

Sensory Friendly Home Audit Guide

👁️ Visual Audit: Lighting and Clutter

Visual overstimulation is often the most common source of sensory fatigue.

Lighting Quality: Do you have "big lights" (harsh overhead LEDs) or "warm lights" (lamps, floor lighting)?

Action: Swap cool-white bulbs for warm-toned smart bulbs that can dim.

Visual Noise: Are surfaces (counters, tables) covered in items?

Action: Use closed storage (bins with lids, cabinets) to hide "visual chatter."

Reflections: Are there TV screens or mirrors reflecting bright sunlight at certain times of day?

Action: Install blackout curtains or anti-glare film on windows.

👂 Auditory Audit: Sound Management

Constant background noise can keep the nervous system in a state of high alert.

Appliance Hum: Check the kitchen and laundry room. Is the fridge or dishwasher rattling?

Action: Place vibration-dampening pads under loud appliances.

Echo and Reverb: Do sounds bounce off hardwood floors or high ceilings?

Action: Add "sound soakers" like area rugs, heavy curtains, or acoustic wall panels.

The "Hum" of Electronics: Even when off, some chargers and TVs emit a high-pitched whine.

Action: Use power strips to completely cut power to non-essential tech at night.

👃 Olfactory Audit: Scent and Air Quality

Lingering smells can be distracting or even nauseating for those with sensory sensitivities.

Air Circulation: Does the air feel "stale" in specific rooms?

Action: Use a high-quality HEPA air purifier to remove odors and allergens.

Chemical Triggers: Do your cleaning supplies or laundry detergents have "heavy" floral or "fresh" scents?

Action: Switch to fragrance-free or "free and clear" versions of daily essentials.

Cooking Zones: Does the smell of dinner linger for hours?

Action: Ensure the stove vent is cleaned regularly or use a dedicated kitchen air filter.

👐 Tactile Audit: Texture and Comfort

Everything that touches the skin should be a choice, not a nuisance.

Fabric Quality: Check your bedding, towels, and sofa. Are there "scratchy" seams or tags?

Action: Remove tags and prioritize natural fibers like bamboo, cotton, or jersey.

Temperature Regulation: Are there "cold spots" or "hot spots" in the house?

Action: Use weighted blankets for deep pressure or cooling gel pads for those who run hot.

Flooring: Does walking barefoot feel uncomfortable on certain surfaces?

Action: Place plush rugs in high-traffic transitions.

👣 Movement & Space: Proprioception and Vestibular

This is about how your body feels in the space.

Safe "Crash" Zones: Is there a dedicated spot to retreat to when overwhelmed?

Action: Create a "nook" with floor pillows, a bean bag, or a low-light corner.

Navigation Paths: Are there furniture corners that people constantly bump into?

Action: Reorganize the layout to create wide, clear "lanes" for movement.

Heavy Work: Is there a place to get "deep pressure" or movement?













Action: Consider a doorway swing, a rocking chair, or a simple resistance band station for quick sensory resets.



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SENSORY INPUT	TRIGGER FOUND?	SIMPLE FIX
 VISUAL	<input type="checkbox"/> Harsh overhead glare	 Use floor lamps / warm bulbs
 AUDITORY	<input type="checkbox"/> Echoing hallway 	Add a runner rug
 OLFACTORY	<input type="checkbox"/> Strong laundry scent 	Switch to fragrance-free 
 TACTILE	<input type="checkbox"/> Itchy sofa fabric 	Add a soft throw blanket 
 VESTIBULAR	<input type="checkbox"/> No place to “recenter” 	Create a quiet floor nook

✦ FIND YOUR GLIMMERS. CUSTOMIZE YOUR AUDIT. ✦

