

# How to: Make a Bed



Step 1: Take everything off of the bed. This includes the sheets, blankets, pillows and anything else.



Step 2: Get your clean sheets, blankets and pillow cases. This step may vary.. If you're putting the same sheets and blankets on the bed, then you do not need to go get clean ones.





Step 3: Take the fitted sheet and put it on the mattress. You do this by putting each corner of the sheet around a corner of the mattress. Make sure to use your hands to smooth out any wrinkles. Watch the video below to show you how to do it.



Step 4: Put the top sheet on the bed. You do this by placing it on top of the fitted sheet. Make sure to use your hand to smooth out the wrinkles. (FYI- The steps in the video do not match our steps).



Step 5: Put the quilt or blanket on the bed. Do this by placing it on top of the top sheet. Make sure to use your hands to smooth out any wrinkles. (FYI- The steps in the video do not match our steps).



Step 6: Put the pillows back on the bed. If needed change the pillow cases. You can do that by taking off the unclean pillow cases and putting them in the laundry basket. The next step would be to put the clean pillow cases on the pillows. This step may vary.





# Making the Bed - Data Collecting (Steps may vary)

Step #	Task	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
1	Take everything off of the bed. This includes the sheet, blankets pillows and anything else.					
2	Get your clean sheets, blankets and pillow cases. This step may vary.					
3	Put the fitted sheet on the bed.					
4	Put the top sheet on the bed.					
5	Put the quilt or blanket on the bed.					
6	Put the pillows back on the bed. Change the pillow cases if needed.					



## References:

<https://www.youtube.com/watch?v=Du0M6yVjKlA>

