

Bed Frame Size Chart: Complete Dimensions Guide

Bed Size	Frame Dimensions (inches)	Frame Dimensions (cm)	Ideal Users & Rooms
Twin	38" x 75"	96.5 x 190.5 cm	Kids, small guest rooms
Twin XL	38" x 80"	96.5 x 203 cm	Taller teens, dorms
Full (Double)	54" x 75"	137 x 190.5 cm	Solo adults, guest rooms
Queen	60" x 80"	152.5 x 203 cm	Couples, most bedrooms
King	76" x 80"	193 x 203 cm	Families, large master bedrooms
California King	72" x 84"	183 x 213 cm	Tall sleepers, luxury setups