

**SPOTLIGHT**

# LINEN SLEEP MASK

N° 17.23.06  
PROJECT SHEET



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# LINEN SLEEP MASK

**i** EASY

## WHAT YOU'LL NEED

- Linen x 0.30cm
- Satin fabric x 0.20cm
- Lightweight interfacing x 0.5m
- Light weight wadding (optional)
- Knitted Elastic
- Thread
- Pins
- Sewing machine
- Safety Pin
- Eye mask template

## INSTRUCTIONS

5mm seam allowance used throughout unless otherwise indicated.

Read all instructions carefully before commencing the project.

### Cutting

**Step 1** - Using the template provided cut:

- 1 x mask body in main linen
- 1 x mask body in satin fabric
- 2 x mask body in lightweight interfacing
- 1 x mask body in lightweight wadding (OPTIONAL)
- 1 x length of elastic measuring from ear to ear
- 1 x rectangular strip for the elastic strap in main linen (8cm x 40cm)
- 1 x elastic strip around 35cm long depending on head size

### Elastic Covering

**Step 1** - Fold and press the elastic cover strip in half lengthways, right sides together. Pin and sew with a 1cm seam. Turn the fabric tube right side out and press.

**Step 2** - Attach the safety pin to one end of the elastic, to help feed it through the fabric tube. Sew one end of the elastic to the end of the fabric tubing. Distributing the fabric evenly across the elastic as it starts to gather up and sew the open end closed over the elastic end.

### Eye Mask

**Step 1** - Iron on the interfacing pieces to the wrong side of the eye mask pieces.

**Step 2** - Pin and stay stitch elastic back strap to eye mask at sides. Make sure the elastic is not twisted.

**Step 3** - Lay the eye mask piece together, right sides facing and pin around outside edge. elastic tube will be sandwiched in the middle. Start sewing at the top of the mask with a 1cm seam, leave an opening between the two notches - backstitch the beginning and end. Cut small snips around mask, make sure you do not cut the stitching. This will prevent some bulk when turning right side out.

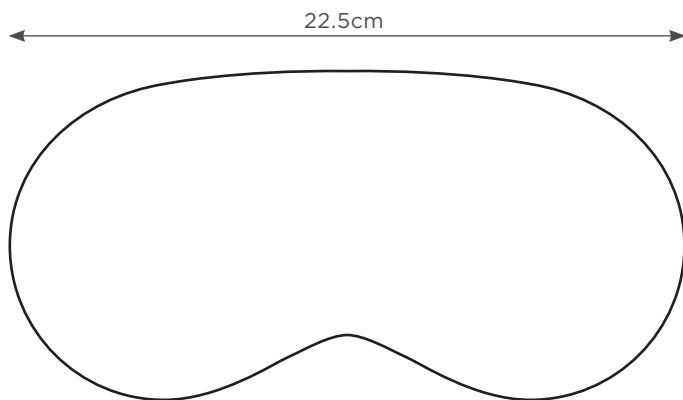
**Step 4** - Turn the eye mask right side out through the opening and press. Rolling the seam slightly under towards the inside of the mask so it's not visible from the right side of the mask.

**OPTIONAL Step 5** - Slip the wadding into the eye mask through the opening and smooth it out.

**Step 6** - Press the seam allowances on the opening to the inside of the mask and pin the opening closed.

**Step 7** - Finish off by top stitching around the whole outer edge.

**Note** - This template has been scaled.  
You will need to print this template at actual  
size and blow it up by 143% to make it full size.



**EYE MASK CUT**  
2x SATIN  
1x WADDING