

Foamonline.com - Foam Density and I.L.D. Values

Foam Density is the mass of a foam's material within a cubic foot. Foam Density is connected to the quality and durability of foam.

Indentation Load Deflection (I.L.D.) is an industry standard of measurement to determine a foam's given firmness. Weight is applied to the surface of a foam piece. The more weight needed to depress the foam, the higher the I.L.D. number and firmness of the foam.

To learn more about foam density and firmness, you can read [this article](#).

We sell foam in the densities and firmnesses listed in the chart below. These values are for reference only.

		I.L.D. Values						
Foam Density	Foam Type	Very Soft	Soft	Med. Soft	Medium	Med. Firm	Firm	Extra Firm
1.2 LB	Polyurethane Foam					33		
1.9 LB	High Density Foam		18	24	28	36	44	55
2.2 LB	Lux Foam					36		
2.8 LB & 3.0 LB	High Resilience Foam	10		20	28	34	50	70
5.6 LB	Latex Foam					33		
3.0 LB	Memory Foam		15					
1.8 LB	Charcoal Foam							90
2.15 LB	Dry Fast Foam		15		25	33	45	
5.0 LB	Rebond Foam							150
2.0 LB	Closed Cell							90