Bedroom Cleaning Checklist

A calm, clean bedroom you actually want to sleep in — without spending your whole weekend on it.

How Often?

- **Daily (5 minutes):** Make the bed, clear surfaces, put laundry in the hamper.
- **Weekly (30–45 minutes):** The full checklist below — bedding change, dusting, vacuuming, mirrors.
- **Monthly (add 20 minutes):** Mattress care, inside drawers, under the bed, curtains or blinds, light fixtures.
- **Every 3–6 months:** Deep jobs — mattress protector wash, pillow wash, wardrobe sort-out, window tracks.

1. Bed and Bedding

- Strip the bed. Remove pillowcases, the duvet cover and the fitted sheet; shake them out to loosen dust and hair before washing.
- Wash bedding on a warm cycle (30–40°C) with your normal detergent. Sheets and pillowcases **weekly**; duvet covers every **2 weeks**; pillow protectors every **2–4 weeks**.
- Air the mattress for **30–60 minutes** while the bed is stripped — open the window and let fresh air circulate.
- Vacuum the mattress with the upholstery attachment, including seams and edges, once a month. Sprinkle about **1 cup (200 g) of baking soda** over it, leave for **4–8 hours (ideally overnight)**, then vacuum thoroughly to neutralise odours.
- Remake the bed with fresh bedding. Tuck the fitted sheet tightly, fluff the pillows and finish with the duvet or throw.
- Wash pillows every **3–6 months** (down, feather and polyester only — memory foam is spot-clean only). Dry fully on low heat with dryer balls; a pillow that feels dry outside can still be damp in the middle.

Dust-mite note: Washing bedding at 60°C kills dust mites, but check the care label first — 30–40°C with a hot dryer cycle is a gentler alternative for most bedding. A washable mattress protector and pillow protectors are the simplest allergy defence. Keep bedroom humidity below 50% if you can, and vacuum with a HEPA-filter machine where possible.

2. Wardrobe and Drawers

- Dust the top of the wardrobe first — it is the dustiest spot in most bedrooms.
- Wipe wardrobe doors and handles with a cloth dampened in warm water with **1 teaspoon of mild dish soap per 1 litre** of water. Dry with a clean cloth so no moisture sits on wood or laminate.
- Open drawers one at a time. Remove anything that does not belong, wipe fronts and insides with the same damp cloth, and put things back neatly. Do a quick sort monthly: anything unworn for a year goes in a donate bag.
- Musty smell? Empty the drawer or wardrobe, wipe with **1 part white vinegar to 4 parts water**, leave the door open for **1 hour** to air, and only refill when fully dry. Never store clothes in a damp wardrobe — mildew will spread to fabric.
- Hang and fold clothes back neatly. Keep the wardrobe floor clear so air can circulate.

3. Surfaces: Nightstands, Dresser and Shelves

- Clear each surface completely before cleaning it — move lamps, books, chargers and ornaments to the bed, clean, then put back only what belongs there.
- Dust top to bottom with a slightly damp microfibre cloth — dry dusting just moves dust around.
- Wipe surfaces with warm water and **1 teaspoon of mild dish soap per litre**. For wooden furniture, wring the cloth out well — wood should never be left wet. Dry immediately with a second cloth.
- Clean lamp shades: fabric shades with a dry microfibre cloth or a lint roller; glass or metal shades with a damp cloth, then dry.
- Empty and wipe the nightstand drawer. Check expiry dates on medicines and creams monthly.
- **Ladder safety:** For high shelves or the top of a wardrobe, use a sturdy step stool — never a chair with wheels, a wobbly stool or a stack of books. Keep both feet on the stool, keep your hips within the frame, and never lean out sideways — move the stool instead.

4. Mirrors and Glass

- Dust the mirror frame first with a dry cloth so loose dust does not smear.
- Spray glass cleaner (or a **1:1 mix of white vinegar and water**) onto a cloth — not directly onto the mirror — and wipe in a zigzag pattern.
- Buff dry with a clean, dry microfibre cloth for a streak-free finish. Check picture frames and glass-fronted cabinets the same way, monthly.

