

Sleep Sacks- From A to ZZZZZ

Provided by Central Illinois Chapter

Introduction

Since July 2012, the Central Illinois Chapter has been including sleep sacks in our layettes. We developed our pattern mindful of serviceability and ease of construction. Rather than a round neckline we gave it a slight vee so that the infant would not outgrow it too rapidly. That neckline and an 18" zipper allow sufficient access to change diapers easily.

Fleece is our fabric of choice. It provides warmth and launders well. Since it doesn't fray, serging is not necessary. Cutting and sewing are not difficult, as many of our members and sewing volunteers would tell you.

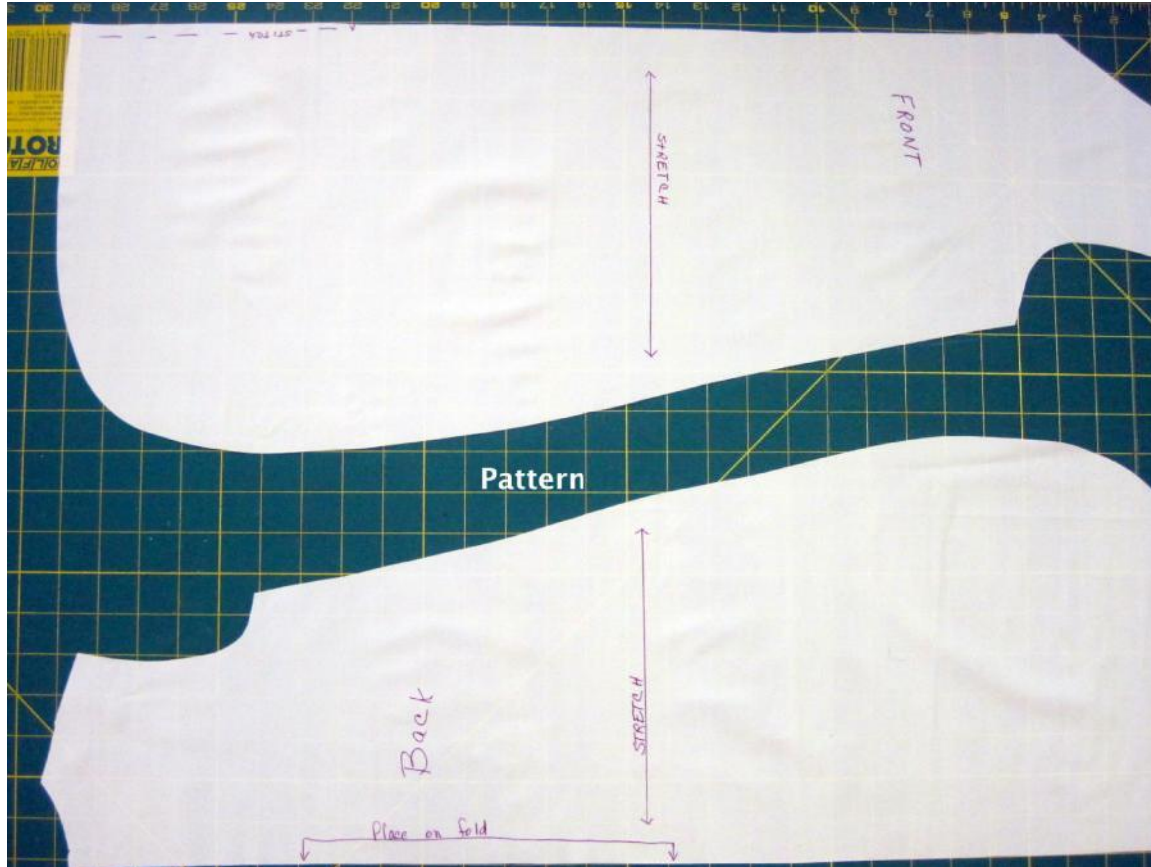
Currently we are providing approximately thirty-five layettes per month, and have no problem meeting that demand. There are a number of sources online for purchase of quantities of fleece and zippers. Our favorites are Pico Textiles (www.picotextiles.com) and Zipperstop (www.zipperstop.com).

