

Sleeping Mat Directions

Material required: - 1 yard cotton (top-sheet) - 1 yard batting (middle-blanket) - plastic drop cloth 2 mil (optional)
 - 1 ¼ yard duck cloth (bottom & straps-sturdy fabric) - craft thread

1) Cut the top, middle and plastic into 24" x 60" pieces. Batting replaced with two pieces of blanket.

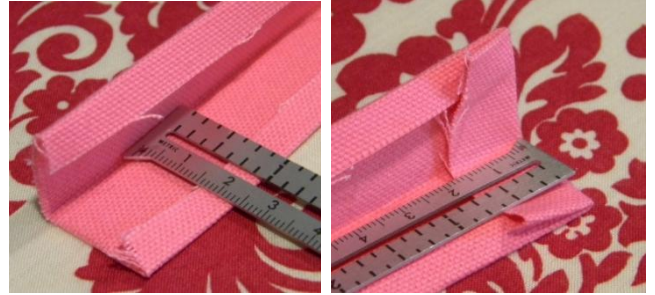
Cut bottom 30" x 66",
 Ties: 2- 2.5" x 27.5"
 and Shoulder strap:
 3.5" x 36" out of
 heavier material, duck
 cloth used.



Note: Sew pieces, then cut to size, for 60" length.
 Better to have fewer mats that can be used, than more that are too small.

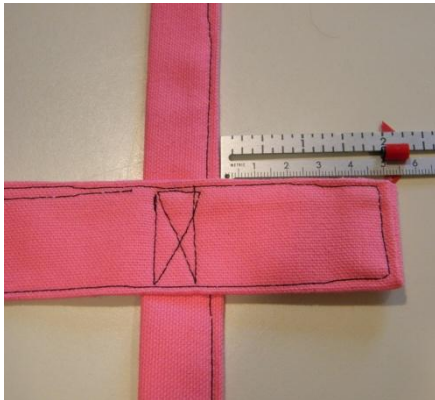
2) Start by ironing tie and shoulder straps with long edges folded ¼" then fold in half and iron again.

Fold in ends ½" and iron fold.



3) Sew the edges closed on the ties and shoulder strap. The folded edge was sewn on the shoulder strap to help keep shape.

Find the middle of the ties and position 2" from the end of the shoulder strap so they are perpendicular to each other. Sew together in box pattern.



4) Position the ends of the shoulder strap to the right side of back so the shoulder strap is parallel to the 30" edge. Pin it so it is 5" from the 30" and 66" edges. Sew together using the box pattern.

Note: Pin all straps to center of back so they don't get sewn when you are joining the layers of the mat.



5) Position the layers as shown above with wrong side of the bottom & the right side of the top facing up & centered so there is 3" of bottom all the way around.



Fold bottom in 1 ½" and fold again trapping all layers, pin.
 Fold corner in 45°, fold in 1 ½" and fold again.

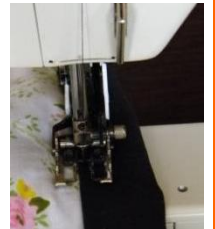
6) Sew ¼" from inside edge to bind.

Start at the middle on the cotton side and do a large running stitch with the craft thread shaped about 6" apart. Cut thread in middle and tie with a surgeon's knot. Trim edges to ½".

Binding all three layers prevents shifting and bunching.

Tie a piece of plastic to the handle to indicate that it has a vapor barrier.

Print 'Jesus loves me' on cotton on opposite side of straps.



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