

Cozy Hooded Sleepwear Jumpsuit



INSTRUCTION

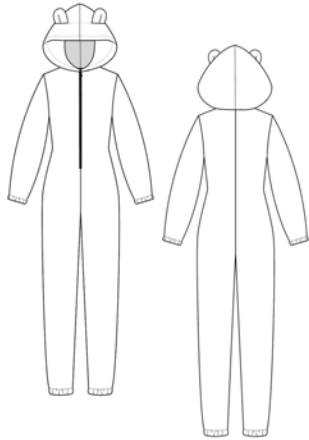
BOOKLET

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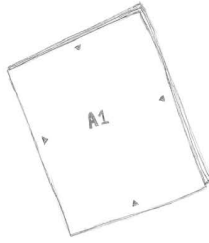
PatternsForLess.com

For inquiries, questions, drop me a message on

IG: [PatternsForLess](#)
info@patternsforless.com

Please reach out to us if you have any questions about the sewing pattern or step by step instructions, we are happy to help!

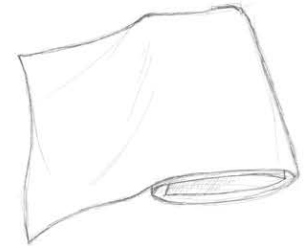
What do I need to start sewing?



Sewing machine
Overlock/Serger
Pattern printout
Sewing thread
Measuring tape
Water erasable pen/Chalks
Scissors
Ruler
Pins



18" or 45.7cm exposed zipper
Ballpoint/ stretch needle
 $\frac{3}{4}$ " or 1.9cm width elastic band



Our favorite sewing supplies!

3 yard x 60" width double sided faux fur fabric

Fabric Recommendations: French Terry,
velour, faux fur, polyester, fleece.

Check out all the fabric options we love!

Testing a sewing pattern with muslin fabric is important because:

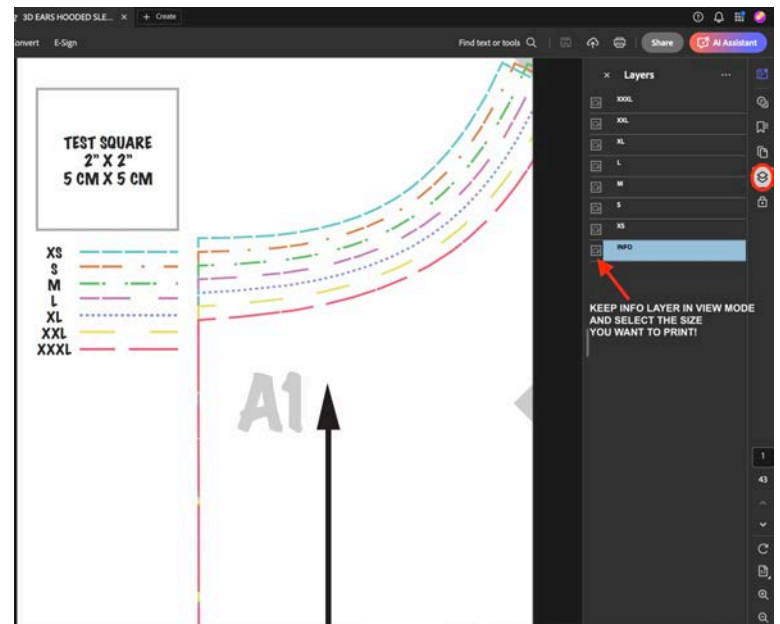
Muslin is inexpensive and allows you to adjust the fit before using costly fabric. It helps you see how the pattern pieces work together and make necessary changes. You can practice techniques and construction methods. It's a low-risk way to experiment with design modifications. Muslin saves money by preventing costly mistakes with your final fabric.

In essence, it helps ensure your final garment fits well and turns out as expected.

Printing Instructions

Let's print out the pattern!

The sewing pattern comes with 3 different printing options! The US Letter and A4 print is a tile version PDF that you can print out at home. The A0 version is used by a printshop to print on a single sheet of paper and saves time taping the separate pages together.



Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

If you print at home, then you need to trim each sheet by cutting off the top and excess margin. Tape each page together by row, and then attach the rows together. Use the diamond marks to align everything!

