Sleep mask with lashes

Adult · US terms



Finished size
About 8½ in (22 cm) wide and 4 in (10 cm) tall with the edging; strap about 12 in (30 cm) long between its ends, gathered
To fit a head of 22 to 23½ in (56 to 60 cm)

Skill
Intermediate
Increases and decreases at both edges, and a little embroidery

Yarn
Light (3), 2 colors

Hook
3.25 mm (US D-3)

Gauge
20 stitches and 23 rows to 4 in (10 cm)
In single crochet.

You will need

Yarn A: blush, main **about 40 yd (37 m), an estimate**
Yarn B: black, the lining, the lashes and edging and the strap cover **about 80 yd (73 m), an estimate**
Fiber: cotton
Hook: 3.25 mm (US D-3), or the size that gives you the gauge. Also: a yarn needle, scissors, a tape measure and a safety pin and flat elastic 3/8 in (1 cm) wide: 13 in (33 cm) for Adult, 12 in (30 cm) for Teen.

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.

Sizes

Size	Head	Finished size, about	Yarn, an estimate
Teen	a head of 20½ to 22 in (52 to 56 cm)	7¾ in (20 cm) wide, 3¾ in (9.5 cm) tall	about 105 yd (96 m)
Adult (this file)	**a head of 22 to 23½ in (56 to 60 cm)**	**8½ in (22 cm) wide, 4 in (10 cm) tall**	**about 120 yd (110 m)**

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Abbreviations

Written in US terms. Where the UK name differs it is given beside the US one.

ch	chain stitch
sl st	slip stitch: insert hook in the place named, yo, pull through it and the loop on hook (UK ss, slip stitch)
sc	single crochet (UK dc, double crochet)
sc2tog	single crochet 2 together: [insert hook in next st, yo, pull up a loop] 2 times, yo, pull through all 3 loops (UK dc2tog, dc
sc3tog	single crochet 3 together: [insert hook in next st, yo, pull up a loop] 3 times, yo, pull through all 4 loops (UK dc3tog, dc
Rnd	round
RS	right side
st	stitch
yo	yarn over (UK yrh, yarn round hook)

Gauge

20 stitches and 23 rows to 4 in (10 cm) in single crochet.

Check it on the lining, laid flat and not stretched, when 12 rows are done: the 18 stitches of row 12 in Adult are about 3 5/8 in (9.1 cm) long and the 17 in Teen are about 3 3/8 in (8.6 cm) long, and the 12 rows are about 2 1/8 in (5.3 cm) wide, from the foundation chain to row 12. If they measure more, start again with a smaller hook; if they measure less, with a larger one. The cloth should be close, so that little light comes through.

Before you start

- The front and the lining are worked sideways: row 1 and the foundation chain are at one temple, the last row is at the other, and one row is as tall as the mask. The right-side (odd) rows begin at the lower edge and end at the upper edge. The lower edge is the one that rises in the middle, to make room for the nose. The wrong-side (even) rows begin at the upper edge.
- The ch 1 at the start of a row does not count as a stitch. The first stitch goes into the first stitch of the row below, which is the last one you worked.
- 2 sc (or 3 sc) in first st or in last st: both (or all three) stitches go in that one stitch. Sc2tog at the start of a row takes the first 2 stitches, at the end of a row the last 2; sc3tog takes 3 in the same way.
- The second half of the mask mirrors the first, so that the front and the lining, held with their wrong sides together, have the same outline: the last row of one lies on the foundation chain of the other.
- 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.
- 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.
- Backstitch: bring the needle up one place ahead, go down at the place where the last stitch ended, and come up again one place farther on. The stitches then touch end to end, and each goes from one place to the next. Straight stitch: up at the first place, down at the second.
- Whip stitch: with the yarn on a yarn needle, pass the needle under both loops of a stitch of the last row and under the strands of the chain below the stitch of row 1 that lies against it, and pull the yarn through. Do the same in the next pair.
- The sizes are by the head, measured round over the closed eyes and the fullest part of the back.
- Use a smooth, soft cotton: it lies against the face and is washed often.

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Instructions

Chosen: Adult. The count in round brackets at the end of a line is what that line leaves. Tick the box when a row is done. In UK terms sl st is slip stitch, sc is double crochet, sc2tog is double crochet 2 together, sc3tog is double crochet 3 together and yo is yarn round hook.

Lining

Yarn B, black.

