised across the UK market:

- **Soft/Plush** More give and sink, generally suited to lighter side sleepers
- **Medium** The most popular UK firmness level, balancing support and cushioning for a wide range of body types and sleep positions
- **Medium firm** Slightly firmer support, well suited to back sleepers or those needing extra lumbar support
- **Firm** Minimal sink, favoured by heavier sleepers or those with specific orthopaedic requirements

The comfort layer sitting above the coil unit plays a huge role in how firmness is experienced in practice. A pillow top layer, for instance, adds a plush surface feel even on a firmer underlying spring system. The Style Beds [Cotswold 1000 Pocket Spring Pillow Top Mattress](#) demonstrates this well, pairing a supportive pocket spring core with a generously plush pillow top finish for those who want cushioning without losing underlying support.

Sprung Mattress Comparison Table

Mattress Type	Best For	Firmness	Motion Isolation	Approx. Lifespan
Open Coil (Fully Sprung)	Traditional bounce, cooler sleep	Medium Firm	Lower	7–8 years
Pocket Spring	Couples, pressure relief	Soft Medium	High	8–10 years
Pocket Spring + Latex	Support with contouring comfort	Medium	High	9–10 years
Budget Sprung	Value-conscious buyers	Medium	Moderate	5–7 years
Premier Sprung (Natural Fillings)	Luxury, temperature regulation	Medium Medium Firm	High	9–10 years

Sleep Health Benefits of a Well Chosen Sprung Mattress

Getting the right sprung mattress is not just about comfort on the surface it has genuine implications for sleep quality and physical health. Correct spinal alignment, which a properly matched mattress supports, reduces the likelihood of waking with back or neck stiffness, while

good motion isolation, a strength of pocket spring designs means couples are less likely to disturb one another during the night, supporting deeper, more continuous sleep cycles. Breathability is another underrated health factor. Sprung mattress cores allow more airflow than dense foam mattresses, helping regulate body temperature overnight, something particularly valuable in warmer months or for naturally hot sleepers. The Style Beds [Pocket Spring Latex Mattress](#) combines this natural airflow with the pressure relieving properties of latex, making it a strong option for anyone prioritising sleep health alongside comfort.

Durability and Materials to Look For

Longevity is where sprung mattresses can vary enormously and it largely comes down to the quality of materials used both in the coil unit and the surrounding layers. Higher quality steel coils resist sagging for longer, while densely woven pocket fabrics prevent premature spring movement and noise development over time. Natural fillings such as wool and cotton also contribute to durability, as they resist compression better than many synthetic alternatives and help maintain the mattress original shape and support profile for years longer. The Style Beds [Tanzanite Sleep Mattress](#) is built with durability in mind, using a robust spring specification designed to hold its supportive properties well beyond the typical mattress lifespan.

Popular Sprung Mattress Options at Style Beds

Beyond the ranges already mentioned, several other Style Beds mattresses are worth considering depending on your specific needs. If you're furnishing alongside a TV bed frame, the Capri Mattress is specifically designed to complement that lower profile bed style while still delivering full sprung support. For shoppers wanting dependable, no-fuss medium support at a sensible mid-range price point, the Montana Mattress strikes a practical balance between comfort and value that suits a wide range of sleepers. And for those seeking something between the budget and premier tiers solid spring specification with a touch of added comfort the [Peridot Bed Mattress](#) offers a well rounded middle ground option that many UK households find hits the sweet spot.



Choosing the Right Size for Your Bedroom

UK sprung mattresses come in standard sizes and getting this right is just as important as choosing the internal construction:

- **Single (90 x 190cm)** Ideal for children's rooms, guest rooms, or single occupancy in smaller spaces
- **Small Double (120 x 190cm)** A practical option for smaller main bedrooms or box rooms
- **Double (135 x 190cm)** The most common UK bedroom size, suited to couples or single sleepers wanting extra space
- **King (150 x 200cm)** Extra width and length, popular for couples prioritising personal space
- **Super King (180 x 200cm)** The most spacious standard option, ideal for larger bedrooms and households wanting maximum room to move

Always measure your bedroom and existing bed frame carefully before ordering, as sprung mattresses are heavier and less flexible to return than some foam alternatives once delivered.

Caring for Your Sprung Mattress

Proper care significantly extends the life of any sprung mattress. Rotating the mattress every one to three months (head to foot) helps distribute wear evenly across the coil unit, particularly important for open coil designs. Using a breathable mattress protector guards against spills and

everyday wear without trapping heat or moisture against the surface. Avoid folding or bending a sprung mattress during transport or storage, as this can damage the internal coil structure permanently. Allowing adequate airflow around the mattress avoiding placement directly against a solid, unventilated base also helps prevent moisture buildup and supports the longevity of both the springs and comfort fillings.

Buying Tips for UK Shoppers

Before finalising your purchase, take time to check delivery timelines, particularly around busy periods and confirm whether your chosen retailer offers a trial period or returns policy for mattresses, since firmness preference can be genuinely difficult to judge without sleeping on it for a few nights. Check the specific coil type and count listed in the product description rather than relying on marketing terms alone and always pair your mattress choice with an appropriate, compatible base for the best possible results.

Final Thoughts

Finding the best sprung mattress for your household comes down to matching construction type, firmness and materials to your specific sleep needs and budget. Whether you are drawn to a fully sprung mattress for its classic bounce and breathability, a premier sprung mattress for its luxury finishing, or a well specified cheap sprung mattress that still delivers genuine support, the UK market offers strong options across every price point. Pairing your chosen mattress with a suitable sprung mattress base completes the picture, ensuring you get the full benefit of your investment for years to come.

Frequently Asked Questions(FAQs)

What is the difference between a sprung mattress and a memory foam mattress?

A sprung mattress uses an internal network of steel coils as its primary support structure, offering more bounce, better airflow and a more traditional feel. Memory foam mattresses rely on dense foam layers that contour closely to the body, offering more hug and less bounce, but typically retain more heat.

How long does a fully sprung mattress last?

A well maintained fully sprung mattress typically lasts between seven and ten years, depending on coil quality, usage and how consistently it's rotated. Higher specification premier sprung mattresses often last towards the upper end of this range.

Is a pocket spring mattress better than an open coil mattress?

Neither is objectively better; it depends on your priorities. Pocket spring mattresses offer superior motion isolation and are better for couples, while open coil mattresses offer a firmer, more traditional bounce and tend to be more budget friendly.

Do I need a special base for a sprung mattress?

A sprung mattress base or sprung slatted base is recommended, as it complements the mattress own give and support rather than working against a completely rigid surface, helping the mattress perform and last as intended.

Can a cheap sprung mattress still be good quality?

Yes, Coil specification and comfort layer quality matter more than price alone. A well made budget sprung mattress can offer dependable support, though premier ranges typically include more natural fillings and finer finishing.

How often should I rotate my sprung mattress?

Most manufacturers recommend rotating a sprung mattress every one to three months, particularly for open coil designs, to ensure even wear across the coil unit and extend its overall lifespan.

What firmness of a sprung mattress is best for back pain?

Medium firm sprung mattresses are generally recommended for back pain, as they provide enough support to maintain spinal alignment while still offering some pressure relief at the shoulders and hips.