Always make sure to print on 100% scale.
(Do not 'fit to page' or reduce the size!)

There is a test square on the first page of the pattern.
Use as a scale to check if the dimensions are 5x5cm and/or 2x2".

Size Chart

inches

SIZE	BUST	WAIST	HIP
XS	30	25	36
S	33	27	38
M	36	29	40
L	39	31	42
XL	41	33	44
XXL	44	35	46
XXXL	47	37	48

centimeters

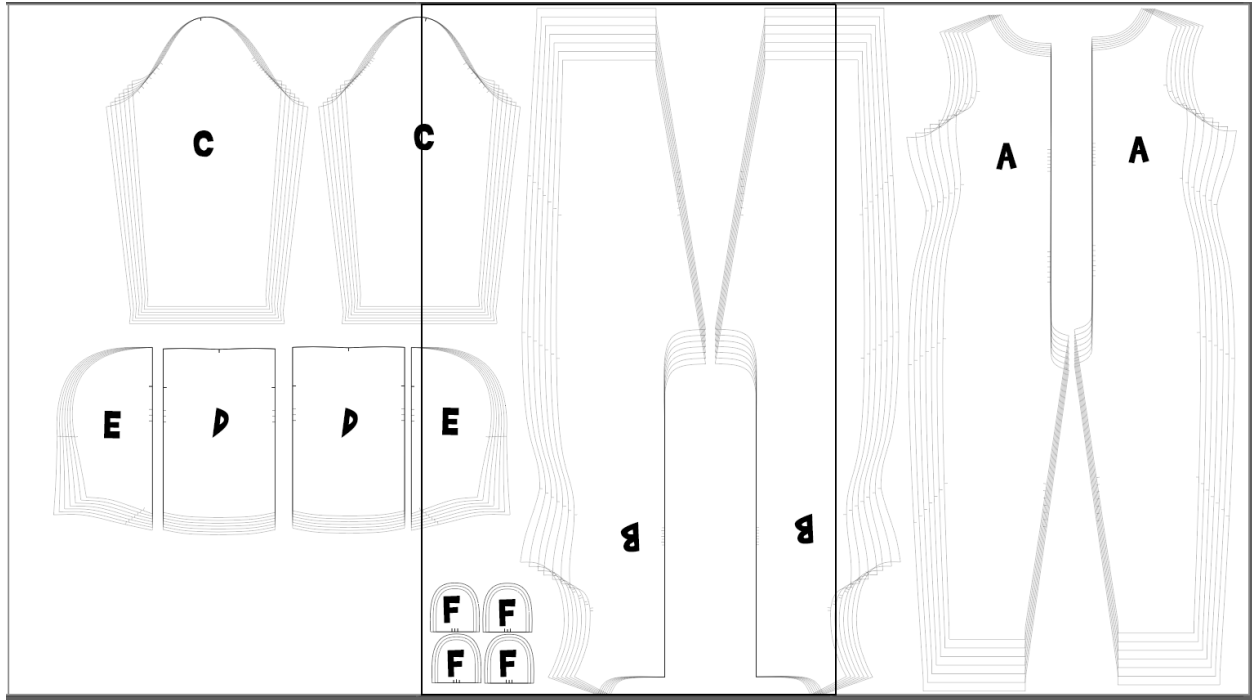
SIZE	BUST	WAIST	HIP
XS	76	63	91
S	84	68	96
M	91	74	102
L	99	79	107
XL	104	84	112
XXL	112	89	117
XXXL	119	94	122

FINISHED GARMENT MEASUREMENT

SIZE	LENGTH	BUST	WAIST	HIP
XS	54" 137 CM	33 7/8" 86 CM	30" 76 CM	36 1/8" 92 CM
S	54 6/8" 139 CM	35 3/8" 90 CM	31 1/2" 80 CM	37 3/4" 96 CM
M	55 1/2" 141 CM	37" 94 CM	33 1/8" 84 CM	39 3/8" 100 CM
L	56 1/2" 143.5 CM	39 3/8" 100 CM	35 3/8" 90 CM	41 6/8" 106 CM
XL	57 1/2" 146 CM	41 6/8" 106 CM	37 3/4" 96 CM	44 1/8" 112 CM
XXL	58 1/2" 148.5 CM	44" 112 CM	40 1/8" 102 CM	46 1/2" 118 CM
XXXL	59 1/2" 151 CM	46 1/2" 118 CM	42 1/2" 108 CM	48 3/4" 124 CM