☐ **Foundation**	With B, ch 8.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	**(7 sc)**
☐ **Row 2**	Ch 1, turn; 3 sc in first st, sc in next 5 sts, 3 sc in last st	**(11 sc)**
☐ **Row 3**	Ch 1, turn; 2 sc in first st, sc in next 9 sts, 2 sc in last st	**(13 sc)**
☐ **Row 4**	Ch 1, turn; sc in next 12 sts, 2 sc in last st	**(14 sc)**
☐ **Row 5**	Ch 1, turn; 2 sc in first st, sc in next 12 sts, 2 sc in last st	**(16 sc)**
☐ **Row 6**	Ch 1, turn; sc in each st across	**(16 sc)**
☐ **Row 7**	Ch 1, turn; 2 sc in first st, sc in next 15 sts	**(17 sc)**
☐ **Row 8**	Ch 1, turn; sc in each st across	**(17 sc)**
☐ **Row 9**	Ch 1, turn; 2 sc in first st, sc in next 16 sts	**(18 sc)**
☐ **Rows 10 to 15**	Ch 1, turn; sc in each st across	**(18 sc)**

A box for each row, 10 to 15: tick them off as you go.

☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15

☐ **Row 16**	Ch 1, turn; sc in next 16 sts, sc2tog	**(16 sc, 1 sc2tog)**
☐ **Row 17**	Ch 1, turn; sc in each st across	**(17 sc)**
☐ **Row 18**	Ch 1, turn; sc in next 15 sts, sc2tog	**(15 sc, 1 sc2tog)**
☐ **Row 19**	Ch 1, turn; sc2tog, sc in next 14 sts	**(14 sc, 1 sc2tog)**
☐ **Row 20**	Ch 1, turn; sc in next 13 sts, sc2tog	**(13 sc, 1 sc2tog)**
☐ **Row 21**	Ch 1, turn; sc3tog, sc in next 11 sts	**(11 sc, 1 sc3tog)**
☐ **Row 22**	Ch 1, turn; sc in each st across	**(12 sc)**
☐ **Row 23**	Ch 1, turn; sc2tog, sc in next 10 sts	**(10 sc, 1 sc2tog)**
☐ **Rows 24 to 25**	Ch 1, turn; sc in each st across	**(11 sc)**

A box for each row, 24 to 25: tick them off as you go.

☐ 24 ☐ 25

☐ **Row 26**	Ch 1, turn; sc in next 10 sts, 2 sc in last st	**(12 sc)**
☐ **Row 27**	Ch 1, turn; sc in each st across	**(12 sc)**
☐ **Row 28**	Ch 1, turn; sc in next 11 sts, 3 sc in last st	**(14 sc)**
☐ **Row 29**	Ch 1, turn; 2 sc in first st, sc in next 13 sts	**(15 sc)**

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☐ **Row 30**	Ch 1, turn; sc in next 14 sts, 2 sc in last st	**(16 sc)**
☐ **Row 31**	Ch 1, turn; 2 sc in first st, sc in next 15 sts	**(17 sc)**
☐ **Row 32**	Ch 1, turn; sc in each st across	**(17 sc)**
☐ **Row 33**	Ch 1, turn; 2 sc in first st, sc in next 16 sts	**(18 sc)**
☐ **Rows 34 to 39**	Ch 1, turn; sc in each st across	**(18 sc)**

A box for each row, 34 to 39: tick them off as you go.

☐ 34 ☐ 35 ☐ 36 ☐ 37 ☐ 38 ☐ 39

☐ **Row 40**	Ch 1, turn; sc in next 16 sts, sc2tog	**(16 sc, 1 sc2tog)**
☐ **Row 41**	Ch 1, turn; sc in each st across	**(17 sc)**
☐ **Row 42**	Ch 1, turn; sc in next 15 sts, sc2tog	**(15 sc, 1 sc2tog)**
☐ **Row 43**	Ch 1, turn; sc in each st across	**(16 sc)**
☐ **Row 44**	Ch 1, turn; sc2tog, sc in next 12 sts, sc2tog	**(12 sc, 2 sc2tog)**
☐ **Row 45**	Ch 1, turn; sc2tog, sc in next 12 sts	**(12 sc, 1 sc2tog)**
☐ **Row 46**	Ch 1, turn; sc2tog, sc in next 9 sts, sc2tog	**(9 sc, 2 sc2tog)**
☐ **Row 47**	Ch 1, turn; sc3tog, sc in next 5 sts, sc3tog	**(5 sc, 2 sc3tog)**
☐ **End**	Fasten off.	

Front

Yarn A, blush.

