

# Sweet Dreams Nap Mat

Pattern by Day Dreams 2012

20" x 52" Appx Finished Size



**Skill Level:** Beginner

## Materials:

- 1 3/4 yd of cotton blend fabric (44/45" W)  
(Mix it up if you don't have enough scraps on hand!)
- 1 1/2 yd of Fleece
- Quilt batting for Twin Quilt (or old blanket)
- Fiberfill (or scrap fabric to stuff pillow)
- 2 large buttons 1" or larger (or Velcro tabs)

## Cutting:

Fabric for mat—with fold intact, cut length to 53" ; set remainder aside.

Cut fleece to 30"x53" - set remainder aside.

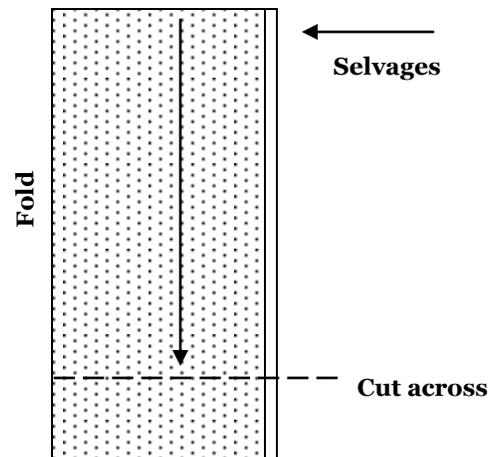
Cut batting to 30" x 53" and fold over 3 x for triple thickness

Cut pillow from extra fleece at 15" x 9"

From fabric—cut 4 pieces 3" x 44"

Carrying strap—cut 1 on fold (or 2 from raw edges) of length preferred

## Cutting



## Directions:

1. Prep straps by placing 2 pieces rt sides together and stitch with 1/4" seam allowance. Leave opening on either end to turn. \*\*
2. Lay 15"x 9" pillow piece on rt side of mat fabric, center and at with the tops meeting (top of pillow and mat). Pin and stitch in place—leave top of pillow open. Fill with fiberfill or other stuffing material and baste closed.
3. *If you prefer to finish the edges of fleece do so at this point.* Open out folded mat fabric so right side is facing up toward you and mark the top center of the fold. Lay one edge of the fleece on the center fold, covering the pillow and mat fabric.
4. Fold the other half of the mat fabric over the fleece, assuring to catch the edge in the fold. Pin, then baste in place from top to bottom.
5. Place straps at the top of the mat, next to each edge of the pillow. Pin, then baste in place on one side only of the mat fabric.
6. The fleece will have excess on the side—this is correct. To adjust for this on the bottom, fold the fleece under so the fold is outside and extra fleece is inside on the bottom. Pin and baste this in place.
7. With both sides of fabric sandwiching the fleece, you should have from top to bottom, "Fabric, Fleece, Fabric". Make sure the excess fleece and straps are folded inside the sandwich and away from the raw edge to be sewn.
8. Place batting on either side of the sandwich and pin the sides and bottom together with the mat. Stitch a 5/8" seam from the top of the side and around to the bottom corner (this will be an "L" shape you are stitching). Trim corners and turn right side out.
9. Fold the open top of the mat inside about 1/4", pin then stitch all layers in place, assuring to catch the pillow top, with top stitching across and then down the side. Do not top stitch the bottom or sides (this makes it pull and lay in a twisted manner).
10. Finish mat by attaching 1" buttons or Velcro on the back of the straps where they are joined to the top of the mat. Stitch carrying strap in place by securing the strap ends at each top side of the mat—on the outside.
11. Roll and check for accuracy of button and strap placement.

**\*\* Button Holes should be made at this point on the closed end of the strap, or apply Velcro.**



Pillow in place with top open for stuffing.



Fleece at center fold



Excess fleece at the bottom, folded under.

