

Doll (or Sock Monkey) Sleeping Bag

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The sleeping bag, sized as shown below, will fit a standard-sized sock monkey. It will also fit an American Girl® doll or similar doll. For smaller dolls, resize the patterns as needed. Four pattern pieces are required: pillow, blanket, mattress, and lining. For convenience, I cut one pattern for the pillow and one for all the other pieces. I mark fold lines to remove the top portion of the pattern for the blanket and to remove a strip at the side for the mattress.

I made the sleeping bag shown here in a single color of fleece. If you prefer to use a variety of colors, decide which color you will use for each piece and cut accordingly. You may also choose to use quilting cottons instead of fleece. If you do so, add batting or fusible fleece to the mattress. You can even make a two-layer quilt rather than a blanket. Your finished quilt top should be 14" x 18"; this includes two 1/4" side seams, a 1" top seam, and a 3/8" bottom seam.

I have included positioning lines for adding an initial, a name, or a small design to the pillow. You may also add multiple embroideries to the blanket. Decide your arrangement and add your own centering lines as needed.

Materials:

1. Pattern tracing material: 9" x 14" for pillow, 14-1/2" x 23-1/2" for combination pattern.
2. Fabric: 2/3 yard of 60" wide fleece OR 1-1/3 yards of quilting cottons. NOTE: You may use a variety of fabrics from stash, so please read instructions before purchasing yardage.
3. Nylon zipper: 18" or longer.
4. Optional fusible fleece: 12" x 23".
5. Batting or polyester fiber fill for pillow, optional lightweight batting for two layer quilt.
6. Sewing thread: to match fabric.
7. Embroidery design for pillow: maximum dimensions 5-1/2" wide x 2-1/2" high.
8. Embroidery threads: as needed for your design.
9. Medium weight cutaway stabilizer.
10. Marking tool whose lines can be removed.
11. Soluble stabilizer topper for embroidering on fleece.

Draw Patterns:

1. On pattern tracing material, draw a rectangle 14" wide x 23" high. This is the size needed for the **lining**.
2. Draw a vertical line 2" in from one side edge, thus creating a **mattress** pattern 12" wide x 23" high. If you prefer, you may create a separate pattern with those dimensions.
3. Draw a horizontal line 5" down from the top edge, thus creating a **blanket** pattern 14" wide x 18" high. If you prefer, you may create a separate pattern with those dimensions. On the separate pattern, draw a line 1" down from and parallel to the top edge, creating a hem allowance.
4. Figure 1 shows these three patterns on one piece of pattern tracing material. Note the shading to show each separate pattern.

5. On the smaller piece of pattern tracing material, draw lines halfway across the width and height (4-1/2" from a long edge and 7" from a short edge).
6. Print the **pillow** half pattern at the end of these instructions at full size.
7. Position the pattern under the pattern tracing material so that the edge with the double pointed arrow meets the horizontal center marked on the pattern tracing material and the vertical centers are aligned. Pin together to prevent shifting.
8. Trace the top half of the **pillow**, including the notches at the top edge and the horizontal center line for your embroidery. You may add external points to the notches so that they stick out.
9. Be sure to position the paper so that the arrows will meet at the horizontal center. Mark an arrow in the seam allowance to show the top of the embroidery.
10. To create the bottom of the **pillow** pattern, you may fold the pattern at the horizontal center line and trace, or you may reposition the paper pattern underneath and trace from that. Trace the notches but not the horizontal embroidery centering line. (Fig. 2)

Cut and Mark Fabric:

1. Fold fleece right sides together, with selvages at one side. Place the combination pattern near the selvage. Use the edge of the pattern as your grainline. Pin in place. Cut two layers the full size of the pattern. (Fig. 3)
2. Unpin the side of the pattern near the line that is 2" away. Fold the pattern on the line and re-pin to the fabric. Cut ONLY the top layer of fabric at this edge. (Fig. 4)
3. The wider piece is the **lining** and the narrower piece is the **mattress**. Unpin the pattern from the fleece.
4. Place the **mattress** on the table, wrong side up. Place a ruler along the top 12" wide edge. Mark the center of the fabric edge with a small snip (1/4" or less) or with a marking pen. Make additional marks at the top edge, 3" to each side of the center mark. Mark the center only of the bottom edge. (Fig. 5)
5. Repeat step 4 for the **lining**.
6. Fold the pattern along the line 5" from the top edge. Use this shorter pattern to cut a **blanket** from one layer of fabric. This will give you a **blanket** with a 1" hem allowance. If you prefer a double-thickness quilt, cut two layers. You can trim the excess seam allowance at the top later. (See following section of instructions for details.) (Fig. 6)
7. For a one layer **blanket**, turn the **blanket** wrong side up. Mark a line parallel to and 2" away from the top 14" wide edge. (Fig. 7)

