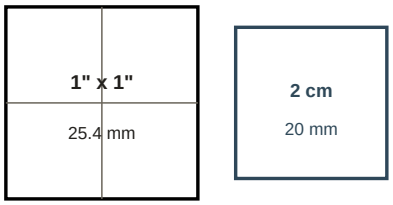
Contoured Sleep Eye Mask

Skill: Beginner | Time: 30 min | Seam Allowance: 3/8" (9.5 mm) Included

PROJECT SPECIFICATIONS

Finished Size:	8" W × 3.75" H (adult contoured fit) (20.3 × 9.5 cm)
Sizes Included:	Adult One Size (with custom elastic strap sizing chart)
Fabric Weight:	19–22 momme silk charmeuse, cotton lawn, double gauze, or soft
Needle & Stitch:	70/10 Microtex for silk charmeuse · 80/12 Universal for cotton/linen |
Pattern Tiles:	2 printable tile pages (2 col x 1 row)

SCALE CALIBRATION TEST SQUARES



Print at Actual Size (100%) in Acrobat/Preview. Measure both boxes before cutting fabric.

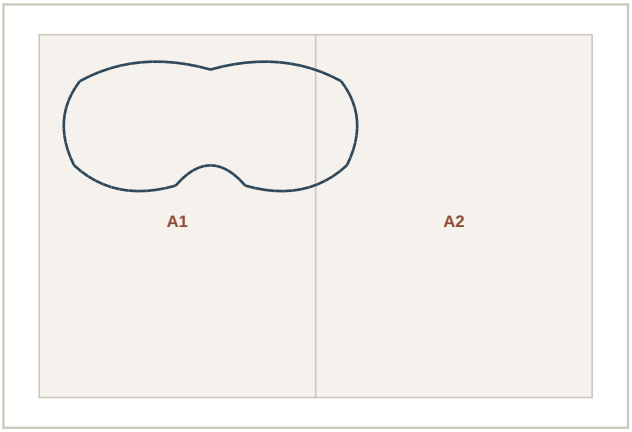
CUTTING CHART (IMPERIAL & METRIC — ROTARY CUT OR TRACE TILES)

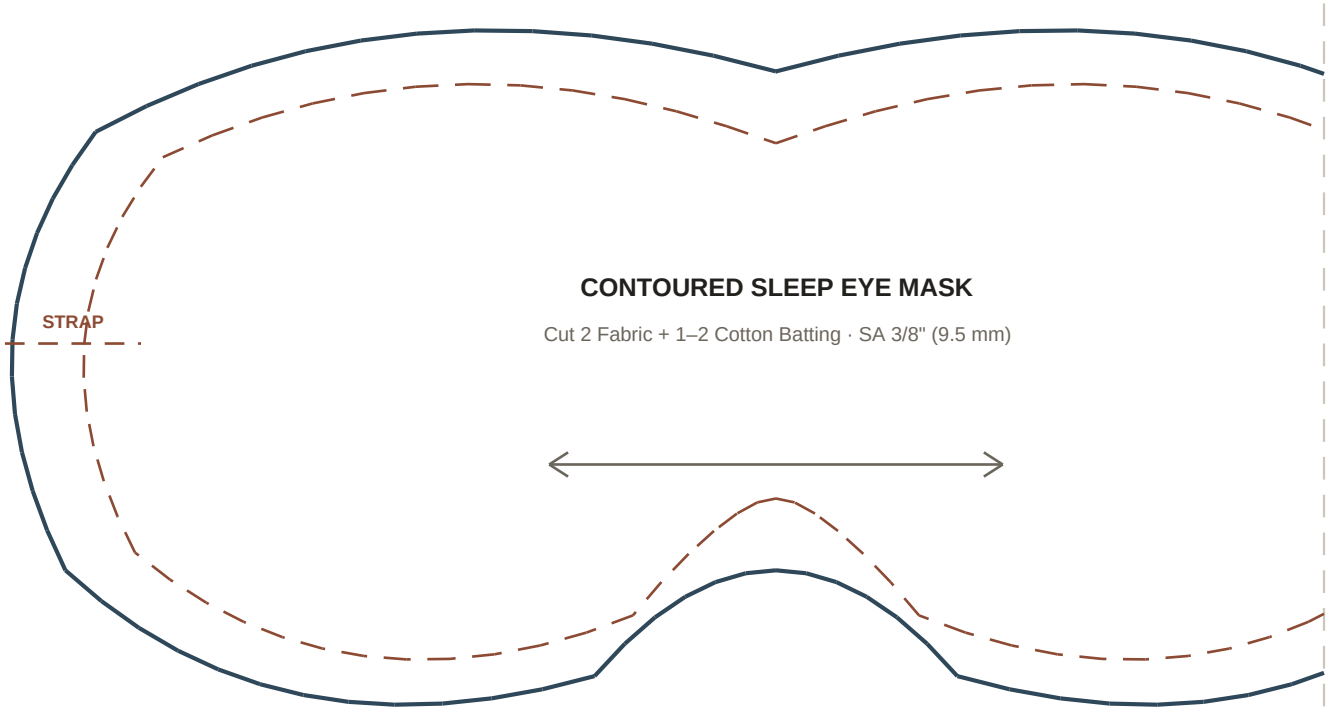
Piece	Qty	Inches (W x H)	Metric (cm)	Fabric
Contoured Mask Exterior & Lining	Cut 2	8.5" x 4.1"	21.6 x 10.4 cm	Silk / Cotton / Do
Soft Batting Core (+ Blackout Flannel)	Cut 1–2	8.5" x 4.1"	21.6 x 10.4 cm	100% Cotton Battin
Ruched Elastic Strap Casing	Cut 1	2.25" x 19"	5.7 x 48.3 cm	Matching Fabric

MATERIALS & SUPPLIES

- 10" × 12" scrap of silk charmeuse, cotton lawn, or quilting cotton (Front & Back)
- 3" × 20" strip of matching fabric for the soft ruched strap casing
- 10" × 6" scrap of low-loft 100% cotton batting (+ optional dark flannel blackout layer)
- 13.5" (34 cm) of 3/8" or 1/2" soft plush knit elastic (adjust to head circumference × 0.62)
- Matching 50 wt thread (60 wt silk or fine cotton for charmeuse)

TILE ASSEMBLY MAP (2 x 1)

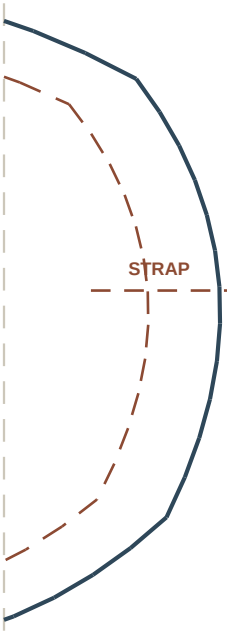




CONTOURED SLEEP EYE MASK

Cut 2 Fabric + 1–2 Cotton Batting · SA 3/8" (9.5 mm)

JOIN -> A2


STRAP