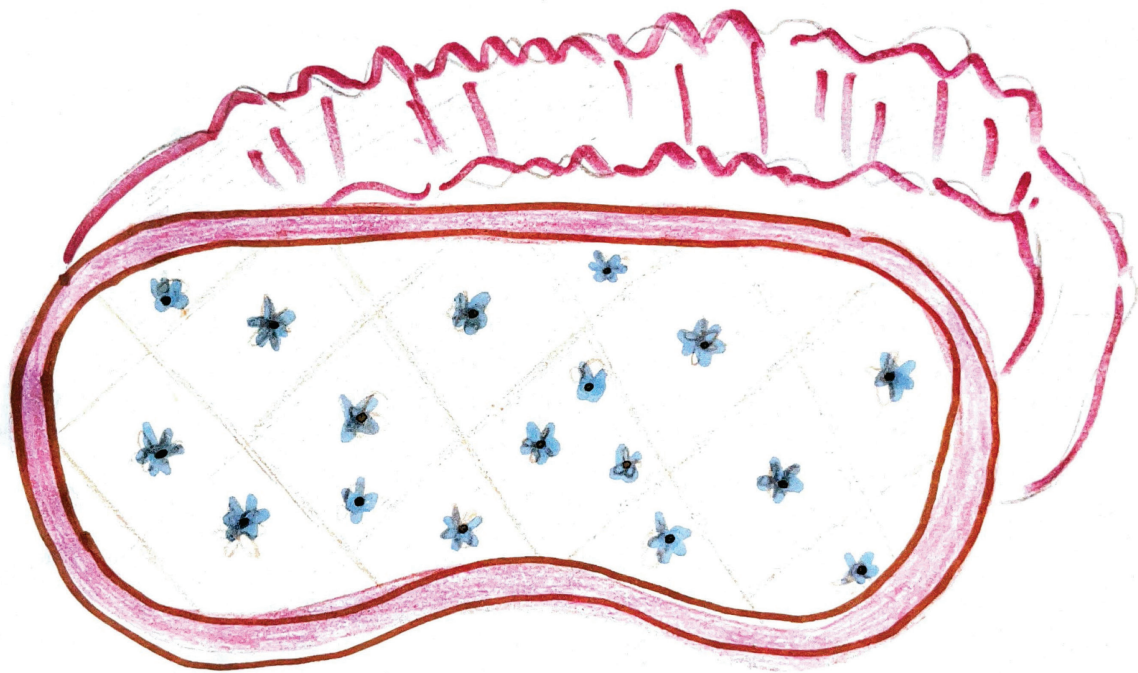


# SLEEP MASK: STEP BY STEP



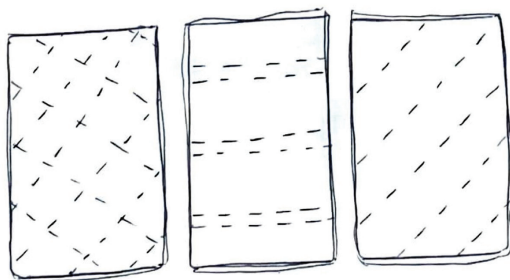
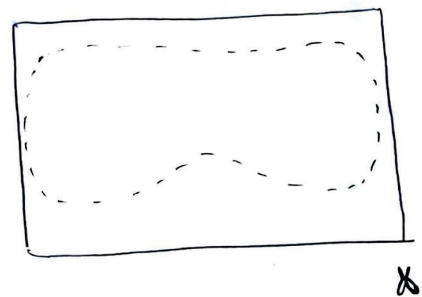
# MATERIALS:

- Scrap fabric
- Elastic
- Pins
- Scissors
- Sewing machine or needle and thread
- Printed sleeping mask pattern

# STEPS:

1. Print out the quilted sleep mask template, making sure the 1" mark is to scale.
2. Cut out two rectangular pieces of fabric slightly larger than the sleep mask. One of the pieces of fabric will be used for the front of the mask so choose a fabric you like the looks of! The second piece of fabric will be used for the middle of the mask, so something thicker to block out more light works best.

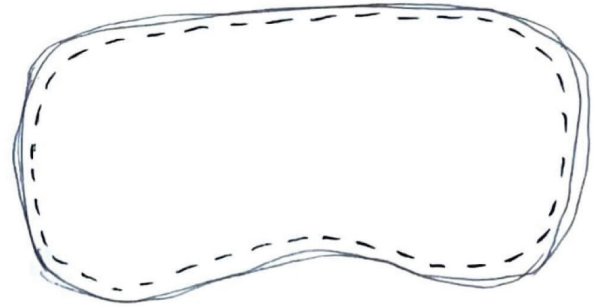
3. Pin and sew the two fabrics together, choosing a fun quilting design to follow from below.



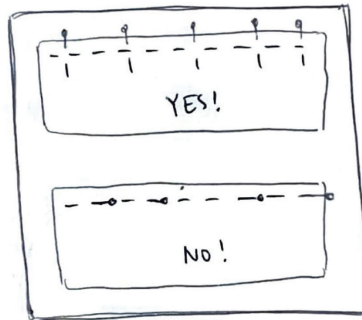
3. Use the printed template to cut out the mask from the quilted rectangle piece you just made.

