Sleeping mat with a pillow

Standard · US terms



Finished size

About 30 × 72¾ in (76 × 185 cm) with the border and the pillow folded over; pillow about 30 × 14¾ in (76 × 37 cm); about 87½ in (222 cm) long before it is folded

Skill

Easy

Back loop only, stripes, a border and sewing

Yarn

Super bulky (6), 2 colors

Hook

10 mm (US N/P-15)

Gauge

9 stitches and 8 rows to 4 in (10 cm)

In ribbed half double crochet.

What you need

Yarn A: white plarn **about 970 yd (887 m), an estimate**

Yarn B: red plarn, stripes of the mat and the border **about 540 yd (494 m), an estimate**

Hook: 10 mm (US N/P-15), or the size that gives you the gauge. Also: a yarn needle with a large eye, scissors, a tape measure and 2 stitch markers.

Sizes

Size	Finished size, about	Yarn, an estimate
Standard (this file)	**30 × 72¾ in (76 × 185 cm), 30 × 14¾ in (76 × 37 cm)**	**about 1,510 yd (1,381 m)**
Wide	36¼ × 72¾ in (92 × 185 cm), 36¼ × 14¾ in (92 × 37 cm)	about 1,810 yd (1,655 m)

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Gauge

9 stitches and 8 rows to 4 in (10 cm) in ribbed half double crochet. Along a row, count every stitch and every chain between stitches as one.

Work the test piece, lay it flat without stretching it, and measure in its middle. If it has more stitches and rows to 4 in (10 cm), use a larger hook; if it has fewer, a smaller one. A mat need not be exact: if your pieces differ a little, the mat is a little larger or smaller.

> **The swatch.** A test piece to measure and pull out. It is not the start of the pattern. The test piece takes about 25 yd (23 m) of A, which the amounts do not count. Undo it when you have measured it and use its plarn again, or cut about 10 bags more.
>
> | | | |
> |---|---|---|
> | **Swatch foundation** | With A, ch 15. | |
> | **Swatch row 1 (RS)** | Hdc in 2nd ch from hook and in each ch across | (14 hdc) |
> | **Swatch rows 2 to 12** | Ch 1, turn; hdc in BLO of each st across | (14 hdc) |

Instructions

Standard. US terms.

hdc half double crochet (UK htr), **ch** chain, **sl st** slip stitch, **sc** single crochet (UK dc), **BLO** only the loop away from you, **st** stitch.
3 sc in first st: **all three in that one stitch**. Sc in next 62 sts: one in each.
The ch 1 is not a stitch. Work in the **very first stitch**.
(64 hdc): the row now has 64; a check, not a step. Not 64? **Pull it back**.
Also: RS right side, yo yarn over.
Every stitch, drawn: flossfield.com/crochet/stitches.

Mat

☐ **Start**	With A, make a slip knot and ch 65.	
☐ **Row 1 (RS)**	Hdc in 2nd ch from hook and in each ch across	(64 hdc)
☐ **Rows 2 to 12**	Ch 1, turn; hdc in BLO of each st across	(64 hdc)

2 3 4 5 6 7 8 9 10 11 12

☐ **Row 13**	With B, ch 1, turn; hdc in BLO of each st across	(64 hdc)
☐ **Rows 14 to 20**	Ch 1, turn; hdc in BLO of each st across	(64 hdc)

14 15 16 17 18 19 20

☐ **Row 21**	With A, ch 1, turn; hdc in BLO of each st across	(64 hdc)
☐ **Rows 22 to 40**	Ch 1, turn; hdc in BLO of each st across	(64 hdc)

22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

☐ **Row 41**	With B, ch 1, turn; hdc in BLO of each st across	(64 hdc)
☐ **Rows 42 to 48**	Ch 1, turn; hdc in BLO of each st across	(64 hdc)

42 43 44 45 46 47 48

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☐ **Row 49** With A, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 50 to 68** Ch 1, turn; hdc in BLO of each st across (64 hdc)

50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68

☐ **Row 69** With B, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 70 to 76** Ch 1, turn; hdc in BLO of each st across (64 hdc)

70 71 72 73 74 75 76

☐ **Row 77** With A, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 78 to 96** Ch 1, turn; hdc in BLO of each st across (64 hdc)

78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96

☐ **Row 97** With B, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 98 to 104** Ch 1, turn; hdc in BLO of each st across (64 hdc)

98 99 100 101 102 103 104

☐ **Row 105** With A, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 106 to 144** Ch 1, turn; hdc in BLO of each st across (64 hdc)

106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133
134 135 136 137 138 139 140 141 142 143 144

Pillow, 28 rows

☐ **Row 145** With B, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 146 to 154** Ch 1, turn; hdc in BLO of each st across (64 hdc)

146 147 148 149 150 151 152 153 154

☐ **Row 155** With A, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 156 to 162** Ch 1, turn; hdc in BLO of each st across (64 hdc)

156 157 158 159 160 161 162

☐ **Row 163** With B, ch 1, turn; hdc in BLO of each st across (64 hdc)

☐ **Rows 164 to 172** Ch 1, turn; hdc in BLO of each st across (64 hdc)

164 165 166 167 168 169 170 171 172

☐ Fasten off.

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Border

Yarn B, red plarn.

Hold the piece with the right side facing you and the last row at the top; the first st is the one at the right-hand corner.

