

NAPTIME SLEEP MASK

SUPPLIES:

Printed template

1 - 4" x 8 ½" rectangle of batting (we recommend Happy Cloud Batting)

2 - 4" x 8 ½" rectangles of fabric (front and back)

1 - 2" x 4" rectangle of fabric (optional eyelash applique)

1 - 2" x 4" rectangle of Heat n' Bond (optional for eyelash applique)

1 - 1" x 13 ½" piece of elastic (knit elastic, adjust to comfort)

Point Turner

Frixion Pen

Pins

Scissors

Thread

ASSEMBLY:

1. Using your Frixion Pen, trace the template onto the wrong side of one 4" x 8 ½" rectangle.
2. With right side up, layer the remaining 4 x 8 ½" rectangle with the batting rectangle.
3. Align your elastic to the center and pin in place to secure it.
4. With right sides together, sandwich your rectangles with the elastic inside. Pin in place.
5. Stitch on the drawn line leaving a 2" opening. Backstitch at the start and finish.
6. Trim mask ¼" away from stitch line.
7. Turn the sleep mask right side out using the point turner.
8. Press the opening under approximately ¼" and stitch closed.
9. Fuse the eyelash fabric to your Heat n' Bond.
10. Trace the Left and Right Eyelash Templates onto your fabric and cut out.
11. Remove paper and fuse eyelashes to the mask.

Naptime Sleep Mask Applique Placement Guide

