

# Bedroom Spring Cleaning Checklist

## Wipe ceiling, ceiling fans, light fixtures, and walls (15 minutes)

- A telescoping cleaner can help you reach higher; alternatively, use a towel wrapped over a broom.
  - Use tube socks and pillowcases to safely get rid of the bigger fuzzies.
  - No chemicals needed: a concoction of 3 parts water / 1 part vinegar will do the trick.
  - Don't forget baseboards! A microfiber mop can do them quickly.
- 

## Wipe windows (8 minutes)

- Wash, vacuum, or wipe window treatments.
    - You can even just toss them in the dryer for 8 minutes to get the dust off.
  - Clean the windows on a cloudy day to avoid visible streaks.
  - Use a damp microfiber cloth to wipe the window panes, followed by a polishing cloth, newspaper, or your favorite cleaner.
  - Wipe the window sills and vacuum between window and screen.
- 

## Strip the bed: sheets in the washing machine, put new linens on (10 minutes)

- Switch to lighter-weight linens, such as percale or sateen rather than flannel.
  - Place your mattress pad, duvet covers, and bed skirts near the washer for the next load.
  - Vacuum the mattress.
  - Using the crevice tool is helpful near seamlines.
  - Flip and rotate the mattress if necessary ([many of ours](#) don't require this step.)
- 

## Clean and freshen pillows according to manufacturer instructions (10 minutes)

- Wash the pillows where suitable.
  - Put the pillows outside in the sun to freshen them ([wool pillows](#) love this).
  - Punch up and pull apart the insides of adjustable pillows to fluff them up.
  - Spot clean the outside case of the pillows.
  - Swap the pillowcases.
- 

## Dust flat surfaces (7 minutes)

This is the time to clear clutter and move anything that doesn't belong.

- Wipe dressers and nightstands, vacuuming drawers if needed.
  - Bonus: declutter drawers, donate what is not needed
- 

## Clean floors by vacuuming or mopping, moving furniture as possible

total time: 15 minutes

- Sprinkling baking soda on the carpet before vacuuming it will freshen it.
- Bonus: steam clean carpets, wax floors.