

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. _____