* This data was obtained from manually measuring the product, it may be off by 1-2cm

Patterns

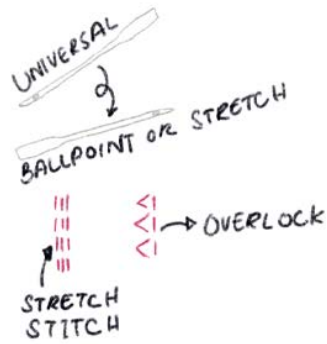


3D ears hooded sleepwear jumpsuit pattern pieces include:

- A- Front Jumpsuit, cut 2
- B- Back Jumpsuit, cut 2
- C- Sleeve, cut 2
- D- Hood Panel, cut 2
- E- Hood, cut 2
- F- Ear, cut 4

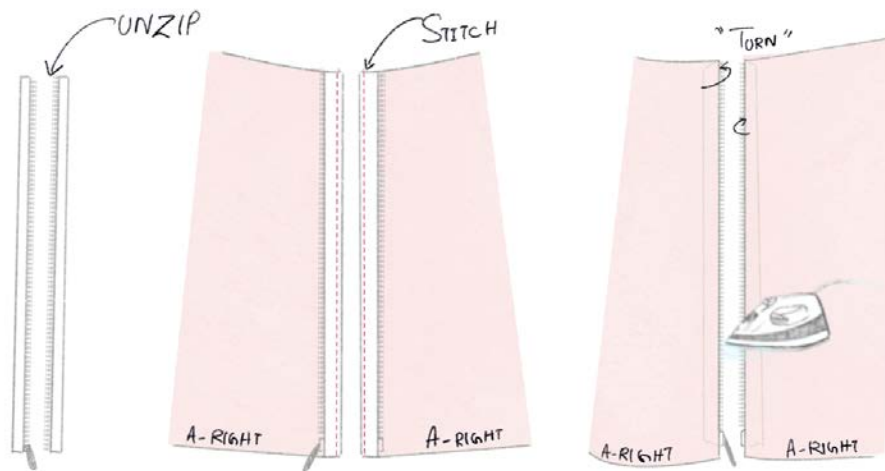
$\frac{3}{8}$ " or 1cm seam allowance is already included unless indicated on the pattern or instruction book.

Sewing Instructions

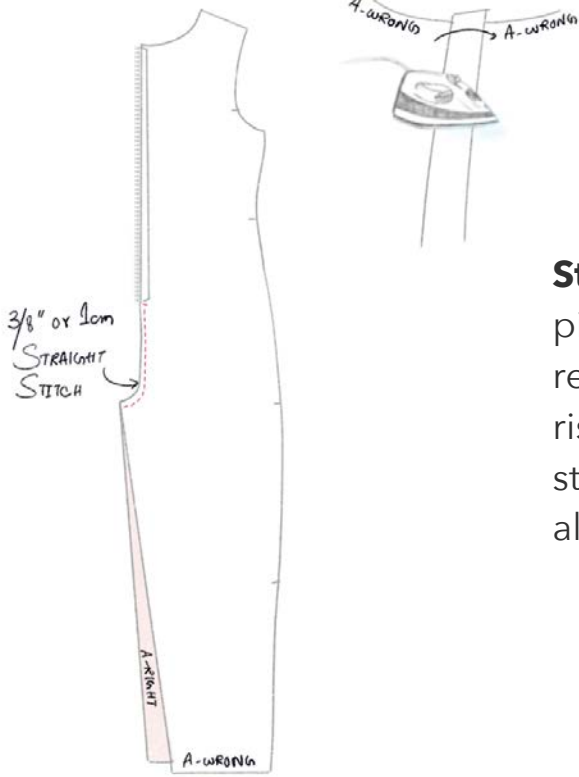


Step 1- Prepare your sewing machine by changing from regular sewing needle to ball point needle. Set the stitching to stretch stitch or overlock stitch mode.

