

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