

# Sensory Cleaning PDF Techniques

*(Use this BEFORE you start. It protects your nervous system so cleaning doesn't trigger shutdown.)*

## Wearables

- ☐ Gloves (texture protection)
- ☐ Mask (odor protection)
- ☐ Comfortable clothing
- ☐ Hair tied back
- ☐ Soft socks / house shoes

## Sound + Light

- ☐ Noise-canceling headphones or earplugs
- ☐ Calming playlist / familiar show / white noise
- ☐ Adjusted lighting (dim if overstimulated, bright if clutter is hard to see)

## Comfort + Regulation

- ☐ Water bottle
- ☐ Fidget tool or textured object
- ☐ Weighted item or pillow nearby
- ☐ Open a window for airflow
- ☐ Small snack if low energy

## Environment Setup

- ☐ Clear a "reset spot" to rest between micro-clean cycles
- ☐ Keep all tools within reach (trash bags, bins, wipes, etc.)