5. Windows

- Open the window and dust the sill, frame and any blinds with a damp microfibre cloth.
- Clean the inside of the glass with the same vinegar-water mix (1:1) or glass cleaner, wiped on with a cloth and buffed dry.
- Wipe the window track with a damp cloth wrapped around an old toothbrush to reach the corners. Do this monthly — tracks collect dust, dead insects and condensation mould.
- Wash or wipe curtains or blinds: fabric curtains in the machine on a gentle cycle every **3–6 months** (check the label); blinds get a damp wipe monthly and a deeper clean twice a year.

6. Closet (Walk-In or Built-In)

- Remove everything from the floor — shoes, bags, laundry piles — and vacuum or sweep the closet floor.
- Dust shelves top to bottom and wipe them with the mild soapy solution, drying as you go.
- Sort by season. Move out-of-season clothes to the top shelf or storage boxes, and bring current-season clothes to easy reach.
- Check shoes — wipe dusty pairs, air out any that smell, and keep them on a rack rather than piled on the floor.
- Leave the door open for **30 minutes** after cleaning so air circulates and any dampness dries.

7. Floor — Always Last

- Pick up everything from the floor — clothes, shoes, bags, charging cables. Put laundry in the hamper and everything else where it belongs.

- Vacuum slowly in both directions — lengthways, then across. Pay special attention to edges, under the bed (use the flat attachment) and around the nightstands. Vacuum **weekly**; twice a week if you have pets or allergies.
- Mop hard floors (laminate, wood, tile) with a barely damp mop — never soak laminate or wood. Use a few drops of floor cleaner or **1 teaspoon of mild dish soap per 4 litres** of warm water, then dry each section straight away.
- Spot-clean carpet stains immediately with a cloth dampened in cool water and a drop of dish soap, blotting — never rubbing — from the outside of the stain inward.
- Shake out small rugs outdoors monthly and vacuum both sides.

8. Final Touches

- Empty the bedroom bin and wipe it inside and out monthly.
- Replace the bin liner, fluff cushions and throws, and straighten curtains or blinds.
- Take a last look around — bed made, surfaces clear, floor clean, nothing on the floor that should not be there.
- Open the window for **10–15 minutes** for fresh air before you call it done.

Safety — Please Read First

- **Never mix cleaners.** Never mix bleach with vinegar, ammonia or any other cleaner — the fumes are dangerous. Use one product at a time and rinse cloths between products.
- **Never use bleach** on coloured bedding, wood or mattresses unless the label explicitly allows it — it damages fibres and fades colour.
- **Never soak** wooden furniture, laminate floors or mattresses — trapped moisture warps wood, swells laminate and grows mould inside a mattress.
- Never spray cleaner directly onto electronics, mirrors or wood — spray onto the cloth instead, so liquid does not seep into joints, frames or vents.
- Never skip drying. Wipe wood dry, dry mop sections straight away, and never remake a bed on a damp mattress.
- Never use a chair, bed or stacked boxes as a step stool for high shelves — use a proper step stool and keep your balance centred.
- Never machine-wash memory foam pillows or silk bedding unless the care label says it is safe — foam crumbles and silk shrinks.

Tick-Off Checklist

Tick each step as you finish it.

- [ ] Bed stripped; sheets and pillowcases in the wash (30–40°C)
- [ ] Mattress aired 30–60 minutes and vacuumed (monthly baking soda deodorise done)
- [ ] Bed remade with fresh bedding; pillows fluffed
- [ ] Wardrobe top dusted; doors and handles wiped and dried
- [ ] Drawers wiped inside and out; clutter sorted; musty smell checked
- [ ] Nightstands, dresser and shelves cleared, dusted top to bottom, and wiped

- [ ] Lamp shades cleaned; nightstand drawer emptied and checked
- [ ] Mirrors and glass cleaned and buffed streak-free
- [ ] Window sills, frames and tracks wiped; inside glass cleaned
- [ ] Curtains or blinds washed / wiped (as scheduled)
- [ ] Closet floor cleared and vacuumed; shelves dusted and wiped; shoes sorted
- [ ] Floor picked up, vacuumed in both directions, and mopped / spot-cleaned as needed
- [ ] Small rugs shaken out and vacuumed both sides (monthly)
- [ ] Bin emptied and wiped; cushions and throws straightened
- [ ] Room aired 10–15 minutes; final look-around done
- [ ] No cleaners mixed; no wood, laminate or mattress left wet; step stool used safely for high shelves

Notes