







# Sleep Masks (In-the-Hoop)

Catch a little shut-eye ... and look magical while you're doing it! These sweet sleep masks stitch up entirely in-the-hoop, making a cute gift for someone special or a treat for yourself. Follow our step-by-step instructions to create your own!

## Supplies

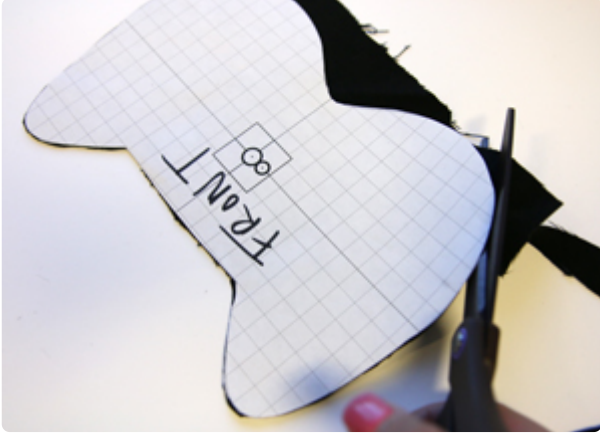
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To craft your in-the-hoop eye mask, you will need:

In-the-hoop [kitty](#) or [unicorn](#) eye mask embroidery design (both are available in adult and child sizes; we do not recommend sleep masks for children under 7 years old)  
Soft fabric for your mask  
Stiff felt for unicorn horn, if stitching the



# Steps To Complete

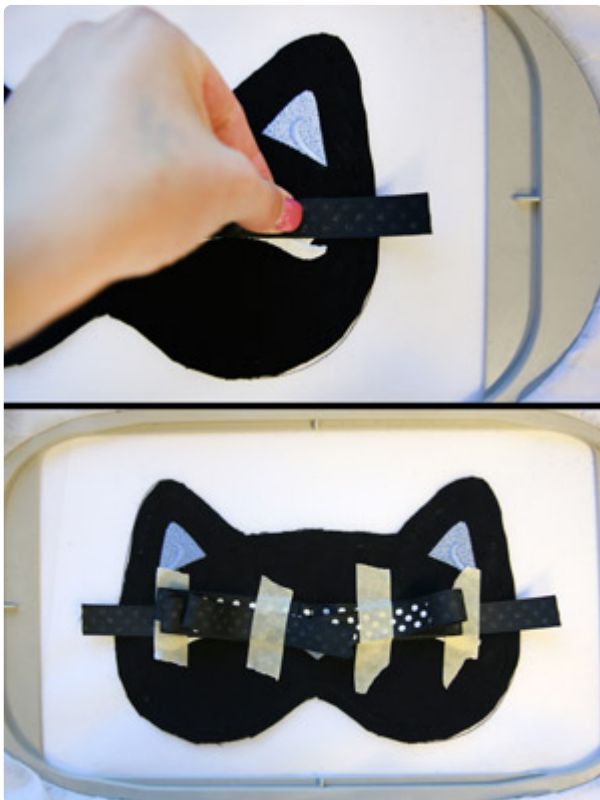


Begin by printing the DL\_front and DL\_back template files using embroidery software. If you do not have software, Wilcom has a free program you can download [here](#). If you need a reminder on how to print templates, [read this](#).

Use both of these templates to cut your fabric, by lightly spraying the paper template with temporary spray adhesive and pressing it onto your fabric before carefully cutting around the pattern.



Hoop up your tearaway stabilizer taut, load the embroidery design into your machine, and get stitching! The first thing that sews is a dieline. Lightly spray the back of your front mask piece with temporary spray adhesive, and place it so it completely covers the dieline. After that, a tackdown will stitch to hold down your fabric, and then all the face details will stitch out.

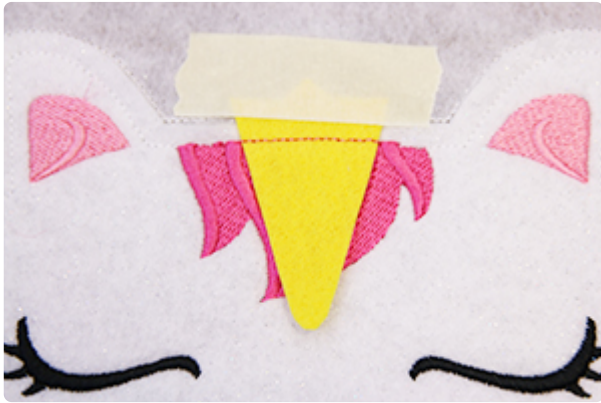


Next, carefully remove the hoop from your embroidery machine, but DON'T unhoop your design.

Place the edge of your ribbon 0.5 inches over the edge of the mask and tape into place. Do the same to the other side of the ribbon and secure all of the loose ends of ribbon, making sure everything is taped down within the tackdown edge of the mask.



For the unicorn, you'll also want to use the included dieline file to cut out a horn using stiff felt. At the same time as you're adding ribbons, tape the horn in place as well, pointing the horn toward the center and aligning the notches on the horn and mask.



A small tackdown will sew out next, to hold the horn in place.



Lightly spray the outer edges of the back mask piece with temporary spray adhesive, then press the fabric face down on top of the hoop, covering the embroidered front and added elements.



The final thing to sew is a tackdown for the back of the mask around the edges. This will secure your ribbon in place as well. A gap will be left at the top so that you can turn the mask right side out after stitching.



When your mask is done stitching, unhoop your project and tear off as much stabilizer as you can -- this will make it easier to turn the mask right side out.

Use the small opening in between the ears to flip the project right side out and remove the tape from the ribbon.



Pressing your mask will help put the finishing touches on your masterpiece!



And finally, use a hand-sewing needle and matching thread to stitch the mask shut. If you want to, you can also use this opening to place lavender or a small amount of polyfill before you stitch up.



There you have it! An adorable eye mask, perfect for a restful night's sleep.





These playful sleep masks will make kids and grown-ups alike look forward to bedtime.



Best of all, they'll make your dreams extra magical!