

Beginner Sewing Patterns & Videos

Patterns, Shopping Lists & Video Tutorials:
Start Sewing Today With Some Easy, Usable
& Giftable Projects!

Pattern Book | Project 43

Sleep Masks



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Sleep Masks

Various options to suit various people. Easy sewing project to make a quick gift for anyone of any age!



Sleep Masks

Watch The Video Tutorial



Youtube: https://www.youtube.com/watch?v=SYhlvC61P_E



Instagram: https://www.instagram.com/fabric8_sa/channel/



Facebook: <https://www.facebook.com/Fabric8.co.za>

Printing Instructions

1. Start by only printing the first page of the pattern with the 1 inch by 1 inch & 2cm by 2cm blocks at the bottom.
2. Ensure that your printer is set to print 100%.
 - a. Make sure you haven't selected "Print Entire Image" or "Fill Entire Paper" - this will make your sizing incorrect.
 - b. You must scale the page to 100%.
3. Measure the 1 inch by 1 inch & 2cm by 2cm blocks with a ruler once it's printed and make sure that the size is correct before printing all of the pages.
4. If everything is correct, print all pages at 100% scale.
5. Stick your pattern together and cut it out.

Supplies & Tools List

These items are hyperlinked to where you can find them if they are available on the Fabric8 website. **Simply click on the item you need, and it will open up in your web browser.**

Fabric:

-

Supplies:

-

Tools:

- [Sewing machine bobbins](#)
- [Fabric scissors](#)
- [Fabric pinking shears](#)
- [Fabric marker/ tailors chalk](#)
- [Pins](#)
- [Fabric clips](#)
- [Prym mini steam iron](#)
- [Mini ironing board](#)
- [Rotary cutter](#)
- [Self-healing cutting mat](#)
- [Quilting ruler](#)
- [Quilting ruler handle](#)
- Paper scissors
- Paper glue
- [Tape measure](#)

Sleep Masks

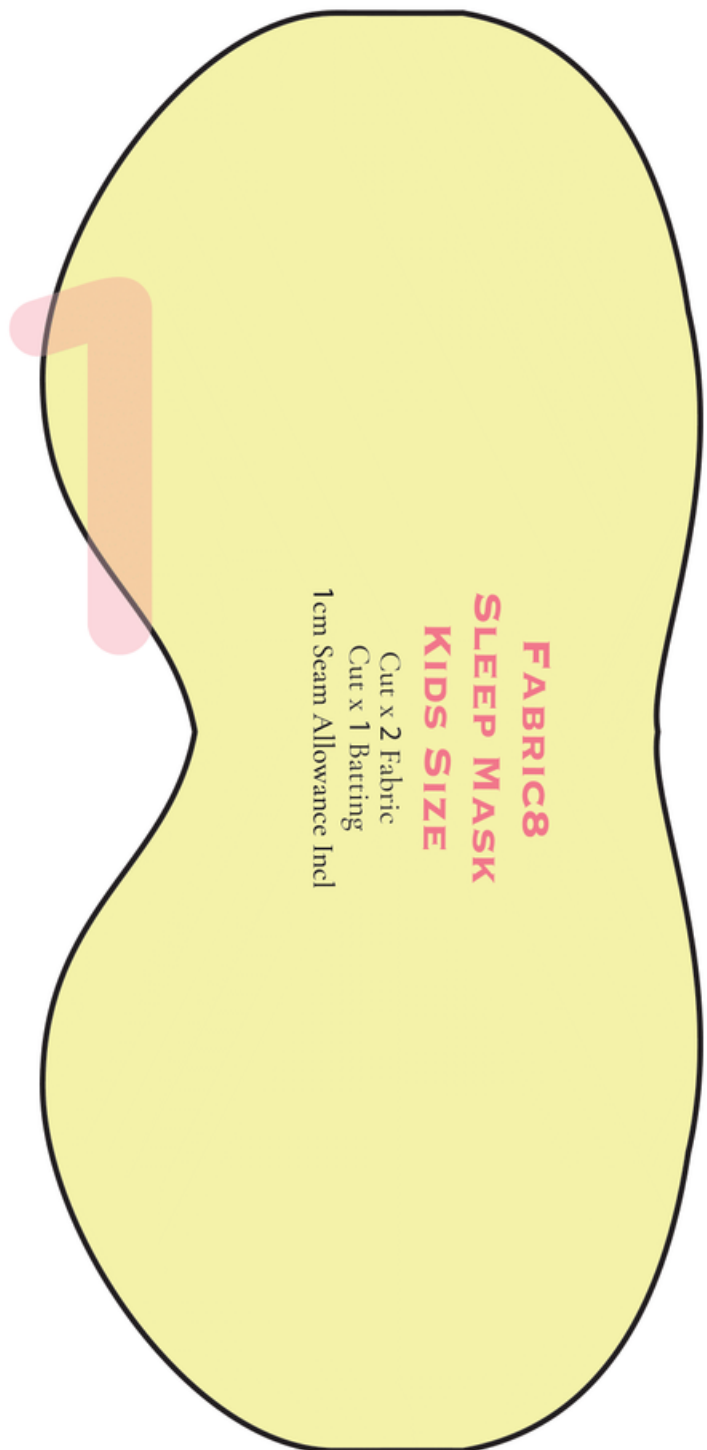
- **Step 1:**
 - Decide on the fabrics & felt colours you are going to use.
 - Cut 2 x outer fabric
 - Cut 1 x batting
 - Cut all face parts out of felt
 - Measure & cut elastic
- **Step 2:**
 - Baste the batting to wrong side of back piece of mask.
- **Step 3:**
 - Arrange and pin all face parts to front piece of mask.
- **Step 4:**
 - Sew or glue all face parts.
- **Step 5:**
 - Pin elastic to both side of mask, with elastic raw edge to fabric raw edge. Baste into place. Pin elastic to middle of mask to keep it from accidentally being sewn.
- **Step 6:**
 - Pin two mask pieces right side to right side and sew at 1cm all around leaving a turn out hole that will be closed later.
- **Step 7:**
 - Turn mask right side out. Close turnout hole.

Sleep Masks



1"x1"
Test
Block

2x2cm
Test
Block



FABRIC8
SLEEP MASK
ADULT SIZE

Cut x 2 Fabric
Cut x 1 Batting
1cm Seam Allowance Incl

