

THE ULTIMATE DEEP CLEANING BEDROOM CHECKLIST

STEP 1

STRIP & WASH BEDDING

The first step to the calm and relaxing retreat you've been dreaming of.

- Sheets
- Pillows
- Pillow cases
- Mattress cover
- Blankets
- Comforter/Duvet

STEP 2

DECLUTTER

Clearing clutter gives you a sense of control and is a great way to make space and bring serenity to your bedroom.

- Closet
- Clothing
- Bedside Table Drawers
- Under the Bed
- Shoes
- Accessories
- Jewelry
- Makeup & Skincare
- Books
- Tech
- Paperwork
- Decor & Knick-Knacks
- Dresser Drawers
- Hobbies & Craft Supplies
- Unused Bags & Purses
- Extra Bedding
- Toys & Stuffed Animals
- Laundry Hamper
- Candles & Scents
- Unfinished Projects
- Duplicates

STEP 3

DEEP CLEAN

Removing dust, odors, and grime improves air quality in your bedroom, making it look and feel fresher and more inviting.

- Closet
- Wash Curtains/Blinds
- Ceiling Fan
- Ceiling
- Walls
- Doors
- Baseboards
- Mirrors
- Windows/Window Tracks
- Light Fixtures/Lamps
- Surfaces
- Remotes
- Light Switches
- Outlet Covers
- Door Knobs
- Door Frames
- Headboard
- Mattress
- Rugs
- Carpet
- Hard Floors
- Make Bed