NOSY PEPPER
Embroidery

SEW UNIQUE by Michelle

In The Hoop
# Sleep Mask Tutorial

Materials Required:

Adult version*:
(1) 6.5"x 10.5" piece of fabric for front (cotton, fleece, minky, etc)
(1) 6.5"x 10.5" piece of fabric for back (satin, fleece, minky, etc)
-Stabilizer (medium weight cut away or tear away)
-12" of 5/8" fold over elastic or other elastic
-Masking tape

Child version*:
(1) 5" x 9" piece of fabric for front (cotton, fleece, minky, etc)
(1) 5" x 9" piece of fabric for back (satin, fleece, minky, etc)
-Stabilizer (medium weight cut away or tear away)
-10" of 5/8" fold over elastic or other elastic (this length may vary depending on the age of the child)
-Masking tape

*Additional fabrics may be required for various designs, such as appliques. This is a general tutorial on how to assemble an in the hoop sleep mask, the assembly for all designs are the same, but the number of steps will vary by design.
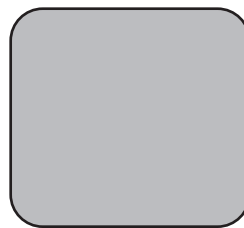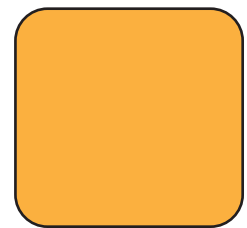
Materials Key
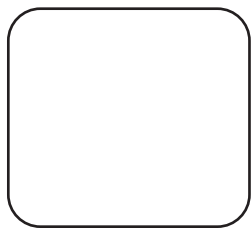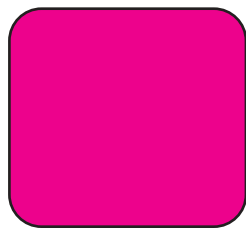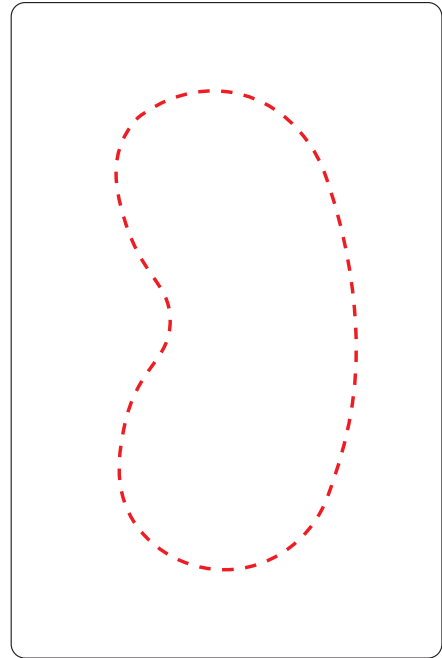
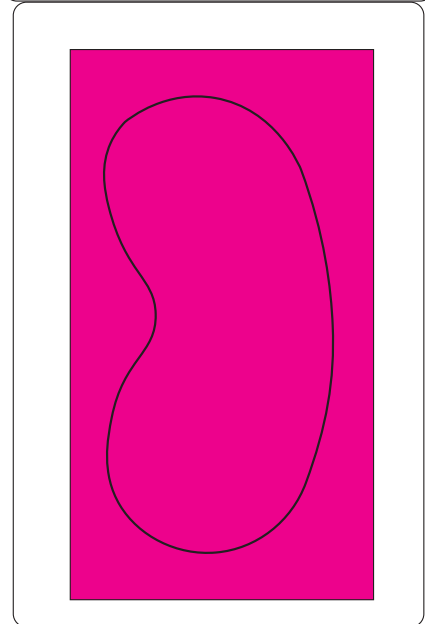| Stabilizer	Fabric Front (Right side)	Fabric Back (Wrong side)	Elastic

1) Hoop stabilizer and run first step of design directly on the stabilizer.

2) Place the front material directly over top of the stitching from step 1. Make sure all stitches are covered by material. Run the next step of the design to tack down your fabric.

