We Wrote the Ultimate Guide to Spring Cleaning Your Home

Spring cleaning time comes just once a year. And when it does, it helps to have a plan. “Block out a day in your calendar to spring clean, and hold yourself accountable for getting it done,” Matthew Baratta, VP of Operations at Daimer Industries, says. “Then, write out a checklist of tasks, and cross them out once they have been tackled.” These steps may sound basic, but they’re important. A designated cleaning day will ensure you actually get around to spring cleaning, and a checklist will keep you from forgetting tasks in the middle of your cleaning spree. Of course, creating a spring cleaning to-do list may sound as daunting as spring cleaning itself, so we turned to the experts for advice. We asked four cleaning experts how to spring clean a house from top to bottom and compiled their wise words into a checklist—one you can easily whip out the next time you spring clean your home. Why Should You Spring Clean Your Home? Spring cleaning may sound overrated. After all, if you keep your home in tip-top shape, do you really need to deep-clean it every spring? The simple truth is, deep-cleaning your home periodically is a good idea. And spring—with its brighter days, budding trees, and inviting warmth—can be a motivating time to do it. “Spring is a season of fresh starts, and people want to get out of their winter blues,” Derek Chiu and Leslie Tam, co-founders and directors of UrbanMop, say. “Some people have less motivation to clean their homes thoroughly during the winter season, so the spring season might be a good time to refresh their space.” Feel free to deep-clean your home during any time of year. But if you like being able to open your windows and let in some fresh air after scrubbing every inch of your bathtub, sink, or stove, spring might just be the cleaning season for you. How to Spring Clean Your Home Step 1: Do the Dishes When you have an entire home to clean, it’s tough to know where to begin. But experts recommend starting with something simple, like washing the dishes. Since the task is so basic, it’s easy to knock out—allowing you to kick things off with a win. “Wash any leftover dishes to get the momentum going,” Chiu and Tam say. “This is a task that needs to be done on a regular basis. So starting there can help you move toward other tasks that seem daunting.” Hand-wash your fragile dishes. Pop the rest in the dishwasher. And run a quick cleaning cycle. Step 2: Strip and Wash Your Bedding Cleaning your bedding is a must, and odds are, it’ll take a while. Start the cleaning process while you still have plenty to do. Strip your beds. Wash all your bedding—sheets, pillowcases, and comforters, included. And if you notice any stains, spot-treat them with baking soda before throwing your bedding in the wash. You may need to run several cycles to get the job done, so revisit this step as you work through your spring cleaning checklist. Take breaks from your other cleaning tasks to move stuff into the washer and dryer, and once everything is ready, re-make your bed.