Step 2- Overlock stitch center front seams or front rise of Front Jumpsuit (A) pieces separately.

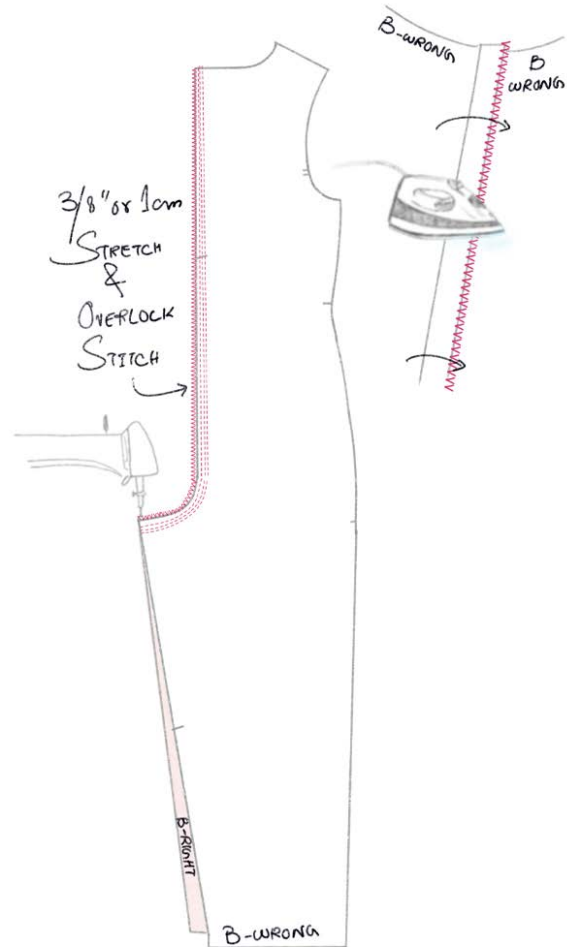


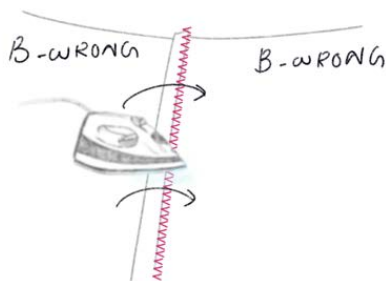
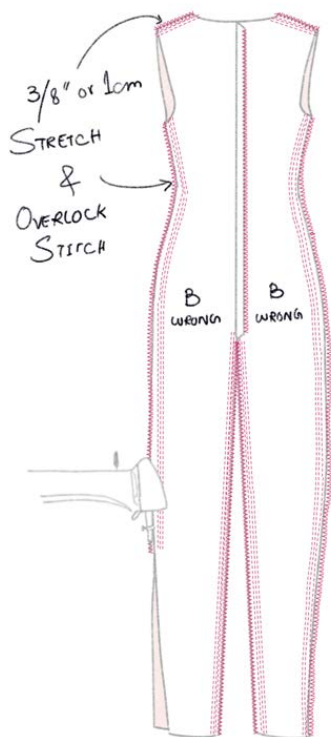
Step 3- Unzip the separating exposed zipper and place it along the edge of the fabric with the wrong side of the zipper facing up. Starting from the top edge, stitch on the halfway along the zipper tape. When reaching the zipper slider, keep the presser foot lifted and move the slider up past the needle to continue. Fold the zipper tape towards the wrong side of the Front Jumpsuit (A) fabric and lightly press the seam.



