

My Favorite Sleep Mask

(Fits Adult)

Created by: Jane Spolar of Quilt Poetry

Level: Intermediate

Time: 1 hour



My extra deep little sleep mask will really help block out excess light!

They're super easy to make so consider making a whole basketful of them to place in a guest room. Your guest will get a great night of sleep and have a nice memento to take home.

To view my full line of patterns and fabric collections visit www.QuiltPoetry.com.

Janome Supplies:

- Any Janome Sewing Machine
- Zig Zag Foot A

Fabric and Notions:

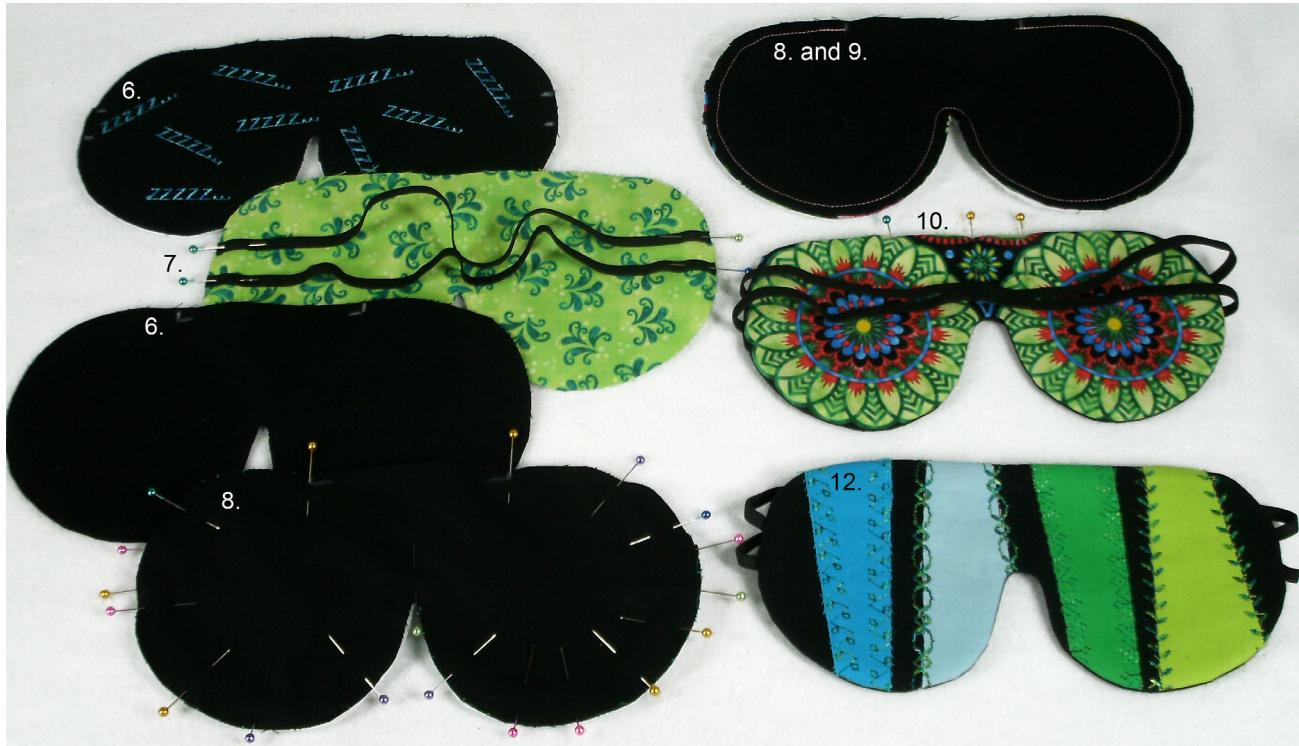
- Fabric piece, 11" x 6" for front
- Black fabric, 11" x 6" for back
- Black fusible interfacing, 11" x 6"
- Fusible fleece, 11" x 6"
- 1/4" wide black elastic, 2/3 yard

(I used fabric from my Anastasia fabric collection and also ColorWorks solids by Northcott.)



Instructions:

1. **Print** the *Jane's Sleep Mask PDF*. (Make sure to select “Actual Size” when printing.) Cut out the pattern on page 1.
2. **Fuse black interfacing** to the wrong side of the fabric you’ve chosen for the front of your sleep mask.
3. **If you want to embellish** your fabric piece, do so. Here are a few ideas:
 - Cut random angled strips and either fuse or glue them to the background. Use decorative thread and stitches to attach them.
 - Program some lettering, such as “ZZZZZ...” and randomly stitch over the background.
 - Use a 12wt. thread and stitch lines back and forth in a grid.
 - Appliqué.
 - Open the embroidery arm and stitch “SLEEP” in a large font to cover the entire mask.
4. **Fuse the fusible fleece** to the wrong side of the front fabric piece. (On top of the black interfacing.)
5. **Trace** the pattern onto the right side of the front fabric. **Cut** out inside the tracing lines. **Also trace** the pattern onto the right side of the black fabric and cut out.



6. **Lay the mask front** on top of pattern page 2. **Mark** where to place the elastic. Also **lay the back mask** piece on top of page 2 and mark where to keep an opening to turn the mask right side out.
 7. **Cut two** pieces of elastic $11\frac{1}{2}$ " long. Pin ends to right side of mask front where marked.
 8. **Pin** both mask pieces, right sides together. **Stitch** around the edges using a $\frac{1}{4}$ " seam. (Remember to leave the unstitched length for turning the mask right side out. Be sure to use a backstitch both at the beginning and the end of the seam.)
- Helpful hint: Don't use your $\frac{1}{4}$ " foot for this step. The guide bar will be in the way when trying to maneuver the tight curve. However, if you set your needle position to the right (about 8.2), you can guide the edge of the fabric along the right edge of Foot A.
9. **Clip** the curves all the way around the mask, almost to but not into the seam line. The nose opening should be clipped at about $1/8$ " intervals and the rest at about $\frac{1}{4}$ " intervals.
 10. **Turn** the mask right side out through the opening. It might help to use a blunt edge tool to help push the seams out. **Press**.
 11. **Pin** the opening together with the seams to the inside. **Hand stitch** the opening closed.
 12. **Sleep Well!**