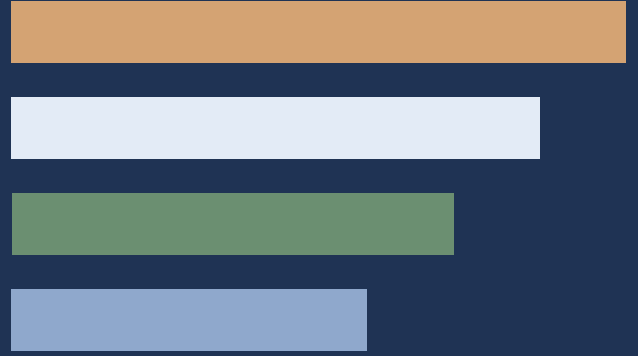




Better Bedroom Planner

Rest, refreshed

Mattress size chart

Standard US mattress sizes in inches. Measure before buying sheets.

Size	Width x length	Good for
Twin	38 x 75	Kids, bunk beds
Twin XL	38 x 80	Taller sleepers, dorms
Full	54 x 75	One adult
Queen	60 x 80	Couples, most guest rooms
King	76 x 80	Couples who want space
California king	72 x 84	Taller couples

Sizes can vary slightly by maker. Check mattress depth for fitted sheets.

Bedding wash schedule

A simple rhythm. Follow care labels.

Item	How often	Last washed	Next
Sheets	Every 1 to 2 weeks		
Pillowcases	Weekly		
Duvet cover	Every 1 to 2 weeks		
Mattress protector	Monthly		
Pillows	Every few months		
Duvet or comforter	A few times a year		
Blankets and throws	Monthly		

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Two weeks. Spot what helps.

[illegible]

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Bedding inventory

What you have, and what you need.

Item	Size	How many	Condition	Replace?
Sheet sets				☐
Pillowcases				☐
Pillows				☐
Mattress protector				☐
Duvet or comforter				☐
Duvet covers				☐
Blankets				☐
				☐
				☐
				☐

Published by Rip & Ride LLC, 30 N Gould St Ste R, Sheridan, WY 82801. More at thegoodnesting.com.