8. For a two layer **quilt**, turn the blanket wrong side up. Mark a line parallel to and 1" away from the top edge. Repeat on the second **quilt** layer.
9. For the **pillow**, cut a piece of fleece 9" wide x 14" high. On the right side of the fleece, mark a vertical line down the center of the fabric, 4-1/2" from one side edge. Mark a horizontal centering line parallel to and 4" down from the top edge. Near the left or right edge of the fabric, mark an arrow pointing toward the top of the fabric. (Fig. 8)

Embroider and Assemble Pillow:

1. Hoop stabilizer in hoop big enough for your selected embroidery design. Mark centering lines on the stabilizer, using the raised bumps on the edges of the inner hoop as guides.
2. Spray the back of the fabric with temporary basting spray or rub washable glue on the back of the fabric. Position the fabric in place so the centering lines are aligned and the top of the design will face toward the top of the fabric.
3. Place a soluble embroidery topper on the fabric and fix-baste fabric and topper to the stabilizer.
4. Stitch your design. (Fig. 9)
5. Remove the hoop from your embroidery machine. Remove basting thread and topper.
6. Place the pattern on the embroidered fabric so that the centering lines on fabric and pattern are aligned. Pin in place. (Fig. 10)
7. Cut out **pillow**. If you didn't trace the notches outward, make small snips (less than 1/4") at all 3 notches on both ends of the pillow. (Fig. 11)
8. Rinse to remove topper scraps and marks, if necessary, and let dry completely.
9. Fold **pillow** fabric in half crosswise, wrong sides together. Pin together at sides. (Fig. 12)
10. Stitch 3/8" seams. (Fig. 13)
11. Press seams open. (Fig. 14)
12. Refold each corner so that the edges of the fabric are aligned. Pin seams. (Fig. 15)

13. Stitch 3/8" seams. (Fig. 16)
14. Turn **pillow** right side out.
15. Flatten the **pillow** and match the raw edges together. On the embroidered side of the **pillow**, mark a line parallel to and 1-1/4" away from the cut edge. (Fig. 17)
16. To stuff the **pillow**, cut a strip of lofty batting 6" wide by as long as you need to form a **pillow** about 6" wide x 4" high x 2" deep. (Figs. 18 and 19)
17. Tuck the batting inside the **pillow**.
18. If you prefer, you may use polyester fiber fill. Stuff to the same fullness as you would with batting.
19. Pin the layers of the **pillow** together close to the batting or polyester fiber fill, making sure the raw edges are even. (Fig. 20)
20. Stitch on the marked line. (Fig. 21)

Make a One Layer Blanket:

1. Turn the **blanket** wrong side up. Fold the top raw edge to meet the marked line. Pin in place. (Fig. 22)
2. Press a crease.
3. Turn the **blanket** right side up. Mark the fold line with a pin.
4. Place your closed zipper right side down at the edge of the **blanket**, with the zipper slider nearest the top of the **blanket**. You may put the zipper at either side edge.
5. Position the zipper so that the zipper stops at the top of the zipper are about 1/8" down from the pin that marks the fold line. Excess zipper will extend below the bottom of the **blanket**. Pin the zipper to the **blanket** near the outer edges. The purple slider drawn on Figure 23 represents the location of the slider when the zipper is closed.
6. At the top edge, fold the free end of the zipper tape toward the raw edge. Pin in place so that the fold of the zipper tape is below the fold line on the **blanket**. (Fig. 24)

8. Fold the 1" hem to the right side, enclosing the zipper. Pin in place. (Fig. 25)
9. Partially unzip the zipper. Stitch a 1/4" seam. Use a left needle position and butt the left outer edge of the presser foot up against the zipper teeth. When you come to the zipper slider, stop with the needle in the fabric, lift the presser foot, and move the slider to the already stitched part of the seam. Continue sewing the seam to the end of the **blanket**. (Fig. 26)
10. Turn the hem right side out. Press the seam away from the zipper.
11. Top stitch the hem 3/4" from the fold, pivot at the zipper to stitch 1/8" from the zipper seam. (Fig. 27)

Make a Two-Layer Quilt:

1. If desired, add a layer of light batting behind your **quilt's outer layer**. Stitch to the **outer layer** 1/8" from all edges.
2. Turn the **outer layer** of the **quilt** right side up. Mark the 1" seam line with a pin.
3. Pin the zipper to the edge of the **quilt** as for the **blanket** above, but do not fold the hem to the right side.
4. Move the needle a few clicks to the right of the leftmost position. Stitch the seam as above, moving the zipper slider as needed. (Fig. 28)
5. Place the **quilt lining** right side down on top of the **outer quilt**, with the marked hem at the top. Pin in place at the top and zipper edges. (Fig. 29)
6. Stitch the seam. The seam allowance at the top of the **quilt** is 1" and at the zipper the seam allowance is 1/4". (Fig. 30)
7. Trim the top seam allowance to 3/8". Trim the corner.
8. Press the top seam allowance open.
9. Turn the **quilt** right side out. Press flat. Top stitch the top and zipper edges 1/8" from the edge. (Fig. 31)
10. Pin and then baste the **quilt** layers together at the free side and bottom edges.
11. If desired, quilt the layers together.

