

Standard Bed Sizes Chart

Bed Size	Dimensions (inches)	Dimensions (cm)	Best For
Twin	38" x 75"	96.5 x 190.5 cm	Kids, single sleepers, small rooms
Twin XL	38" x 80"	96.5 x 203 cm	Taller teens, college dorms
Full (Double)	54" x 75"	137 x 190.5 cm	Single adults, guest rooms
Queen	60" x 80"	152.5 x 203 cm	Couples, master bedrooms
King	76" x 80"	193 x 203 cm	Couples needing extra space
California King	72" x 84"	183 x 213 cm	Tall individuals, spacious rooms