

# Reversible Sleep Mask

Finished size: 3¾" x 9" (not including elastic)

## MATERIALS

2 fabric rectangles, 5" x 10"  
Fusible fleece, 5" x 10"  
13–15" of ½"-wide elastic  
Coordinating thread  
Basic sewing supplies

## MAKING the MASK

- 1 Measure your head circumference at eye level. Subtract 9" and cut that length from the elastic.
- 2 Following the manufacturer's instructions, fuse the fusible fleece to the wrong side of one of the fabric rectangles.

- 3 Using the pattern on page 2, cut out the front and back pieces. Be sure to either cut out the notches or mark their location.
- 4 Align each end of the elastic with the notches on one piece and pin in place. Try on the mask to check the fit; adjust as necessary.
- 5 With right sides together and the elastic between the layers, pin together the front and back pieces. Starting and ending with a backstitch and using a ¼" seam allowance, sew the pieces together, leaving a 2½" opening for turning.
- 6 Turn right side out and slipstitch the opening closed. Press.



