Bedroom Cleaning Checklist

A room-by-room bedroom cleaning checklist for bedding, dusting, under-bed, wardrobe, and floors.

Declutter and Prep

- [ ] Pick up clothes and put them in the hamper or away
- [ ] Clear nightstands and dressers of cups, dishes, and clutter
- [ ] Return stray items to other rooms where they belong
- [ ] Open windows or blinds to air out and brighten the room
- [ ] Empty the bedroom trash bin

Bedding and Mattress

- [ ] Strip the bed and start washing sheets and pillowcases
- [ ] Remake the bed with fresh linens once dry
- [ ] Fluff and rotate pillows
- [ ] Vacuum the mattress and spot-treat any stains
  Sprinkle baking soda on the mattress, let it sit, then vacuum to freshen it.
- [ ] Rotate or flip the mattress during a monthly clean
- [ ] Wash duvet covers and mattress protectors regularly

Dusting and Surfaces

- [ ] Dust the ceiling fan, light fixtures, and corners for cobwebs
- [ ] Wipe down nightstands, dressers, and shelves
- [ ] Dust picture frames, lamps, and decor
- [ ] Clean mirrors and any glass surfaces
- [ ] Wipe down light switches, door handles, and remotes
- [ ] Dust window sills and wipe down blinds

Wardrobe and Storage

- [ ] Tidy and refold clothes in drawers and on shelves
- [ ] Rehang fallen clothes and group by type
- [ ] Set aside items to donate that you no longer wear
- [ ] Wipe down closet shelves and rails
- [ ] Organize shoes and accessories

Under-Bed and Hidden Areas

- [ ] Pull out and sort items stored under the bed
- [ ] Vacuum thoroughly under the bed and behind the headboard
- [ ] Wipe down baseboards along the walls
- [ ] Vacuum behind and under dressers and nightstands
- [ ] Check for and clear dust on top of the wardrobe

Floors and Finishing

- [ ] Vacuum carpets or sweep and mop hard floors
- [ ] Spot-clean any stains on rugs or carpet
- [ ] Shake out or wash any small rugs
- [ ] Wipe down the door and frame
- [ ] Do a final tidy and inspection of the room