Your Bedroom

☐ Use baskets to organize prescription medication, OTC medications, other medicine bottles, and supplements:
   - Use one basket for daily medications and another for the medication you take as needed.
   - Use a different basket for vitamins and supplements you take daily.
   - If you take medication or supplements after meals, use a separate basket and label them “breakfast”, “lunch”, “dinner” or whatever makes sense for your routine.
   - Label the baskets with sharpies or print out some cute labels.
   - This can make it easier for caretakers or paramedics if there is an emergency. In fact, see if your caretaker won’t help you make the baskets.

☐ Keeping your bed clean and comfortable. Use a duvet cover:
   - A duvet cover can make cleaning your bedding and making your bed much easier.
   - Take your comforter to the dry cleaners so you don’t have to ruin your washing machine or go to the laundromat to wash it.
   - Have a spare set of sheets to replace the ones you put in the laundry.

☐ An extendable duster:
   - Along with a cleaning spray that attracts dust and dirt, this gem means no ladders.
   - You can get to hard to reach places without as much work so it makes it easier on your body.

☐ Use table runners or tablecloths:
   - Throw them in the wash rather than dust.
   - Keep another tablecloth or set of table runners on hand to replace the ones you just threw in the laundry. This helps when you are too tired to do the wash right then.

☐ Ask for help:
   - Have your family or friends chip in so you don’t end up in bed flaring for a day...or month.
   - See if a church in the area offers cleaning.
   - I haven’t tried this but maybe a local cleaning company will donate some cleaning services in exchange for a review or as a tax write-off.

☐ Take your time:
   - Rome wasn’t built in a day so why clean everything in one day?
   - Break down your cleaning or organizing bite-sized chunks.
   - One day change your bedding, the next day you could dust.
   - Breaking down your tasks can help you from being exhausted and may help avoid a flare.

☐ Use shelves or baskets to plan your outfits:
   - Put together an outfit for each day, put it on a shelf or in a basket to be used during the week. I’ll be honest, all my baskets would include jammies because it’s rare I am able to go out.
   - Doing this makes it easier to just grab that day’s clothes when you are done bathing and may be fatigued.
**Spring Cleaning & Organizing**

**To Do List**

### Your Bedroom

- **Have a lot of meds that won’t fit in a normal pill organizer?:**
  - I use ziplock bags with each day and time I am supposed to take written with a sharpie.
  - There is also a new gadget out that allows you to pack and seal bags of medications that makes it easier to manage, medication, days and times.

- **Use one drop of Dawn dish soap per 8 oz. of water to clean almost anything:**
  - Baseboards, ceiling fans, cabinets, etc.
  - Make sure to dry areas quickly then use a dryer sheet on baseboards to keep dust and dirt from collecting there.
  - I haven’t tried it but next time I clean the ceiling fan I am going to use a dryer sheet to see if it works there too.

- **Keep a trash can and liners next to your bed:**
  - This makes it so you don’t have to get up to throw trash away.
  - Emptying the trash is easy because it is a smaller container than the usual kitchen trash can.
  - Wash the trash can once a week or spray with Lysol to kill germs.
  - Don’t forget to leave a roll of trash can liners under the new trash liner. Now you always know where they are just in case you have a little kid.

- **If at all possible, have everyone leave their shoes at the front door:**
  - Keep a mat outside the door for them to wipe their shoes off.
  - Keep another mat just inside the door to get any leftover dirt.
  - This will keep many germs and dirt from ever making it inside your house AND your bedroom.
  - Hopefully, this will keep things cleaner for longer and help your immune system by not inviting any more germs inside.

- **I have read that using vodka in your shower can keep mold away:**
  - I’ve also read that it can be used on your mattress to kill odor-causing bacteria and bed bugs.
  - I use lavender and peppermint oil mixed with distilled water on my mattress every time I change my sheets.

  - **Spray the peroxide all over the mattress**
  - **Sprinkle the baking soda until it covers the mattress and let it sit until dry then vacuum.**
  - You will probably want to do this on a ‘good’ day because going back to bed won’t be an option for a while.

- **Don’t forget to clean your phone and phone cover:**
  - Use rubbing alcohol all over but make sure the alcohol doesn’t get into any ports.

- **Clean your TV remote with rubbing alcohol:**
  - Clean top to bottom and front to back plus the battery storage area.
  - Use a clean cloth and cotton swab to get to every nook and cranny.
Spring Cleaning & Organizing
To Do List

Your Bedroom

☐ Don’t forget the light switches and door handles:
  • These can carry germs from that flu you had in 1902...just kidding...but seriously, clean them.

☐ Your favorite bathrobe needs some love too:
  • Maybe buy 2 at the same time and while you are washing one with the sheets you have another one at the ready.

☐ Keep the baskets you keep your medications and supplements in clean:
  • In fact, wipe down all the bottles every so often too.