

Pattern created by Teresa Coates
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Fabric & Notions/Supplies

¼ yard Cuddle® or Luxe Cuddle® fabric

Matching polyester thread

90/14 stretch sewing machine needle

4" x 8" scrap of Cuddle® 3 Black, optional

Embroidery design of choice, optional

18" length of ½" wide elastic, optional

2" length of ½" wide Velcro®, optional-

Hand-sewing needle

Use eyelashes above as template for Cuddle® applique or hand embroidery.

1. Embroider or applique as desired, optional.

2. Using the sleep mask pattern, cut out one of each fabric (two if using the same fabric for both sides). Transfer all markings.

3. Cut a strap: one 1 ½" x 14-16" piece of Cuddle®, width-wise OR a 14-16" piece of ½" wide elastic (cut to fit) OR 4" and 14" lengths of ½" wide elastic.

Cuddle® strap: fold in thirds lengthwise, overlapping at center back, and zig zag in place.

Single elastic strap: no additional steps

Two elastic straps: sew 2" length of Velcro® to end of each elastic cut, loop (soft) part on the longer strap

4. Use markings at sides of one mask piece to place straps and pin in place. Baste in place.

5. Pin mask pieces, right sides together, leaving the area marked for the gap open. Make sure strap(s) are tucked inside.

6. Sew around mask with a ¼" seam allowance, leaving a gap.

7. Turn inside out and hand sew gap closed.