☐ **Foundation**	With A, ch 8.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	**(7 sc)**
☐ **Row 2**	Ch 1, turn; 3 sc in first st, sc in next 5 sts, 3 sc in last st	**(11 sc)**
☐ **Row 3**	Ch 1, turn; 2 sc in first st, sc in next 9 sts, 2 sc in last st	**(13 sc)**
☐ **Row 4**	Ch 1, turn; sc in next 12 sts, 2 sc in last st	**(14 sc)**
☐ **Row 5**	Ch 1, turn; 2 sc in first st, sc in next 12 sts, 2 sc in last st	**(16 sc)**
☐ **Row 6**	Ch 1, turn; sc in each st across	**(16 sc)**
☐ **Row 7**	Ch 1, turn; 2 sc in first st, sc in next 15 sts	**(17 sc)**
☐ **Row 8**	Ch 1, turn; sc in each st across	**(17 sc)**
☐ **Row 9**	Ch 1, turn; 2 sc in first st, sc in next 16 sts	**(18 sc)**
☐ **Rows 10 to 15**	Ch 1, turn; sc in each st across	**(18 sc)**

A box for each row, 10 to 15: tick them off as you go.

☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15

☐ **Row 16**	Ch 1, turn; sc in next 16 sts, sc2tog	**(16 sc, 1 sc2tog)**
☐ **Row 17**	Ch 1, turn; sc in each st across	**(17 sc)**

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☐ **Row 18**	Ch 1, turn; sc in next 15 sts, sc2tog	**(15 sc, 1 sc2tog)**
☐ **Row 19**	Ch 1, turn; sc2tog, sc in next 14 sts	**(14 sc, 1 sc2tog)**
☐ **Row 20**	Ch 1, turn; sc in next 13 sts, sc2tog	**(13 sc, 1 sc2tog)**
☐ **Row 21**	Ch 1, turn; sc3tog, sc in next 11 sts	**(11 sc, 1 sc3tog)**
☐ **Row 22**	Ch 1, turn; sc in each st across	**(12 sc)**
☐ **Row 23**	Ch 1, turn; sc2tog, sc in next 10 sts	**(10 sc, 1 sc2tog)**
☐ **Rows 24 to 25**	Ch 1, turn; sc in each st across	**(11 sc)**

A box for each row, 24 to 25: tick them off as you go.

24 25

☐ **Row 26**	Ch 1, turn; sc in next 10 sts, 2 sc in last st	**(12 sc)**
☐ **Row 27**	Ch 1, turn; sc in each st across	**(12 sc)**
☐ **Row 28**	Ch 1, turn; sc in next 11 sts, 3 sc in last st	**(14 sc)**
☐ **Row 29**	Ch 1, turn; 2 sc in first st, sc in next 13 sts	**(15 sc)**
☐ **Row 30**	Ch 1, turn; sc in next 14 sts, 2 sc in last st	**(16 sc)**
☐ **Row 31**	Ch 1, turn; 2 sc in first st, sc in next 15 sts	**(17 sc)**
☐ **Row 32**	Ch 1, turn; sc in each st across	**(17 sc)**
☐ **Row 33**	Ch 1, turn; 2 sc in first st, sc in next 16 sts	**(18 sc)**
☐ **Rows 34 to 39**	Ch 1, turn; sc in each st across	**(18 sc)**

A box for each row, 34 to 39: tick them off as you go.

34 35 36 37 38 39

☐ **Row 40**	Ch 1, turn; sc in next 16 sts, sc2tog	**(16 sc, 1 sc2tog)**
☐ **Row 41**	Ch 1, turn; sc in each st across	**(17 sc)**
☐ **Row 42**	Ch 1, turn; sc in next 15 sts, sc2tog	**(15 sc, 1 sc2tog)**
☐ **Row 43**	Ch 1, turn; sc in each st across	**(16 sc)**
☐ **Row 44**	Ch 1, turn; sc2tog, sc in next 12 sts, sc2tog	**(12 sc, 2 sc2tog)**
☐ **Row 45**	Ch 1, turn; sc2tog, sc in next 12 sts	**(12 sc, 1 sc2tog)**
☐ **Row 46**	Ch 1, turn; sc2tog, sc in next 9 sts, sc2tog	**(9 sc, 2 sc2tog)**
☐ **Row 47**	Ch 1, turn; sc3tog, sc in next 5 sts, sc3tog	**(5 sc, 2 sc3tog)**
☐ **End**	Fasten off.	

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Lashes and edging

Yarn B, black.

Weave in the ends of the front and the lining.

