BEDROOM HABITS

DAILY

- Make the bed — smooth blankets, fluff pillows.
- Clothing check — dirty items in hamper, clean ones put away.
- Clear nightstands — cups, books, electronics in place.
- Tidy floor — pick up shoes, bags, or accessories.
- Quick dust or wipe — especially if you see crumbs or makeup residue.
- Open curtains or blinds — let in light and air out the room.

WEEKLY

- Change bed linens — sheets, pillowcases, duvet cover.
- Dust all surfaces — dressers, shelves, lamps.
- Vacuum or sweep — include under the bed if possible.
- Empty trash bin — tissues, wrappers, tags.
- Wipe mirrors & windows for better light.
- Disinfect high-touch areas — light switches, door handles, drawer pulls.
- Organize one "clutter spot" — dresser top, vanity, or chair pile.

MONTHLY

- Vacuum mattress — remove dust and allergens.
- Spot clean walls — makeup marks, fingerprints, scuffs.
- Wipe baseboards and window sills.
- Wash decorative pillows & throws.
- Declutter one dresser drawer.
- Clean under-bed storage bins — check for dust, pests, or clutter.
- Polish furniture — wood dressers, headboards, nightstands.

QUARTERLY

- Flip or rotate mattress (if mattress type allows).
- Swap seasonal clothes — store off-season items, bring forward current ones.
- Deep vacuum under furniture — bed, dresser, vanity.
- Clean light fixtures & lamp shades.
- Full closet refresh — donate, sell, or store unused items.
- Wash curtains or clean blinds.
- Rearrange decor — freshen the space visually.

YEARLY

- Full room deep clean — vents, ceiling, floor edges, behind furniture.
- Shampoo carpet or deep clean floors.
- Wash or replace pillows — for hygiene and comfort.
- Evaluate furniture layout — adjust for function and flow.
- Replace worn bedding — sheets, blankets, mattress protector.
- Check and refresh storage systems — bins, drawer dividers, closet shelves.
- Safety check — secure heavy furniture, check smoke/CO detectors nearby.

BEDROOM CLEANING CHECKLIST

DAILY

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WEEKLY

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MONTHLY

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QUARTERLY

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YEARLY

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SPACE CHECK-IN

○	Clothes
○	Accessories
○	Décor
○	Linens & Bedding
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PLUG AND PLAYHABIT IDEAS

	Vacuum/Sweep
	Dishes
	Dust
	Laundry
	Mops
	Sinks & Countertops
	Mirrors & Glass
	Doors, Knobs & Handles
	Walls & Switches
	Ceiling Fixtures
	Drains & Disposals
	Shower/Tub
	Shower Curtain and Rugs
	Range Hood & Fan

	Wash Windows
	Change Filter
	Drain Water Heater
	Clean Gutters
	Power Wash Exteriors
	Winterize Exterior
	De-Ice Freezer(s)
	Curtains
	Deep Clean Carpets
	Appliances Interior
	Under Furniture
	Cleaning Tools
	Deep Clean Trash Cans
	Clean Vents