

Weighted Eye Mask

Approximate Finished Size of Mask: 3" x 12"

This weighted eye mask will help you drift off to dreamland. The Cuddle® is blissfully soft, and the weighted pellets block out light—and create a calming effect on your body and your mind.

Fabric Requirements (as shown)

- 2 (4" x 13") pieces of Cuddle®, Mask Front & Back

Note: Use Cuddle®3, Luxe Cuddle®, or Silky Satin—mix & match to your delight.

Suggested Notions

- Glass Micro Beads, from Poly-fil, 1 cup
- Lightweight, fusible interfacing, such as Pellon SF-101
- 90/14 stretch machine needle
- Polyester thread
- Felt tip marker or ballpoint pen
- Rotary cutter and mat
- Micro-serrated scissors
- Long, flower head pins and/or fabric clips
- Point turner
- Walking foot
- Zipper foot

Optional

- Small funnel, for pouring beads
- ¼ cup dried lavender



For a video tutorial on making the Weighted Eye Mask, scan the QR code or go to:

youtube.com/watch?v=Z5fEW4AaNA0



The information in this pattern is presented in good faith.
Every effort has been taken to assure the accuracy herein.

Weighted Eye Mask



Stash
Buster

Weighted Eye Mask

Approximate Finished Size of Mask: 3" x 12"

DIRECTIONS

- Read *Cuddle® Basics* before beginning.
- The Eye Mask will be divided into four sections. The two center sections rest over your eyes. The two smaller side sections drape down to help hold the Mask in place.

Cutting + Preparation

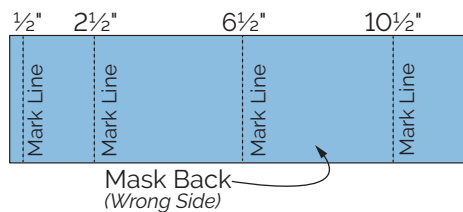
1. From Cuddle® 3, Luxe Cuddle®, or Silky Satin (mix & match!), cut:
 - 2 (4" x 13"), *Front & Back*.
2. From the lightweight, fusible interfacing, cut:
 - 2 (4" x 13") rectangles.
3. Using the Synthetic or Polyester setting, fuse interfacing to the back of the *Front & Back* rectangles.

Assembly

Embellish the front of the Eye Mask, if desired. (see Sidebar)

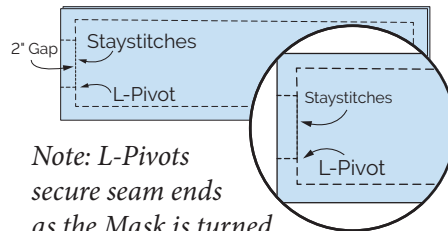
Sew the mask body

1. On wrong side of the Mask Back and starting from the left edge, use a felt tip marker or ballpoint pen to mark the following guide lines:
 - ½"
 - 2½"
 - 6½"
 - 10½"



2. Stitch along each marked line.

Note: This stitching is through the Mask Back only. These lines are guidelines, not assembly seams.
3. On the Mask Front, staystitch ½" along one short end. On the same end mark a 2" turning gap.
4. With right sides together, pin the Front to the Back. Do not pin the turning gap.
5. Sew around the Eye Mask, sewing L-Pivots at the gap.



Note: L-Pivots secure seam ends as the Mask is turned and also help the seam allowances turn in at the gap.

6. Turn the Eye Mask right side out. Use a point turner to gently push out all four corners.

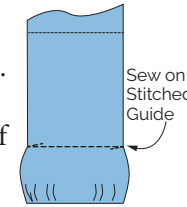
Add the weighted beads

1. Measure out 2 tablespoons of glass beads.

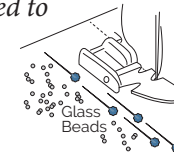
Note: Mixing a tablespoon of dried lavender in with the glass beads for each section, adds a calming scent.
2. Pour the beads into the Eye Mask.

Note: Use a funnel to help keep the beads under control.
3. Tap the closed end of the Mask on a level surface to settle the beads.

4. Pin *below* 2½" stitched guideline to contain the beads in the lowest section.
5. Sew on the guideline. Backstitch at the beginning and end of the seam.

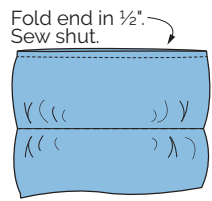


Note: A zipper foot with the needle positioned to sew on the right indent helps keep the beads away from the sewing machine needle.



6. Measure out 5½ tablespoons of glass beads. Pour these beads into next section of the Eye Mask.
7. Again, tap the base of the Mask to settle the beads. Sew across the 6½" guideline.
8. Add 5½ tablespoons of glass beads to the third section.
9. Tap to settle the beads, and stitch across the 10½" mark.

10. Fill the fourth and final section with 2 tablespoons of glass beads.
11. Fold in and pin the raw edges at the end the Mask. Hand or machine stitch to close.



Add Embellishments

- Add some machine or hand embroidery to the front of the mask.
- Small patchwork inserts are another option for personalizing.
- Appliqués are fun! Try the black Cuddle® eyelashes from the Sleep Mask pattern.



Download it for free at:
www.shannonfabrics.com/download_patterns/20.SleepMask_21_0503B.pdf

Cuddle® Basics

1. Seam allowances are ½" unless otherwise noted.
2. Mark measurements on reverse side of Cuddle® with a felt tip marker or ballpoint pen.
3. Cut with a rotary cutter, craft knife, or scissors.
4. Shake cut pieces or put in a no-heat dryer with a damp washcloth for a few minutes to remove loose fibers.
5. Sew with polyester thread in the top and the bobbin.
6. Reduce presser foot pressure when sewing multiple layers.
7. Increase stitch length to 3–4 mm.
8. Double pin by using 2 rows of pins—the first row every 1½" along the seam line and a second row 1" to the left and parallel to the cut edge.
9. Backstitch at the beginning and end of each seam.
10. Use an even-feed or walking foot, if possible. It makes a difference!