Lashes: lay the front right side up, its upper edge at the top and row 1 at your left. A place is a hole between two rows: 8/9:10 is the hole between rows 8 and 9 that has 10 stitches between it and the upper edge. Cut two lengths of B, each about 64 in (163 cm), one for each eye. Thread one through the needle to its middle and bring the two ends together, so that the yarn is used double. Leave a tail of 4 in (10 cm) at the back.

Eye on the left. Lid, in backstitch: from 6/7:7 to 7/8:9 to 9/10:11 to 11/12:12 to 13/14:12 to 15/16:11 to 17/18:9 to 18/19:7. Lashes, one straight stitch each, the first beside the place where the lid ends: 17/18:9 to 19/20:11; 15/16:11 to 17/18:14; 13/14:12 to 14/15:16; 11/12:12 to 10/11:16; 9/10:11 to 7/8:14; 7/8:9 to 5/6:11.

Eye on the right, with the second length. Lid, in backstitch: from 41/42:7 to 40/41:9 to 38/39:11 to 36/37:12 to 34/35:12 to 32/33:11 to 30/31:9 to 29/30:7. Lashes: 30/31:9 to 28/29:11; 32/33:11 to 30/31:14; 34/35:12 to 33/34:16; 36/37:12 to 37/38:16; 38/39:11 to 40/41:14; 40/41:9 to 42/43:11. Weave in the ends at the back.

Edging: hold the front and the lining with their wrong sides together, the front facing you and its last row at the top; its first stitch is then at the right. Round 1 goes through both layers: put the hook through the stitch, the row end or the chain of the front and through what lies behind it of the lining. The last row of the front lies on the foundation chain of the lining, so that the ends of row 1 of the one lie on the ends of the last row of the other. The first row ends you come to are those of the upper edge. The 7 chains of the foundation are those that row 1 was worked into.

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.

☐ **Foundation**	Work around the edge of the piece, right side facing: the 7 sts of the last row, the ends of the 47 rows, the 7 chs of the foundation, the ends of the 47 rows.	
☐ **Rnd 1**	Join B with sl st in first st, ch 1, 2 sc in first st, sc in next 5 sts, 2 sc in next st, sc in end of each of next 47 rows, 2 sc in next ch, sc in next 5 chs, 2 sc in next ch, sc in end of each of next 47 rows; join with sl st in first sc	**(112 sc)**
☐ **End**	Fasten off.	

Strap cover

Yarn B, black.

☐ **Foundation**	With B, ch 89.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	**(88 sc)**
☐ **Rows 2 to 6**	Ch 1, turn; sc in each st across	**(88 sc)**

A box for each row, 2 to 6: tick them off as you go.

☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

☐ **End**	Fasten off, leaving a tail of about 56 in (142 cm) to sew with.	

Assembly

1. Strap: fold the strap cover in half along its length with the right side out, so that the last row lies on the foundation chain. With the long tail, whip stitch the last row to the foundation chain, stitch to stitch: 88 stitches. Both short ends stay open. Fasten off. Weave in the end that is left at the beginning.

2. Elastic: cut 13 in (33 cm) of elastic and two lengths of B, each about 10 in (25 cm), one for each end of it. Fasten the safety pin to one end and push it through the strap cover. When the other end is level with the open end of the cover, sew through cover and elastic there with 4 stitches. Pull the elastic until its first end is level with the other end of the cover, take off the pin and sew that end in the same way with the second length. The cover now lies in small gathers, about

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13 in (33 cm) long. Spread them along the elastic.

3. Lay the mask with the lining up and the upper edge at the top. At one short end is the last row of the lining, 7 stitches; at the other is its foundation chain, 7 chains. Lay one end of the strap over stitches 3, 4 and 5 of the last row, so that it reaches ½ in (1 cm) past that row, in over the lining. The edging is not counted in the ½ in (1.5 cm): from the last row outward the strap lies across the edging and points away from the mask. The seam of the strap is toward the lower edge. Without twisting the strap, lay its second end in the same way over chains 3, 4 and 5 of the foundation, ½ in (1 cm) in from the chain.

4. Cut two lengths of B, each about 18 in (46 cm), one for each end. Sew down the ½ in that lies on the lining: along one long edge of the strap, across its short end, and back along the other long edge, about 10 stitches, through the lining only. Go round once more. Where the strap crosses the edging it is not sewn to it. Weave in all the ends that are left.

Finishing

- All the ends are woven in as you put it together.

In all: 3 pieces; 2,066 stitches (713 in the lining, 713 in the front, 112 in the lashes and edging, 528 in the strap cover).

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

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