

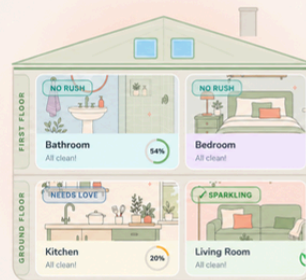
12 ADHD CLEANING HACKS THAT ACTUALLY WORK

A short guide for brains that don't run on schedules

By Tidywell

**Your whole home,
cleaner together.**

Chore chart · ADHD-friendly



If you've ever cleaned your whole kitchen at 11pm because your brain finally turned on, this is for you. None of these hacks are about discipline. They're about working with how an ADHD brain actually starts, finishes, and stays motivated. They came from real ADHD communities and 200+ reviews of cleaning apps. Pick the three that fit you. Ignore the rest.

1. The 5-thing tidy.

BRAIN HACK

Why: Cuts 100 decisions down to 5. **Your brain only asks:** trash, dishes, laundry, things-with-a-home, things-without-a-home.

Try this: Walk into one room. Pick up only those five things. Stop.



2. Body doubling.

WORKS

Why: Solo cleaning is boring, and boredom kills ADHD focus. A friend on a video call doing their own thing keeps your brain on task.

Try this: Discord call with a mate while you both clean separately. 30 mins.



3. The "good enough" rule.

PERMISSION

Why: Perfectionism freezes ADHD brains. Done badly beats not done at all.

Try this: Wiped the counter, still a smudge. Move on anyway.



4. Reset, don't deep clean.

10 MIN

Why: Deep cleans are a 4-hour task you'll abandon. A 10-min reset is one your brain accepts.

Try this: Shove things back where they live. Don't scrub. Just reset.

5. The doom box.

DECISION SAVED

Why: Decision fatigue kills tidying. One box per room for "I don't know where this goes" lets you keep going.

Try this: A wicker basket in the lounge. Anything orphaned goes in. Empty monthly.



6. Music, never silence.

BRAIN HACK

Why: ADHD brains lose time in silence. Audio anchors you to the present moment.

Try this: Same lo-fi playlist every time. Builds a Pavlov trigger.

7. Clean during transitions.

FREE TIME

Why: Starting from zero is the hardest part. Stack cleaning onto something already happening.

Try this: Tidy the counter while the kettle boils.



8. Visible storage beats hidden storage.

OUT OF SIGHT, OUT OF MIND

Why: ADHD brains genuinely forget what's in closed cupboards. If you can't see it, it doesn't exist.

Try this: Open shelves and clear bins. Not closed cupboards.

9. The guest tiebreaker.

1 MIN

Why: When you can't pick a starting point, paralysis wins. Use what a guest would notice first.

Try this: Front hallway and bathroom always come first. Bedroom can wait.



10. Two-minute bedtime reset.

FUTURE YOU

Why: Future-you wakes up to less chaos, which lowers tomorrow's start cost.

Try this: One loop of the lounge with a basket. Phone goes down. Lights off.

11. Mute the cleanfluencers.

CONTROVERSIAL

Why: Aspirational cleaning content triggers guilt without action. Watching is not doing.

Try this: Mute or unfollow for a month. See what changes.



12. Permission to stop.

NO GUILT

Why: ADHD shame loops are the real productivity killer. Stopping when you're tired isn't quitting.

Try this: 25-min timer. When it dings, you're allowed to stop. Even mid-task.

If these felt like home.

Tidywell is a cleaning app built around all 12 of these. Focus mode for hack 1. Live sprints for hack 2. Good-enough completion for hack 3. A whole illustrated home that glows sage when it's clean. We're soft-launching soon.

Join the waitlist at tidywell-app.com

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