
How to measure mattress depth

Now we're clear on what mattress depth is, it's time to start measuring your [mattress](#)! For this you will need:

- A tape measure
- Something long and flat that will stay on top of your mattress while you measure - like a metre stick or broom handle

Step 1

Remove all [pillows](#), bedding and sheets from your mattress. You may be tempted to keep the sheets on, but it is important that you also take them off because tight sheets can disturb the fillings in your mattress, which can make it slightly taller.

Step 2

Make sure that your mattress is on a flat surface so that you can measure from the very bottom of the mattress.

If the sides of your [bed frame](#) obscure the base of your mattress or you don't have access to the bottom of your mattress because it sits 'within' the bed frame, you will need to take it out and measure it on the floor.

If your mattress is already resting on a flat [divan](#) base, great! You don't need to move your mattress for this step.

Step 3

Place your chosen object on top of your mattress. This can be something like a:

- Metre stick
- Broom handle
- Walking stick
- Roll of cardboard

The aim is to have this long, flat item resting from the centre of your mattress to the edge.

Make sure that the metre stick (or item of choice) rests horizontally across the top of your mattress. If you crouch down next to your mattress so that you're at eye level with the end of your mattress, you should be able to see that the middle of your mattress rises slightly higher than the rest of the surface. This is where you should place your object of choice.

This item should stay stationary while you conduct the next step.

Step 4

Time to measure!

Use your tape measure to measure from the very bottom of your mattress to where your metre stick (or object of your choice) rests.

This will give you the correct thickness of your mattress.

Now you know how to measure your mattress depth correctly!

Top tip!

It can be very tempting to measure the depth or thickness from the top and bottom seams on the corner of your mattress - however, this does not give you the true depth of your mattress.

This method does not account for the extra lift that the surface of your mattress may have - especially if your mattress is tufted or has a pillow top.