Kept Shiny

FREE PRINTABLE

Bedroom Cleaning Checklist

This checklist covers 30 tasks across 5 zones, about 4 h 17 min total. Start with the ceiling and upper surfaces zone, since dust falls downward onto everything below it.

Ceiling and upper surfaces — 37 min

- [ ] **Dust ceiling fan blades** — 8 min
  Use a damp microfiber cloth or a pillowcase slipped over each blade to wipe it clean without scattering dust.
  > Turn off and let the fan fully stop before touching the blades.
- [ ] **Clear corner cobwebs** — 5 min
  Use an extendable duster or a cloth wrapped around a broom to sweep corners and crown molding.
- [ ] **Wipe light fixtures** — 6 min
  Dust glass or fabric light covers with a dry microfiber cloth, then wipe glass covers with a barely damp cloth.
  > Make sure the fixture is off and cool before wiping.
- [ ] **Dust curtain rods and blinds** — 7 min
  Run a damp cloth along the rod and wipe each blind slat from one end to the other.
- [ ] **Clean air vents** — 5 min
  Vacuum the vent cover with a brush attachment, then wipe with a damp cloth to remove remaining dust.
- [ ] **Dust high shelves and picture frames** — 6 min
  Wipe each surface with a dry microfiber cloth, following with a damp cloth for sticky residue.

Furniture and surfaces — 48 min

- [ ] **Clear nightstands and dressers** — 10 min
  Remove all items, wipe the empty surface with a pH-neutral cleaner, and return items once dry.
  > Avoid vinegar or lemon juice on finished wood or stone tops.
- [ ] **Dust the bed frame and headboard** — 6 min
  Wipe wood or metal surfaces with a dry microfiber cloth, then a slightly damp cloth for built-up dust.
- [ ] **Wipe mirrors and glass surfaces** — 5 min
  Spray a vinegar-water solution directly on the glass and wipe with a lint-free cloth for a streak-free finish.
- [ ] **Clean the TV or computer screen** — 4 min
  Wipe with a dry microfiber cloth, using it slightly damp only if smudges remain.
  > Never spray liquid directly onto a screen.
- [ ] **Declutter and organize drawers** — 15 min
  Remove items, wipe the inside with a damp cloth, and sort items before placing them back.
- [ ] **Polish wood furniture** — 8 min
  Apply a small amount of wood-safe cleaner with a cloth, following the grain of the wood.
  > Test on a hidden spot first to check for discoloration.

Bedding and fabrics

1 h 1

- [ ] **Strip and wash bedding** — 10 min
  Remove sheets, pillowcases, and the duvet cover, and wash in warm water according to the fabric label.
- [ ] **Vacuum the mattress** — 10 min
  Use the upholstery attachment to go over the entire surface, including seams and edges.
- [ ] **Spot clean mattress stains** — 12 min
  Apply a small amount of dish soap mixed with water to the stain, blot with a clean cloth, then let air dry.
  > Avoid soaking the mattress, as excess moisture can lead to mold.
- [ ] **Wash or vacuum curtains** — 15 min
  Check the care label: machine wash if allowed, or vacuum with an upholstery attachment if not.
- [ ] **Fluff and rotate pillows** — 4 min
  Shake out pillows and rotate or flip them to maintain even support.
- [ ] **Launder throw blankets and rugs** — 10 min
  Wash machine-safe throws on a gentle cycle and air dry rugs flat to prevent shrinkage.

Closet and storage

59 min

- [ ] **Sort and declutter clothing** — 20 min
  Separate items to keep, donate, or discard, then return kept items to hangers or shelves.
- [ ] **Dust closet shelves** — 10 min
  Remove items and wipe each shelf with a damp microfiber cloth before replacing belongings.
- [ ] **Vacuum closet floor** — 6 min
  Use the vacuum's brush attachment to clean corners and along the baseboard inside the closet.
- [ ] **Wipe down storage bins** — 8 min
  Clean the outside of plastic or fabric bins with a damp cloth and dish soap solution.
- [ ] **Check for mold or musty odor** — 5 min
  Inspect corners and fabric items for discoloration or smell, and air out the closet if needed.
  > If mold is visible on walls, clean with a diluted oxygen bleach solution and ventilate the area well.
- [ ] **Organize shoes and accessories** — 10 min
  Group similar items together on racks or bins to keep the closet floor clear.

Floors

52 min

- [ ] **Pick up items from the floor** — 8 min
  Clear clothes, shoes, and clutter before vacuuming or mopping to avoid obstacles.
- [ ] **Vacuum carpet or rug** — 10 min
  Go over the entire floor slowly in overlapping passes to lift embedded dirt.
- [ ] **Mop hard floors** — 10 min
  Use a mop with a pH-neutral cleaner diluted in water, working from the far corner toward the door.
  > On natural stone flooring, avoid vinegar or lemon-based cleaners because they can etch the surface.
- [ ] **Clean baseboards** — 8 min
  Wipe with a damp microfiber cloth to remove dust and scuffs along the floor edge.
- [ ] **Vacuum under the bed** — 6 min
  Use a vacuum with an extended wand or crevice attachment to reach dust and debris underneath.
- [ ] **Treat carpet stains** — 10 min
  Blot the stain with a cloth dampened in dish soap and water, then rinse with a clean damp cloth.
  > Do not scrub, as this can spread the stain and damage carpet fibers.