Assemble the Sleeping Bag:

1. In remaining step, do the same for a **quilt** that you would for a **blanket**.
2. Fold the bottom edge of the **blanket** so that the outer edge of the zipper meets the raw edge of the fabric at the opposite side. Mark the center of the **blanket** with a small snip (1/4" or less) or with a marking pen. Make additional marks at the bottom edge, 3" in from the outer edge of the zipper at one side and from the edge of the fabric on the other.
3. Place the **blanket**, right side up, on top of the right side up **mattress**. Align the center marks of both pieces and pin together. (Fig. 32)
4. Align the side edges of the **blanket** with the side edges of the **mattress**. Pin the layers together at the outer marks on the **blanket**. There will be excess **blanket** toward the center. (Fig. 33)
5. Smooth the excess **blanket** on one side of the center pin toward the outer pin on that side of center. The fabric will extend beyond the outer pin. Pin in place. Repeat on the other side of the center pin. (Fig. 34)
6. Place a ruler at the top edge of the **mattress**. Smooth out the **blanket** so that the top edge will be parallel to and about 6" away from the top of the **mattress**. Pin the top edge of the **blanket** to the **mattress**. Pin in place along sides and bottom of the **blanket**. Make sure you will be able to remove these pins as you come to them. Remove the 5 perpendicular pins from the bottom edge. (Fig. 35)
7. Stitch together, 1/8" from the edges, moving the zipper slider as needed. (Fig. 36)
8. Place the **pillow** on the table with the embroidered side facing up. (Fig. 37)
9. Place the top edge of the **lining** right side down on top of the **pillow**. (Fig. 38)
10. Align the notches on the pillow with the notches or clips on the lining. Pin together. (Fig. 39)
11. Stitch together with a 3/8" seam allowance. (Fig. 40)

12. Place the **mattress** on the table, right side up. Place the **lining** on top, right side down. Make sure the tops of the two pieces are facing each other. Pin only the side edge that includes the zipper. (Fig. 41)
13. Partially unzip the zipper. Stitch a 1/4" seam. Use a left needle position and butt the left outer edge of the presser foot up against the zipper teeth. When you come to the zipper slider, stop with the needle in the fabric, lift the presser foot, and move the slider to the already stitched part of the seam. Continue sewing the seam to the end of the seam. (Fig. 42)
14. Right sides together, align the opposite side edges of the **lining** and **mattress**. Pin in place. (Fig. 43)
15. Stitch a 1/4" seam. (Fig. 44)
16. At the top edge only, adjust the layers of fabric so that the notches and/or snips are aligned. The side seams will be positioned on the **mattress** side of the sleeping bag rather than at the edges. Pin in place. (Fig. 45)
17. Pin the entire seam. Make sure the side seam allowances face the outer folds. (Fig. 46)
18. Stitch a 3/8" seam: Stitch in reverse off the edge of the fabric and then stitch forward until you come to 1/2" away from the leading edge of the **pillow**. Back stitch again. Baste until you get 1/2" past the edge of the **pillow**. Return to normal stitch length. Back stitch to secure stitching, stitch to the end of the seam. Back stitch to secure stitching. Trim top and bobbin threads at the beginning and end of the basted section. (Fig. 47)
19. Trim corners. Press the seam allowances open. With **mattress** facing up, fold **mattress** seam allowance toward the center and press. Turn sleeping bag **lining** side up and press **lining** seam allowance toward the center. (Fig. 48)
20. At the bottom edge of the sleeping bag, align the center marks of the **mattress** and **lining**. Pin together. The side seams will be positioned on the **mattress** side of the sleeping bag rather than at the edges. Make sure the side seam allowances face the outer folds. Pin in place. (Fig. 49)

21. Stitch the bottom seam (3/8"), back stitching at beginning and end to secure. (Fig. 50)
22. Trim corners. Press the seam allowances open. With mattress facing up, fold **mattress** seam allowance toward the center and press. Turn sleeping bag **lining** side up and press lining seam allowance toward the center.
23. Remove the basting stitches from the top seam.
24. Carefully turn the sleeping bag right side out through the opening at the top edge. Press flat. (Fig. 51)
25. With the **pillow** flipped out of the way, line up the crease of the **mattress** seam line with the stitched line on the **pillow**. Match centers. (Fig. 52)
26. Pin the layers together. (Fig. 53)
27. Slip stitch the fold in place by hand or top stitch by machine. Be sure to include the portions of the opening that are at the sides of the **pillow**. (Fig. 54)
28. Fold **pillow** down. (Fig. 55)
29. Your sleeping bag is ready for a sleepy doll or sock monkey. (Fig. 56)

