

SENSORY HOME AUDIT CHECKLIST

A neurodivergent-friendly guide to spotting sensory triggers in your home.

1. VISUAL ENVIRONMENT

- ☐ Too many items visible on surfaces
- ☐ Open shelves that feel chaotic
- ☐ Busy patterns competing in the same room
- ☐ Harsh contrast lighting
- ☐ Clutter that increases stress
- ☐ Hard-to-ignore wall décor
- ☐ Visible laundry/dishes/trash increasing overwhelm
- ☐ No calm “visual anchor” space

Write your observations:

2. SOUND ENVIRONMENT

- ☐ Persistent appliance hum
- ☐ Echoey or empty-sounding rooms
- ☐ Multiple noises happening at once
- ☐ Pets or kids creating unpredictable noise
- ☐ Traffic, neighbors, or building noise
- ☐ Lack of white noise when needed
- ☐ I often feel overstimulated by sound

Write your observations:

3. TACTILE / TOUCH

- ☐ Bedding feels uncomfortable
- ☐ Clothing or fabrics feel “wrong”
- ☐ Furniture textures are irritating
- ☐ Towels or blankets are scratchy
- ☐ Floors feel unpleasant
- ☐ Water temperature/sensation overwhelms me
- ☐ I avoid certain areas because of texture issues

Notes:

4. LIGHTING

- ☐ Overhead lights feel harsh
- ☐ Lights flicker or buzz
- ☐ No warm-light options
- ☐ No dimming options
- ☐ Brightness feels “too sharp”
- ☐ Screens + bright rooms strain my eyes
- ☐ I feel overstimulated by light transitions

Notes:

5. SMELL / AIR QUALITY

- ☐ Cleaning products are too strong
- ☐ Scents clash in my home
- ☐ Smells linger after cooking
- ☐ Trash or laundry odors build up
- ☐ Pets create sensory discomfort
- ☐ Poor airflow / stale air
- ☐ I often feel nausea or irritation from scents

Notes:

6. EMOTIONAL / OVERWHELM CUES

- ☐ I avoid certain rooms
- ☐ The house feels draining
- ☐ I can't relax in my living space
- ☐ I'm easily irritated at home
- ☐ I can't focus or start tasks
- ☐ I feel sensory fatigue daily
- ☐ I crave more calm but don't know how to create it

Notes:

Summary: My biggest sensory stressors are...

1.

2.

3.

My first steps will be...

1.

2.

3.
