

Making a bed checklist

The first thing you do in the morning upon waking is to pull back all the covers on your bed. Put the pillows on a chair or in the middle of your bed. Open the windows to let your room air out a bit. If it is winter shut the door while going down for breakfast.

After breakfast, after your bed is aired out, it is time to make it.

1. _____ Make sure your fitted sheets are pulled properly around your mattress, making a nice smooth fit.
2. _____ Place the flat sheet, wrong side up, so that the right sides are together.
3. _____ Over the top sheet place the blankets. Fold back the head end of the sheet so that it will not touch your face.
4. _____ Tuck in sheets and blankets together. Do the sides first all the way to the foot of the bed. Then fold the foot end in last.
5. _____ Over top, place the comforter or bed spread. Tucking in just the foot of the bed. Make sure it is smooth and covers the blankets.
6. _____ Fluff your pillows and place them at head of the bed. If your cases are longer fold them under. Pillows should not lay flat but against the headboard a little.
7. _____ Wash your sheets and pillow case once per week. To help keep unwanted oils off your face and body. You can wash the blankets and comforter as needed, but they should stay clean for the most part.

Rules to remember:

- If having guests stay overnight prepare the bed for them after dinner.
- Fold back the sheet and blanket corners of the bed.
- If winter, place a few extra blankets at the foot of the bed.