

How To Clean A Mattress Quickly And Easily

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We all know you should clean your mattress regularly, but if you're anything like me, you find yourself staring at your mattress thinking, "Well... *how??*" It's not really an item that can be thrown in the wash. And short of calling a professional carpet cleaning service in to handle it, it can seem like there isn't much you can do. But getting your mattress clean is actually a lot easier than you think!

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Using a bit of baking soda and your vacuum cleaner, you can effectively clean and freshen your mattress in just a couple of hours! This process will eliminate moisture, odors, dirt, dust mites, and other unwelcome substances, without any harsh chemicals or lingering fumes. It's so easy, and with how much of our lives we spend sleeping, it's definitely worth a bit of time and effort to keep it clean!

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Before you start, you'll need to mix up a batch of "cleaning powder." Here's how to do it:



Mattress Cleaning Powder

Ingredients:

- 1 cup baking soda
- 4-5 drops essential oils



Directions:

Combine the baking soda and essential oils in a jar and screw the lid on. Shake the jar for several seconds to distribute the oils into the baking soda. (You can use any essential oil you like. I chose to use lavender oil, because I love how it smells. Plus it has a very relaxing effect, and what's a better place for relaxation than your bed?) :-)

Now that your cleaning powder is ready to go, it's time to get started cleaning your mattress!

How to Clean a Mattress

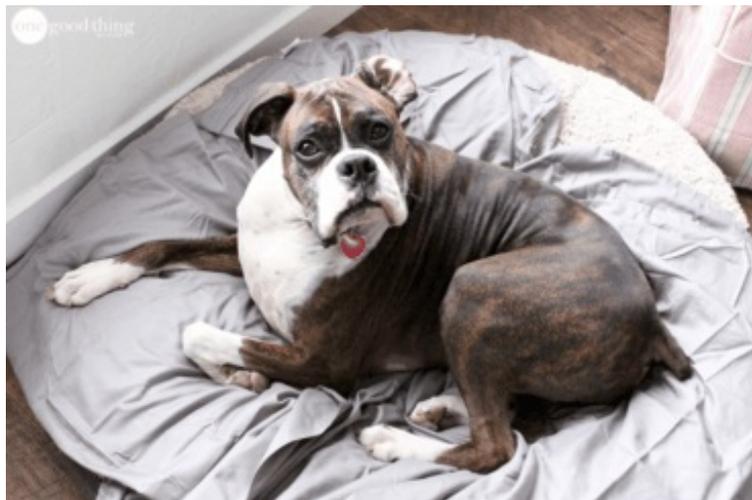


Step 1 – Strip and Wash Your Bedding

I'm sure that you already know that you should wash your bedsheets regularly, but this is a good opportunity to do so since you'll need to remove them anyway. Toss them into your washer on the hottest setting to kill dust mites and other allergens.



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Step 2 – Apply Cleaning Powder

Transfer your cleaning powder to a jar with a shaker lid, or just grab a sifter or sieve from your kitchen. Shake or sift the powder over the surface of your mattress. (A quick note – one batch of the cleaning powder only covered about half of my king-size mattress, so you may want to double the recipe if you have a large bed.)



Step 3 – Wait

This is always the hardest step for me, since I'm not known for my patience. ;-) But the baking soda needs time to work, so let it sit for at least one hour. The baking soda and oils will work their magic, drawing out moisture, odor, and dirt and leaving your mattress fresh and clean!



Step 4 – Vacuum

Once the cleaning powder has had time to do its job, grab your trusty vacuum cleaner and the upholstery cleaning attachment if you have one. *Slowly* vacuum the powder off your mattress. (You want to work slowly here so that the vacuum is using maximum suction to pull out as much dirt as possible.)

Repeat the process once a month for a cleaner, more hygienic mattress.

And that's it! Once you've vacuumed your mattress thoroughly, it'll be clean and fresh-smelling. Throw on your freshly laundered bedsheets, you're in for a great night's sleep. :-)

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