

Patti Anne's Patterns

Cotton Sleep Mask



Materials: Lily Sugar'n Cream 100% Cotton (1) Skein - Black

Gauge: 17sts = 2" & 16 rows = 2"

Needles: Sz. 3 US (3.25 mm) This is a small size needle needed to make a thicker, tighter stitch to keep out any light that may be disturbing your sleep.

Pattern Stitch: K1, P1 rib

Finished size: To get your measurement, measure your head right over your eyes, around your entire head & minus 1", for negative ease. This will give you your desired finished measurement. I had a 21" head measurement, so minus 1" = a finished measurement of 20".

The finished measurement is needed to calculate the 3 band sections. Divide your measurement for these 3 band sections:

First section: Beginning band = $\frac{1}{4}$ of your finished measurement (mine was $20/4=5"$)

Second section: Middle mask = $\frac{1}{2}$ of your finished measurement (mine was $20/2=10"$)

Third section: Ending band = $\frac{1}{4}$ of your finished measurement (mine was $20/4=5"$)

Cast on 12 sts, and work in K1, P1 rib for the beginning band section, $\frac{1}{4}$ of your finished measurement.

Start Increases:

R1) K1, YO, P1, (K1, P1) across to last 2 sts, K1, YO, P1.

R2) K2, P1, (K1, P1) across to last 3 sts, K1, P2.

R3) K1, YO, (K1, P1) across to last st, YO, K1.

R4) K1, P1 across all sts.

Repeat these last 4 rows until you have 28 sts.

Continue to work in K1, P1 rib until piece measures 2" less than your beginning band and middle mask sections together.

For example, my beginning band section was 5" plus my middle mask section was 10". So, $5+10=15$; $15-2=13$ ". End with a wrong side row.

Now here is where it gets interesting ☺

We had the yarn overs creating a nice edging and giving the smooth increases desired.

In order to have the same yarn over edge and work the decrease section, there needs to be dreaded double decreases to compensate for the increases the yarn overs would create.

Added to this predicament is the fact that this is worked in K1, P1 rib. So, how to get the double decreases and still have a smooth, not bumpy edge, needed for a comfy sleep mask.....

Through experimenting, I found the best way to get the edge desired was to have the yarn over on one edge of each row, and the dreaded double decrease on the other edge of each row.

Start Decreases:

R1) Right side row - K1, YO, P1, (K1, P1) across to last 4 sts, slip 1 knitwise, K2 tog, PSSO, P1.

R2) Wrong side row - K1, YO, P1, (K1, P1) across to last 5 sts, work a "Back Double Decrease" as follows:

[Reach behind & slip the RHN (right hand needle) into the 2nd st on the LHN (left hand needle) thru the back loop, while slipping this 2nd st off, the first st gets slipped off the LHN too. Pick up this first st with the LHN then put the slipped second st back on the LHN. This twists these 2 sts. Slip 1 st as if to purl, P2 tog, PSSO], P2.

R3) K1, YO, K2, (K1, P1) across to last 5 sts, slip 1 knitwise, K2 tog, PSSO, K1, P1.

R4) K1, YO, (K1, P1) across to last 5 sts, slip 1, P2 tog, PSSO, P2.

R5) K1, YO, P1, (K1, P1) across to last 4 sts, slip 1 knitwise, K2 tog, PSSO, P1

R6) K1, YO, P1, (K1, P1) across to last 5 sts, work a "Back Double Decrease" as on Row 2, P2.

R7) Repeat Row 3

R8) K1, YO, P2, (K1, P1) across to last 5 sts, slip1 as if to purl, P2 tog, PSSO, P2.

R9) Repeat Row 5

R10) Repeat Row 6

R11) Repeat Row 3

R12) Repeat Row 8

R13) Repeat Row 1

R14) Repeat Row 6

R15) Repeat Row 3

R16) Repeat Row 8

12 sts. remain.

Continue in K1, P1 rib for the ending band section, the last $\frac{1}{4}$ of your finished measurement.
Bind Off.

Sew the beginning cast on edge, to the finishing bind off edge.

Hand wash in cold water & lay flat to dry.

Comments or suggestions: please email me at: pattianne@pattiannes.com