Cleaning the bedroom

A HEALTHY SLEEPING ENVIRONMENT MAKES SURE YOU HAVE A GOOD NIGHT'S REST

A good night's rest is only possible in a healthy sleeping environment. Regularly cleaning your bedroom is an absolute must. Luckily, cleaning doesn't have to be such a big challenge. By following these simple steps, cleaning your bedroom becomes so easy!

Daily
Every night we lose about 500 ml of water. Think about those mornings where you wake up sweating and your bed sheets feel moist. That moisture can soak into your mattress and sheets and promotes the growth of dust mite and mould. So, throw your blanket open to let it dry and air fully. Also, put the windows open for at least half an hour. Dust mites don't like the cold air. Make sure this becomes a daily ritual. We also recommend opening the windows a chink during the night. This makes sure there's enough air and you have a good night's rest. Ventilate, ventilate, ventilate!

Small and large clean
Cleaning a little bit every week is enough. This doesn't have to take longer than half an hour.

- Clean up all loose clutter and clothing.
- Dust all large surfaces like the window sill or the bedside tables.
- Go over them with a moist cloth afterwards
- Change the bed sheets. Discover here how to do that best.
- Vacuum the floor.

Every two to three weeks you can fully clean your bedroom. This will take a bit longer, but it's essential for a healthy environment in your bedroom. The big difference with the small clean is that you really target the whole room thoroughly!

- Clean up all loose clutter and clothing in the bedroom. Hang clean clothes back in the wardrobe and throw dirty clothes in the laundry basket.
- Take away spider webs with a ceiling mop.
- Dust everything and go over them with a moist cloth afterwards. Don't forget the nooks and crannies!
- Change the bed sheets. Meanwhile let the blankets air.
- Vacuum and mop the bedroom floor. Move the furniture and the bed to clean behind and under them. That's where dust piles up. Don't forget the carpets either.

Periodically

- Turn the mattress every three months, horizontally as well as vertically. The downside becomes the upside and the far end becomes the headrest. That's how you prevent hollow parts and how your mattress stays fresh and clean longer.
- Wash the heater and vacuum the dust in between.
- Mop the doors and handles and clean the lamps.
- Declutter your whole wardrobe yearly and clean the inside completely.
- Wash the windows and mirrors.
- Wash the curtains regularly. Put them in the washing machine or bring them to the dry cleaner.
- Clean the light switches, sockets, skirting… and other places you often overlook.

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