

Bedroom Cleaning Checklist

Weekly, monthly and seasonal, in the order that avoids doing anything twice.

Strip the bed first so the dust you disturb settles before you vacuum. Air the room ten minutes every morning, especially in winter.

WEEKLY, ABOUT 15 MINUTES

- ☐ Strip and change the bed
- ☐ Clear surfaces, putting things away
- ☐ Dust top to bottom: shelves, sills, skirting
- ☐ Vacuum, under the bed if reachable
- ☐ Open the windows for ten minutes

MONTHLY

- ☐ Vacuum the mattress, then rotate
- ☐ Wash pillow and mattress protectors
- ☐ Wipe wardrobe doors and handles
- ☐ Clean the mirrors properly
- ☐ Move the bed, vacuum underneath

SEASONAL

- ☐ Wash duvet and pillows themselves
- ☐ Wash the curtains
- ☐ Clean light fitting and lampshade
- ☐ Swap seasonal clothing
- ☐ Replace pillows that fail the fold test

THE BITS EVERYONE SKIPS

- ☐ Under the bed
- ☐ Tops of wardrobes
- ☐ The headboard, vacuumed like upholstery
- ☐ Behind the bedside tables

NOTES