☐ **Start**	Work around the edge of the piece, right side facing: the 64 sts of the last row, the ends of the 172 rows, the 64 chs of the foundation, the ends of the 172 rows.	
☐ **Round 1**	Join B with sl st in first st, ch 1, 3 sc in first st, sc in next 62 sts, 3 sc in next st, **[**sc in end of each of next 7 rows, 2 sc in end of next row**] 21 times**, sc in end of each of next 4 rows, 3 sc in next ch, sc in next 62 chs, 3 sc in next ch, **[**sc in end of each of next 7 rows, 2 sc in end of next row**] 21 times**, sc in end of each of next 4 rows; join with sl st in first sc	(522 sc)
☐ **Round 2**	Ch 1, sc in same st as join, 3 sc in next st, sc in next 64 sts, 3 sc in next st, sc in next 195 sts, 3 sc in next st, sc in next 64 sts, 3 sc in next st, sc in next 194 sts; join with sl st in first sc	(530 sc)
☐	Fasten off, leaving a tail of about 60 in (152 cm) to sew with.	

Assembly

1. Weave in all the ends but the long tail of the border. Lay the mat flat with its right side up and the last row at the top. In what follows a corner stitch is the middle one of the 3 sc worked in one place in round 2 of the border. Each long side has 197 sts between its two corner stitches.

2. From each of the two corner stitches at the last row count 33 sts down the side, the corner stitch not counted, and put a marker in st number 33. The fold comes just below these two markers, at the top of row 144.

3. Fold the pillow, the 28 rows from row 145 to row 172 with their border, down onto the mat, so that the wrong side of the pillow is on top and the markers lie along the fold. The border of the last row then lies straight across the mat. At each side st number 33 now lies on st number 34, st number 32 on st number 35, and so on to st number 1 on st number 66, and the corner stitch lies on st number 67. Take out the markers.

4. Thread the long tail, which hangs beside one corner of the last row; begin at that corner. Sew 3 times into the corner stitch and the stitch under it. Then whip stitch from there to the fold, 1 stitch to each pair of stitches that lie on each other, 33 stitches. Sew 3 times into the last pair and fasten off.

5. Take a length of B about 60 in (152 cm) long and sew the other side in the same way, from the corner stitch to the fold: 3 times into the corner stitch, 33 stitches, and 3 times into the last pair. The edge with the last row stays open: it is the mouth of the pillow. Weave in the ends that are left.

6. Push a folded sweater or towel into the pillow through its open edge, and take it out again before the mat is rolled up.

Finishing

- Do not iron or steam the mat. Wash it with soap and cold water and hang it up to dry.

In all: 12,060 stitches (11,008 in the mat, 1,052 in the border).

To find how many balls: divide by the length on your yarn's label and round up. Buy them from one dye lot. The estimate is from the stitches of this size at this gauge, with 15 percent added.

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Notes

- Plarn is yarn cut from plastic grocery bags. Take clean, dry bags of about 12 by 20 in (30 by 51 cm), with the side folds still in them. Smooth a bag flat and cut off the handles at the top and the seam at the bottom. Fold what is left lengthwise in half and in half again, and cut it across into strips 2½ in (6.5 cm) wide. Open the strips: each one is a closed loop about 38 in (97 cm) around.
- To join two loops, pass one end of the new loop up through one end of the old loop, so that it stands about 3 in (8 cm) above it. Pass the other end of the new loop down through this standing end, and pull it all the way through until the two loops close in a small flat knot. Do not pull so hard that the plastic stretches. Join loop to loop in this way and wind the plarn into a ball. Both layers of a loop are worked together as one strand.
- A bag of that size gives about 5 loops, which make about 2½ yd (2.3 m) of plarn. Bags differ: join the loops of one bag, measure what they give, and divide the yards by that.
- Where a pattern asks for an end, cut the loop you are in straight across: its two layers are the tail. To begin, make a slip knot with both layers.
- The ch 1 at the start of a row does not count as a stitch.
- The first stitch after the ch 1 goes into the first st, the one right below the hook.
- After row 1 every stitch of the mat is worked into the back loop only, the loop of the top farther from you. The loops left free make the ribs on both sides. The border is worked under both loops.
- Right-side rows are the odd-numbered ones.
- The rows in order: 12 of white, then 8 of red and 20 of white 3 times, 8 of red, and 40 of white. The last 28 of those 40 lie under the pillow, and its border covers about 2 more. The 28 rows of the pillow are 10 of red, 8 of white and 10 of red.
- Cut each yarn when the rows of its color are done. To change yarn, work the last yarn over of the last stitch of the row before with the new yarn. Cut the old yarn, leaving a tail of about 6 in (15 cm), and leave a tail of the same length on the new yarn.
- Lay the tails along the top of the row below and work over them, or weave them in at the end with a crochet hook where a needle's eye is too narrow for plarn.
- Border: work along the last row, down the ends of the rows, along the other side of the foundation chain and up the ends of the rows. Begin with the right side facing and the last row at the top, in the first st at the right-hand corner. The chain skipped at the start of row 1 is not worked into.
- The ch 1 at the start of a round does not count as a stitch.
- In the border "same st as join" is the st the joining sl st was worked into; the sl st itself is not a stitch. "3 sc in next st" puts all 3 stitches in that one place and turns a corner.
- To join a yarn with a sl st, make a slip knot of it on the hook, put the hook in the place named, yo, and pull through the place and the loop on the hook.
- Leave a tail of about 6 in (15 cm) when you begin and when you fasten off, unless another length is given. The ends that are not sewn with are woven in.
- Whip stitch: with the yarn on a yarn needle, pass the needle under two strands at the edge of one layer and under two strands of the layer that lies against it, and pull the yarn through. Do the same a little farther on, always in the same direction.
- Keep the mat away from fire, stoves and heaters: plastic melts and burns. Keep loose bags and cut loops away from small children.
- Collect a few bags more than the number given, and keep each color to bags of one shade.
- Bags for this size, at 2½ yd (2.3 m) a bag: about 390 white and 220 red. This is worked out from the yards and not counted in bags.

Found a mistake in this pattern? Tell us at flossfield.com, under Make a request.

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