



# BEDROOM

## Cleaning Checklist



DAILY TASKS	M	T	W	T	F	S	S
Make your bed							
Put clothes away or in laundry							
Clear nightstands and dresser surfaces							
Quick dusting of frequently used surfaces							
Vacuum or sweep high-traffic areas							

WEEKLY TASKS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Declutter and remove unnecessary items				
Dust from top to bottom (fans, shelves, furniture, baseboards)				
Clean mirrors and windows				
Vacuum thoroughly, including under furniture				
Wash bedding (sheets, pillowcases, duvet covers)				
Organise drawers and closet				
Freshen the air (open windows, use essential oils or air purifier)				

DEEP CLEANING TASKS	1-2 MONTHS
Wipe down light switches, door handles, and skirting boards	
Rotate and flip mattress	
Move and clean under furniture	
Wash curtains and wipe down blinds	
Deep clean carpets and rugs	
Check for mould in corners and on windows	