

How to Make a Flannel Chemo Sleep Cap

Cut your sections with a pinking edge cutter to prevent raveling or use an overlock stitch when sewing.

1. Cut six sections of flannel from the attached cap pattern. If printed on 8 1/2x11 paper, it should be to scale.
2. Sew the sections together along long edges to form a beanie cap.
3. Cut a 4" inch and 21" long section of ribbing from white knit rib fabric.
4. Fold this strip in half to make a 10.5 " in circle. Sew the seam in a 1/4" seam.
5. Fold the strip in half width-wise so that you have a circle 2" tall by 10.25" wide.
6. Pin the ribbing to the bottom of the beanie right sides together, stretching the ribbing evenly to fit the beanie.
7. Sew ribbing to beanie in 3/8" seam.
8. Turn ribbing down and you are done!