3) Run the "design" portions of the mask. The actual number of steps will vary by design.
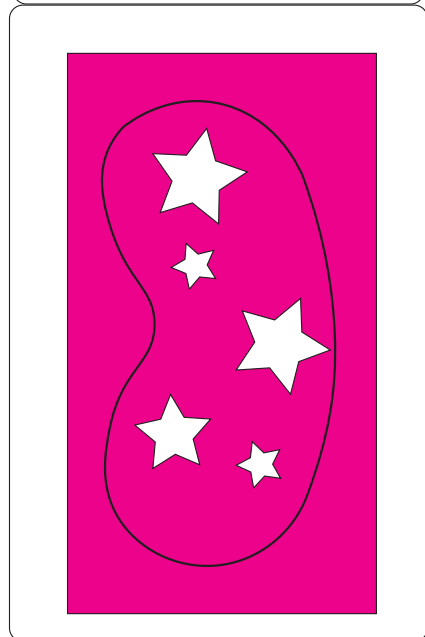
4) After running all design steps, run the step to stitch the placement lines for the elastic.
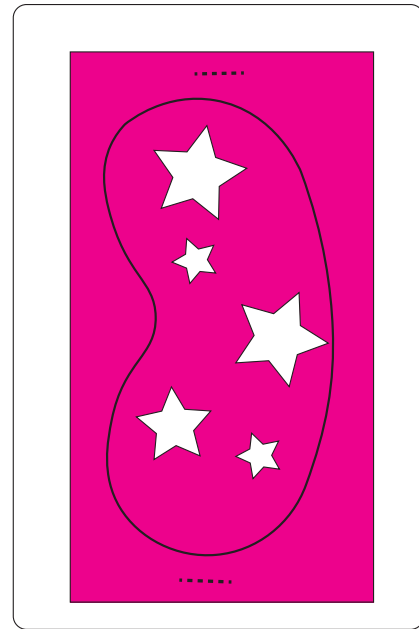
5) Place your elastic over the mask, between the two placement lines. If you are using patterned elastic, put the elastic so that the right side is face down on the hoop and against the fabric. Tape elastic in place along ends and secure any excess that is in the center of the mask down with tape. This will keep it from shifting and getting caught under the last step of stitching.
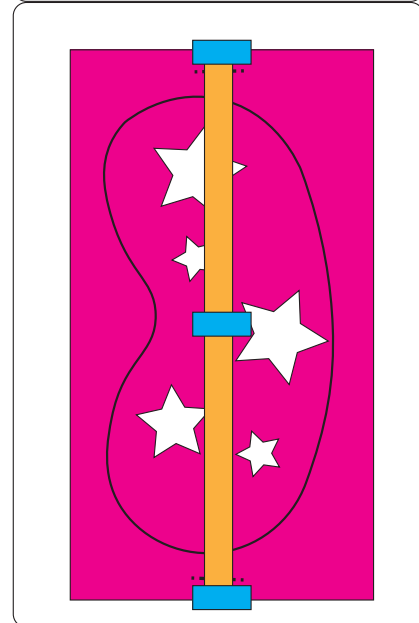
6) Take the backing fabric and place this directly over top, with the right side of the fabric against the mask and the wrong side facing up.
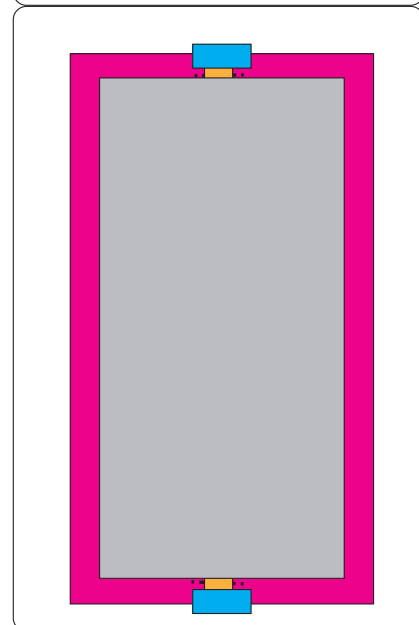
7)Run the last step to secure the backing fabric to the mask.
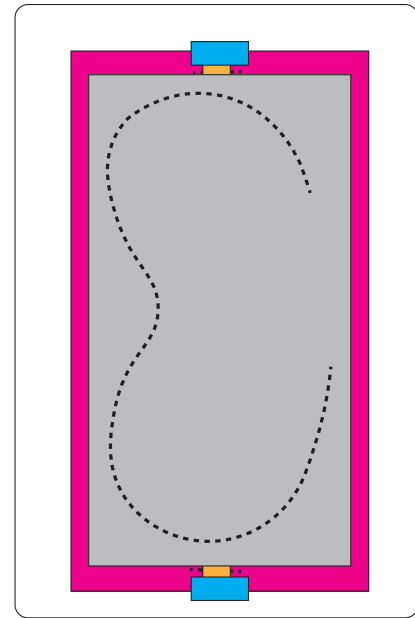
8) Remove materials from hoop and trim excess fabric, about 1/8" away from material, but be careful to not trim too close. Leave about 1/2" of material along the hole (this will help it press better in the next step). Remember to clip and notch curves on more detailed sleep mask designs.
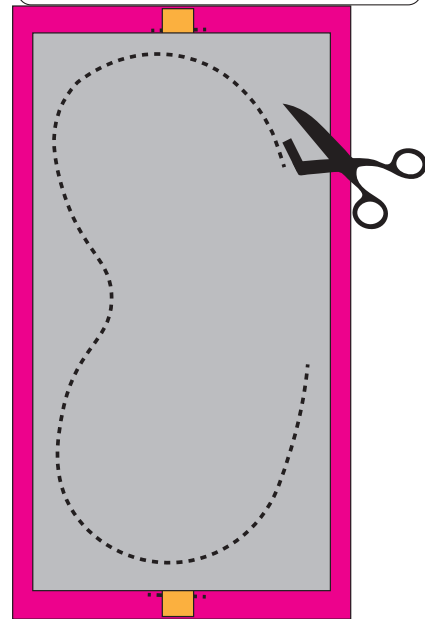
9) Turn mask right side out through the hole left at the top. Press well and stitch the hole closed by hand or machine.

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Instagram so we can all see your makes!

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