4. Cut out another sleep mask shape out of fabric. This will be used for the backing of your mask so choose something cozy and soft!

5. Pin and sew the two mask pieces wrong-sides together, sewing about 1/8" around the edge of your mask.



**Pro tip:** It is a lot easier to pin perpendicular from the stitch instead of on top of where you want to stitch.



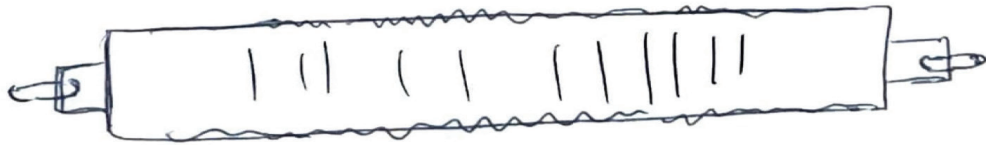
6. Cut a 26"x 3" rectangle of fabric. This will be used for the strap of the sleep mask. If you don't have fabric long enough, you can sew pieces together until you get a piece the right length!

7. Fold the 26"x 3" rectangle right sides together and sew along the long edge with a 1/4" seam allowance.

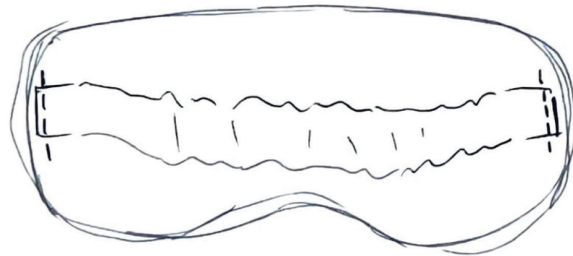


8. Turn the rectangle right side out. This is easiest to do by attaching a safety pin to one side before flipping it out. Use the pin to push through the tube!

9. Measure a piece of elastic that fits comfortably from temple to temple. Pull the elastic through the rectangular tube you just created. It is easiest to pin a safety pin to each side of the elastic to be able to shimmy the elastic through.



10. Sew the sides of the elastic to the sleep mask 1/4" from the edge. Run your stitch back and forth a couple times to make sure the strap is secure.

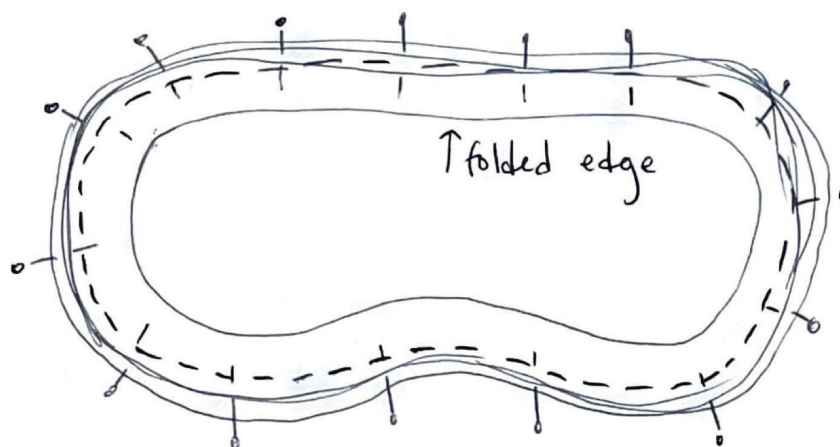


PAUSE: From here, you have two options. If you are happy with your sleep mask, you are done! If you would like to cover the edge of the mask, continue with these steps (steps continue on the next page). The next steps will be slightly more difficult than steps 1-10.

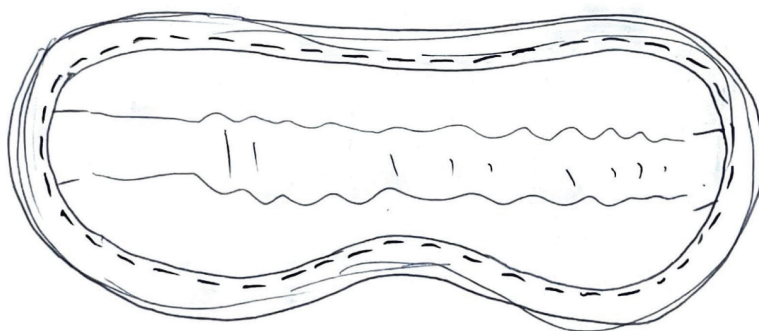
11. Cut a piece of fabric 24" x 3."

12. Fold and press the fabric in half, creating a skinnier, long piece of fabric.

13. Pin the fabric along the front side of the sleep mask. The raw, unfolded edge should be following along the outer edge of the mask. Sew the fabric down 1/2" from the edge of the fabric.



14. Fold the fabric over to the other side of the sleep mask. Pin and sew 1/2" from the edge of the mask.



You are done! Now it's time to take a nap and put your new sleep mask to good use!