

Keep your bedroom clean, fresh, and allergen-reduced

### Bedroom cleaning checklist

**Weekly: wash sheets and pillowcases (60C kills dust mites)**

Or 20 min in warm dryer if cool wash.

**Every 2-4 weeks: wash duvet cover and blankets**

**Monthly: wash mattress protector**

**Every 2-3 months: wash pillows (if washable)**

Check label; many synthetic pillows are machine washable.

**Monthly: vacuum mattress surface**

Focus on seams. Sprinkle baking soda first for freshening.

**Monthly: vacuum under bed**

Use flat attachment. Store items in lidded bins.

**Every 3-6 months: rotate mattress**

Or flip if two-sided. Check manufacturer instructions.

**Weekly: dust surfaces top to bottom**

Damp microfibre cloth, not dry duster.

**Monthly: wipe ceiling fan blades**

Before running fan in spring, then monthly through summer.

**Every 2-3 months: wash curtains or air drapes**

Air on dryer for 20 min if dry-clean only.

**Seasonally: closet edit**

Remove unworn items. Use baking soda box or cedar blocks for odour.

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