

Here's our top to bottom (and under) guide to clean your bedroom.

Pop quiz – what room do you spend more time in than any other in the house? If you guessed your bedroom, you're right! You spend about **one-third of your lifetime** snoozing away, so it makes sense that you'd want to make your bedroom as clean as possible – and that doesn't mean just washing the sheets.

Begin with the bed

Your bed is the most important piece of furniture in your home – it's where you drift off to sleep every night to recharge for the next day. But when you show your bed some TLC, you might find you rest just a little easier after you've given it the once over.

- Strip all the sheets and pillow cases, this includes the comforter, mattress cover and bed skirt, and launder them.
 - make sure to follow the manufacturer's instructions on how to wash them properly. This way, they won't lose any of their benefits and can provide you comfort for years to come.
- Inspect your mattress for any lumps, tears or other signs of distress. If your mattress is **more than 7 years old**, you might consider replacing it.
- Spot clean stains. **Avoid using harsh chemicals** that might damage the mattress material. Remove stains using a mild soap and cold water.

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Bed cleaning tip from the pros – if your mattress has a damp spot, sprinkle with baking soda to absorb the moisture, then vacuum.
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- Vacuum the mattress to remove dust and other debris.
- Review your mattress care instructions. For example, it might advise you to rotate your mattress, plus have other guidelines to ensure your mattress stays in tip-top shape.
- Remove any trash or other items that might be under your bed, then vacuum.
- Wipe down headboards with a soft cloth to remove dust.
- Air out your mattress while your sheets are drying.

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Spring cleaning PSA: banning clutter and rearranging your room makes it a healthy and happy place to sleep. #BSCSleepTips #bettersleep @BetterSleepOrg



Kill the clutter!

Once your bed is clean (even under the mattress!), it's time to declutter the rest of the room. To simplify the process, try this approach: make your way around the room with three large garbage bags, one for collecting items that don't belong in the bedroom, one for things that need to either be **recycled** or donated, and another for stuff to be tossed in the trash. Think about your knickknacks and consider whether you are still interested in them or if they're mostly collecting dust. Along with the main parts of the room, make sure to clean out your closets and any dressers or cabinets.

Deal with dust

The key to dusting is working down from the top. Going from higher surfaces to lower ones means you won't end up having to dust twice!

- First, dust the ceiling fan (if you have one) using a long-handled duster. Alternatively, you can use a nice cleaning hack by taking an old pillow case and sliding it over the blades so the dust is captured inside rather than scattered.
- Starting at the door, your plan of attack should include dusting the ceiling, window mouldings, around windows, walls, corners, then baseboards.
- Using a microfiber cloth, dust the picture frames. Spray glass cleaner on cloth and wipe the fronts.
- Don't forget to clean the insides of the windows, then any other glass surfaces in the room.
- Dust remaining knickknacks and pictures, along with the walls and door jambs.
- Remove the shades from lamps and wipe down the bulbs with glass cleaner (be sure bulb is cool first). It's best to run a lint brush over the inside and outside of the lamp shade and return it to the fixture. Remember to wipe the cords too.
- Go over vertical or horizontal blinds with a microfiber cloth. For vinyl blinds, clean using a mild cleanser on a lightly dampened cloth.

Down with drapes (curtains too)

No need to get too crazy – you may be able to clean drapes using your vacuum's hose attachment. If you notice strong odors on your drapes or curtains, then dry cleaning may be necessary.

Get low for the best results

Use warm, soapy water to wipe down baseboards. Then remove any area rugs and vacuum. If you have hardwood, vacuum and mop those floors. To freshen up carpets, try sprinkling them with some baking soda and letting it sit for a few minutes. Then vacuum the rug twice, once each direction, to deep clean into the pile of your carpet.



Spring cleaning is a good excuse to freshen up your bedroom, maybe invest in a new mattress cover or redo your décor. Here's a few ideas to get you started.

- **Pillows.** Treat yourself and replace them with **high-quality, comfortable and supportive pillows**. *Pro tip: Pillows should be replaced every six months to two years at the latest.*
- **Add color.** No need to paint (unless you really want to). Sprinkle in color by purchasing new throw pillows, a small area rug, or maybe some new artwork.
- **Aromatherapy.** Soothing scents, especially lavender, jasmine and chamomile, can help the body prepare for transitioning to sleep. Diffusers also offer a pleasant option with their oil-infused discs that can be plugged in.

Tags: bedroom, Better Sleep, clean, mattress cleaning, spring cleaning, spring cleaning tips

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