

26 Best Office Chairs: Ergonomic Picks Tested and Reviewed

Say it with us: Chest open, shoulders back, pelvis tilted slightly forward.

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Humanscale Freedom Headrest Chair

What makes this chair so unique is that it automatically adjusts to fit my body without the need for manual controls. For example, the chair has an articulating headrest that moves when I move. The chair also has a self-adjusting recline and pivoting backrest, in addition to synchronous armrests that I can pull up when I want to use them and merely push down when they're not needed. Honestly, the high-back chair is comfortable enough to sleep in. It's available in eight fabric choices, including black, gray, pumpkin, red, navy, Balsam green, and Thalo blue (pictured).