

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.)