

BEDROOM MAINTENANCE

Checklist

Immediately

- Spot Clean Spills & Stains on the Mattress
- Remove and wash bedsheets and pillows after spills or stains

Every 2 Weeks

- Change and Launder Bedding
- Rotate and Fluff Pillows



Every Month

- Wash Mattress Protectors (Get one if you don't have one)
- Vacuum Your Mattress

Every 3 Months

- Deep Clean Your Mattress
- Check for Bedbugs and Pests

Every 6-8 Months

- Flip / Rotate Mattress
- Clean Bed Frame and Headboard



Click or Scan for
Detailed Instructions