



NON-TOXIC MATTRESS SHOPPING GUIDE

NON-TOXIC MATTRESS SHOPPING GUIDE

Mattress Materials

Natural Latex

A popular alternative to traditional memory foam, natural latex is made from liquid extracted from the rubber tree. There are two primary types of natural latex – Dunlop (denser) and Talalay (lighter-weight). Ideally latex will be certified by GOLS (Global Organic Textile Standard) but some brands use eco-INSTITUTE certification.

Organic Cotton

A non-toxic mattress should be covered in certified organic cotton instead of polyester or conventional cotton. The gold standard is GOTS (Global Organic Textile Standard) certified because it ensures the organic status of the textiles every step of the way.

Organic Wool

Wool is used in non-toxic mattresses as a chemical-free flame retardant and it also provides breathability and moisture-wicking properties. Look for organic wool that has been GOTS certified.

Low VOC Memory Foam or Eco Foam

This is traditional polyurethane memory foam that has been certified by CertiPUR-US to be low-VOC. It is made without the worst flame retardants (PBDEs, TDCPP or TCEP – “Tris”) but still may contain chemical flame retardants. This foam is NOT my first recommendation but may be safer than most polyurethane foam.

Innerspring Coils

Many mattresses use metal innerspring coils to provide firmness and spring to a mattress.

Adhesives

The best mattresses are made without any chemical adhesives, but some use non-toxic adhesives or bonding agents. Be sure to ask whether any adhesives are used in the mattress assembly process.

NON-TOXIC MATTRESS SHOPPING GUIDE

Mattress Certifications



GOTS – Global Organic Textile Standard

Internationally recognized organic standard for textiles that ensures the organic status of textiles from the harvesting of raw materials to the processing, manufacturing and labeling of finished products. Known as the toughest organic textile standard.



GOLS – Global Organic Latex Standard

To be GOLS certified, the finished latex must contain at least 95% certified organic raw material and everything from the rubber plantation, to the manufacturing plant to the final product are in compliance with the standard.

Note: GOTS & GOLS certifications cover three levels - the factory, materials used, and finished product. Ideally both the factory and the finished product will be certified. Ask questions or search the company website to find this out.



MADE SAFE Certified

The gold standard for mattress certification, all MADE SAFE certified products have met rigorous criteria to make sure they do not harm human health, animals or the environment. All certified products are screened for known behavioral toxins, carcinogens, developmental toxins, endocrine disruptors, flame retardants, heavy metals, neurotoxins, high risk pesticides, reproductive toxins, toxic solvents, or harmful VOCs.

NON-TOXIC MATTRESS SHOPPING GUIDE



Oeko-Tex Standard 100

An international, third-party certification program that tests for more than one hundred harmful substances, including formaldehyde, banned colorants and heavy metals.



GreenGuard Gold

A certification that assures that products designed for use in indoor spaces meet strict chemical emissions limits. Gold certification considers safety factors to account for sensitive individuals, such as children and the elderly.



CertiPUR-US

CertiPUR-US is a certification for conventional polyurethane foam that ensures that it is low-VOC. It is free from the worst flame retardants (PBDEs, TDCPP or TCEP- “Tris”) but not all flame retardants - so keep in mind that some chemical flame retardants may still be used. CertiPUR foam is also free from ozone depleters, formaldehyde, mercury, lead, and other heavy metals and phthalates. **NOTE: This certification was developed by an association of foam manufacturers so it’s not perfect, but could be safer than traditional polyurethane foam.**

NON-TOXIC MATTRESS SHOPPING GUIDE

Recommended Mattress Brands

(clickable affiliate links – I will receive a commission if you purchase through the links)

TOP Choices:

Brands that have GOTS finished product certifications and/or MADESAFE certification and use no chemical adhesives.

[Naturepedic](#)

Carries a variety of mattress types, from a basic organic innerspring to luxury mattresses made with organic latex.

Certifications: GOLS latex, GOTS cotton and wool, Greenguard Gold for emissions, MADE SAFE Certified

(Use code **mindfulmomma15** for 15% off your order)

[Happsy](#)

Bed-in-a-box style mattress with pocket springs. Comes compressed for easy delivery.

Certifications: GOLS latex, GOTS cotton and wool, MADE SAFE Certified, Greenguard Gold

(Get \$225 off a Happsy mattress with code **Mindful225** at checkout.)

[Avocado](#)

Natural latex mattress with pocketed support coils. Available with or without pillow-top.

Certifications: GOTS cotton & wool, GOLS latex, GREENGUARD Gold for emissions and MADE SAFE certified.

(Use code **MINDFULMOMMA** for \$200 off the [Avocado Latex Mattress](#) only.)

Next Best Choices:

These brands do not have as many certifications and may use some non-toxic chemical adhesives or bonding agents, but are still highly recommended.

[My Green Mattress](#)

Variety of options - some with springs, some without.

Certifications: GOLS for latex, GOTS cotton and wool, Greenguard Gold for emissions

(Use code **Mindful2021** for \$125 off a mattress (twin or larger), and 15% off the Emily Crib and accessories.)

NON-TOXIC MATTRESS SHOPPING GUIDE

[Zen Haven](#)

Latex mattress without coils. Available in either Gentle Firm or Luxury Plus.

Certifications: Latex certified by Oeko-Tex Standard 100, GOTS for cotton and wool

[Sleep on Latex](#)

Latex mattress (no springs) in a couple height and firmness options.

Certifications: Latex certified by Oeko-Tex and Eco-INSTITUT, GOTS for cotton and wool, Greenguard Gold for emissions

[Savvy Rest](#)

A variety of options all made with latex. Very customizable.

Certifications: GOTS organic, Greenguard Gold, Certified B-Corp

Another Option: Low VOC Eco Memory Foam

This type of foam is certified low-VOC but still may contain flame retardants. It's not ideal, but could be better than conventional polyurethane foam.

[Loom & Leaf](#)

Foam mattress customized by comfort level.

Certifications: CertiPUR-US certified foam

[Saatva](#)

Innerspring mattress with eco foam, customized for comfort level and height.

Certifications: CertiPUR-US certified foam

NON-TOXIC MATTRESS SHOPPING GUIDE

Mattress Types

Brand	Natural latex (no coils)	Coils & natural latex	Inner spring without latex	Low VOC memory foam	Coils + low VOC memory foam
Naturepedic		X	X		
Happsy		X			
Avocado		X			
Zen Haven	X				
My green mattress	X	X	X		
Sleep on Latex	X				
Savvy Rest	X	X			
Loom & Leaf				X	
Saatva					X

NON-TOXIC MATTRESS SHOPPING GUIDE

Mattress Certifications

Brand	Global Organic Textile Standard (GOTS)	Global Organic Latex Standard (GOLS)	MADE SAFE Certified	Oeko-Tex Standard 100	Greenguard Gold	CertiPUR-US
Naturepedic	X	X	X		X	
Happsy	X	X	X		X	
Avocado	X	X	X	X	X	
Zen Haven	X			X		
My Green Mattress	X	X			X	
Sleep on Latex	X			X	X	
Savvy Rest	X				X	
Loom & Leaf						X
Saatva						X