IKEA Home Life Monitor 2026

Coming home and unwinding



Arriving home

Leaving the day behind: 92% take their shoes off first.

Bringing the home to life: 46% air out their home, tidy up or turn on music or television.

The outside world isn't shut out completely: Only half lock the front door immediately after arriving home.

Changing clothes

Changing into something more comfortable: Around half change their clothes when they get home, with comfort cited as the main reason by 89%. Changing clothes for hygiene reasons is most common in large cities.

The bed is where most draw the line: Only 10% regularly sit on their bed in clothes they have worn outside, while this is out of the question for almost 60%. Younger people are a little more relaxed about this: A quarter of 18- to 35-year-olds regularly sit on the bed in clothes they have worn outside.

Favourite spot: Sofa

The sofa beats the bed: For 80%, the sofa is the most important place to unwind – well ahead of the bed (25%).

Unplanned naps: Around one in four people regularly falls asleep on the sofa without meaning to – this rises to 37% of respondents in Italian-speaking Switzerland.

Background noise

Peace and quiet, yes. Silence, no: Only 27% consciously enjoy silence at home.

Ticino watches TV, while German-speaking Switzerland listens to the radio: In Italian-speaking Switzerland, almost half of households have the TV on in the background. In German-speaking Switzerland, music and radio predominate.

Leaving home

Putting the home in standby mode: 93% lock the front door and 85% turn off the lights. Three in ten do a final check of their home before leaving.

Weather app first, front door second: 36% check the weather forecast before leaving home – the figure rises to almost half in large cities.

A place for everything



Everyday tidiness

A tidy home makes a difference: Two thirds only feel comfortable at home when everything is tidy.

With age comes a system: While younger people are more likely to tidy up as they go, older people tend to have a system.

Everything has its place

The kitchen is the tidiest room: In 86% of kitchens, almost everything has its own designated spot, compared with 76% of living rooms.

A system for recycling: Two thirds have an organised system for sorting all their recyclable materials instead of simply collecting them wherever there is space. This figure rises to more than three quarters among homeowners.

Food at home

This is where organisation starts to slip: Only half know exactly what food they have at home.

Dairy products are household staples: Milk, butter, cheese and eggs are the foods most commonly kept in stock in Swiss households.

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Hidden corners

There's a place for clutter

Very few homes are entirely clutter-free: Only 23% say there are no untidy areas anywhere in their home.

Cellars and storage rooms are the problem areas: For 29%, the cellar is the hardest place to keep tidy, while for 21%, it is the storage room.

Junk drawer

Almost a fixture in Swiss homes: Three quarters have at least one junk drawer, with families especially likely to have one.

Practical rather than sentimental: They are mainly filled with electronics and gadgets (60%), stationery (41%) and tools or sewing supplies (27%). Keepsakes are much less common.

The clothes chair

The clothes chair is part of the furniture: 58% leave worn clothes on a chair or armchair, while another 28% use a clothes ladder.

Putting things off

Paperwork and digital files tend to pile up: 52% put off sorting documents or post, while 43% procrastinate over organising digital files. Almost seven in ten 18- to 35-year-olds leave their post unsorted.

Keep or throw away

Clearing out the cellar and attic often remains a good intention: 55% plan to do it at least once a year, but only 38% actually do so.

Photos are the most treasured keepsakes: For 34%, photos are the most valuable items they have stored away at home.

Secret hiding places: A third of people who live with others hide certain things from other members of the household. In family households, this figure rises to more than four in ten.

Living together, staying organised

Tidiness as a source of friction

Tidiness causes the most disagreements: It prompts more discussion than either hygiene or the division of household chores.

Who gets annoyed with whom? Women are more likely than men to be annoyed by other household members' tidiness habits: 37% of women are annoyed by the tidiness of others in their household at least once a week, compared with 28% of men. Conversely, only 22% of women say that other household members are annoyed by their tidiness at least once a week, compared with 25% of men.

Different perspectives

Two views of who does the tidying: Men are more likely to see housework as a shared responsibility, while women are more likely to see themselves as primarily responsible.

Women adapt more: Women who live alone often maintain their own preferred standards of tidiness. When they live with a man, actual levels of tidiness fall considerably. For men, by contrast, there is little change.

Sometimes tidying happens in secret: Almost one in two women and around one in four men have thrown away something that another member of the household wanted to keep.

Children and tidiness

Toys are a regular source of discussion: In families with children aged seven to 13, almost three quarters discuss toys being left lying around at least once a week.

Keeping things tidy is harder with young children: Almost two thirds of families with children under seven frequently have an untidy home. Among households without children, the figure is just under a third.

Tidiness returns as children grow older: The older the children, the more relaxed families become about tidying up.