



Spring Cleaning Checklist



Did you know there is a scientific reason for Spring Cleaning?

During the winter, days are shorter and melatonin production (the hormone that produces drowsiness and enables us to fall asleep) is increased, making us want to relax and sleep more. Then, the first day of spring comes in late March, and when it arrives most of us are ready. The additional daylight suppresses production of melatonin. Spring has always been a time of change. Now that we are out of our winter slumber, let's use this burst of energy to clean!

Indoors

- Clean out refrigerator, freezer & pantry
- Clean Oven & Stove
- Wash All Bedding
- Safety Inspection: check smoke & carbon monoxide detectors, fire extinguisher, first-aid kit.
- Clean out medication cabinets, safely discard old medications.

Outdoors

- Sweep & rinse off porch and patio
- Clean & flush gutters
- Remove Weeds & Re-mulch
- Clean Exterior Windows
- Replace any burned-out exterior lights.
- Clean the grill & refill propane.

Perfect Cleaning Jobs for Children

- Wipe Down & Dust—Counters, Blinds, Baseboards, Windowsills, etc.
- Organize Toys, Donate toys they no longer use
- Organize clothing, donate clothes they no longer use.
- Sweep or Vacuum Living Areas
- Clean Under Bed!

Some big jobs may require professional help!

Janssen's can help you with the following needs:

- Carpet Cleaning
- Area Rug Cleaning
- Upholstery Cleaning
- Tile and Stone Cleaning
- Natural Stone Cleaning/Restoration
- Hardwood Floor Cleaning
- Fiber and Fabric Protection



Other Services that May Require a professional:

- Air Duct Cleaning
- Window Cleaning
- Wood Refinishing
- Indoor & Outdoor Painting



STAY MOTIVATED!

1. Be prepared. Get all tools and supplies ready beforehand.
2. Break each large task into smaller ones.
3. Work on larger projects in small increments.
4. Pick a small reward when you complete a project.
5. Listen to your favorite music. (It's okay to dance too!)

TRYING TO DECLUTTER?

- * Ask yourself—"When was the last time I used this item?"
- * Keep a trash container nearby.
- * DONATE useful items to Charity.