Front View



Note: This sleep sack pattern is designed for a 13-17 lb infant, generally 3-6 months old.

Pattern



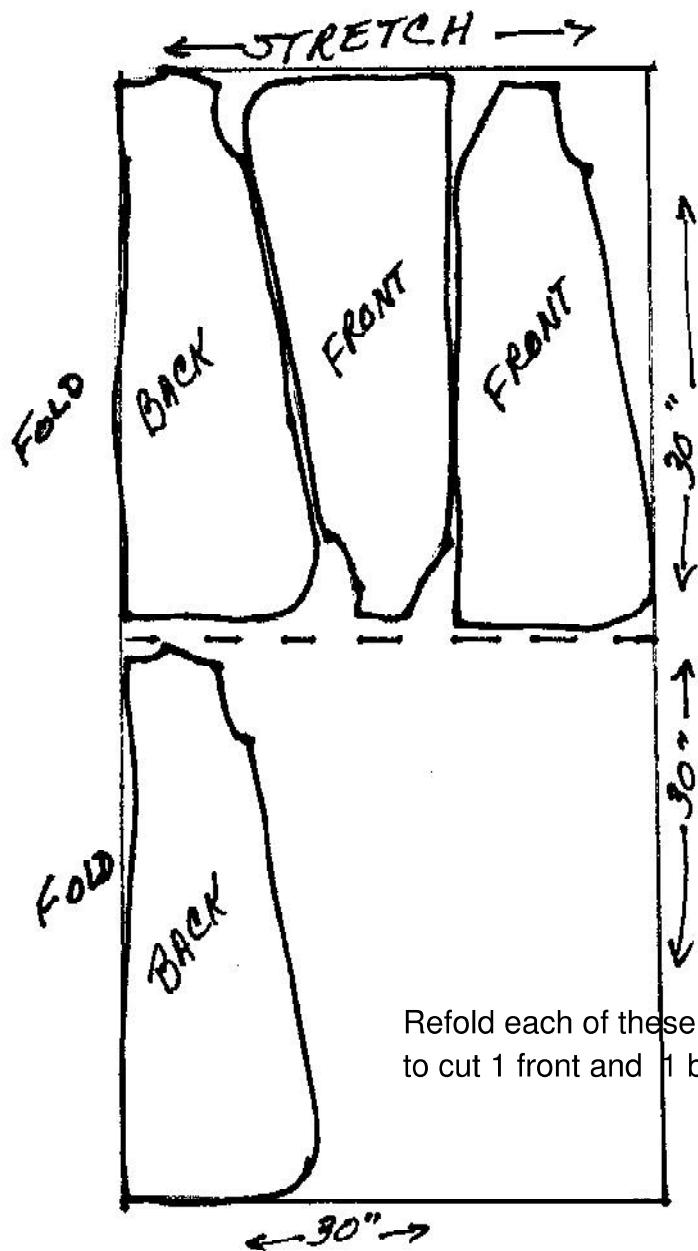
Sewing Directions for Sleep Sack

1. Using 5/8 seam allowance sew center front seam together use basting stitch for 18 inch zipper, then regular stitch (2.5mm to 3mm) to bottom of front.
2. Place closed zipper over basted center front seam (you may use basting tape or pin in place. Using zipper foot sew down one side (close to teeth) then across lower edge of zipper and up other side. (whatever works best for you.) Remove basting stitch and open zipper.
3. Sew front to back at Shoulder seam.
4. Turn under 1/4 inch at neck and armholes and stitch.
5. Sew at side seams around to bottom with 1/4 inch seam. Walla! You have completed your sleep sack.

Important: Please label sleep sack with the intended size before distributing (e.g. "Fits infant 13-17 lbs").

There are many sources for fleece on the internet, but we have found Pico Textiles to be our favorite for large quantity purchases.

Zipperstop is the supplier we use for zippers.



The fleece is easiest to handle if cut into 30 inch lengths.

This layout will yield three sleep sacks with very little waste.

Refold each of these pieces to cut 1 front and 1 back