

Artful Slumber Mask

A sleep mask is an essential tool to rest your artful mind. This blank slumber mask pattern offers endless possibilities for clever embellishment and design. Follow these directions to create a slumber mask for a gift or for yourself. Check our blog posts for inspiration!

A. Cut the Materials

- › Cut one mask in mid-weight fashion fabric.
- › Cut one mask in soft lining fabric, such as French terry or flannel.
- › Cut one mask in batting, cutting away interior of darts.
- › Cut one optional nose piece in fashion fabric if desired, cutting on bias.
- › Cut one casing strip 24" long by 1¼" wide.
- › Cut one ¾" wide elastic 15" long.

B. Embellishment

Embellish the fashion fabric layer before constructing the mask with fabric paint, embroidery, collage, beads, boro, quilting, or whatever suits your fancy. Before you start embellishing:

- › Sew the darts into the fashion fabric mask.
- › Baste the fashion fabric to the batting to support any kind of stitching or textural embellishment.

C. Prepare the components:

1. Stitch darts into lining layer and fashion fabric mask, if not already done.
2. Fold nose piece along fold line wrong sides together and press well.
3. Fold the casing strip the long way, right sides together. Stitch it into a tube using a ¼" seam. Turn the casing right side out and press.
4. Insert elastic through the casing, stitching at each end to secure.

D. Assemble the Mask

1. If you haven't done so already, baste fashion mask to batting.
2. Stay stitch along the nose curve of the mask ¼" from the edge on both the fashion fabric and lining pieces. Clip into the stay stitching at the center point.
3. Stitch optional nose piece to right side of fashion fabric mask, matching the center dot to the clip and ending at each dart.
4. Attach the elasticized casing to the right side of the fashion mask at the dots (or in your preferred location).
5. Place the lining on the decorated fashion mask, right sides together. The nose piece and casing should sit between the two layers.
6. Stitch around the mask with a ¼" seam, leaving a 2" opening along the top of the mask.
7. Trim excess bulk from the seam allowances if needed. Turn mask right side out through the opening and press well.
8. Close the opening with hand stitching, or use your preferred method to topstitch all around the mask.

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