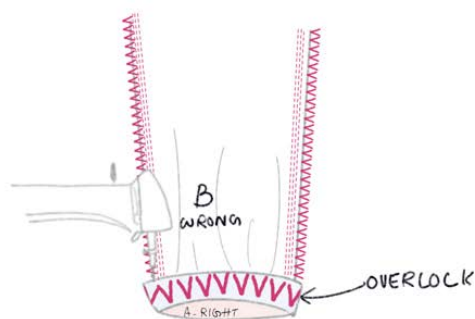
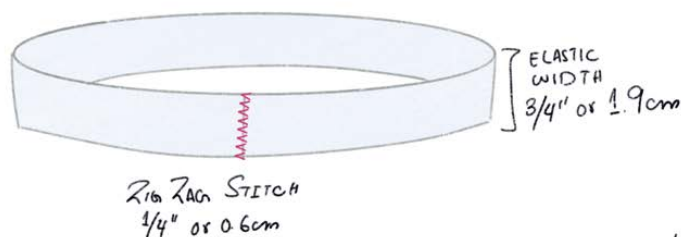
Step 4- Place the Front Jumpsuit (A) pieces right sides together. Close the remaining center front seam or front rise seam with $\frac{3}{8}$ " or 1cm straight stitch. Lightly press the seam allowance toward the side.

Step 5- Place Back Jumpsuit (B) pieces right side together. Close the center back seam or back rise seam with $\frac{3}{8}$ " or 1cm stretch stitch or overlock stitch. Lightly press the seam allowance toward the side.





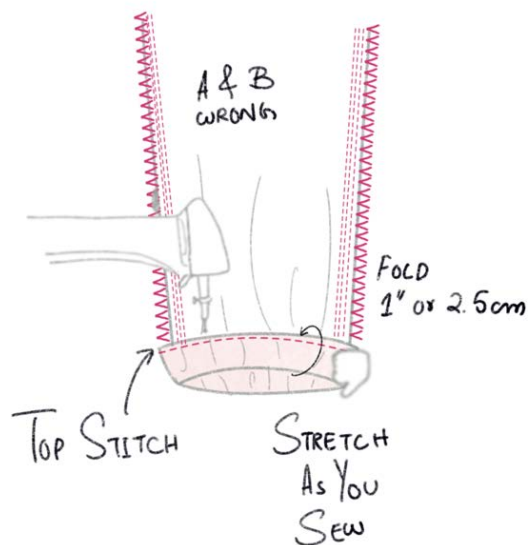
Step 6- Place Front Jumpsuit (A) and Back Jumpsuit (B) right side together. Close the shoulder seams, side seams, and inseam with $\frac{3}{8}$ " or 1cm stretch stitch or overlock stitch. Lightly press the seam allowance toward the Back Jumpsuit (B).



LEG ELASTIC LENGTH

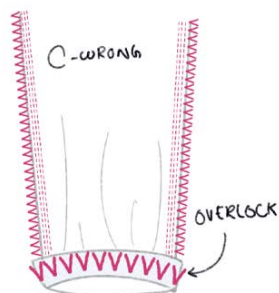
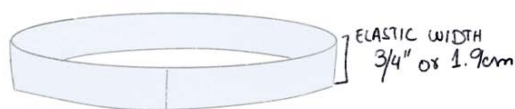
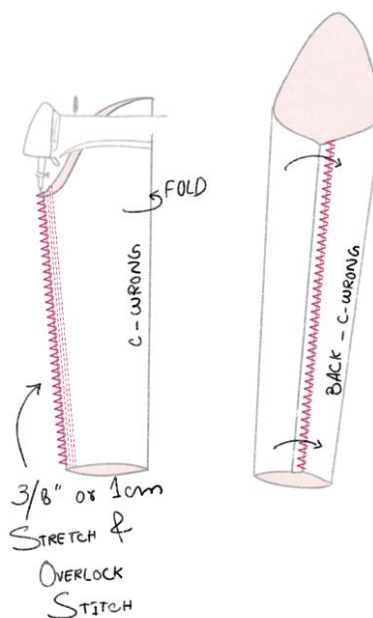
XS :	9 $\frac{1}{4}$ "	or	23.5cm
S :	10"	or	25.4cm
M :	10 $\frac{3}{4}$ "	or	27.3cm
L :	11 $\frac{1}{2}$ "	or	29.2cm
XL :	12 $\frac{1}{4}$ "	or	31.1cm
XXL :	13"	or	33cm
XXXL :	13 $\frac{3}{4}$ "	or	35cm

Step 7- Overlap the $\frac{3}{4}$ " or 1.9cm width elastic band by $\frac{1}{4}$ " or 0.6cm and zigzag stitch to make a loop. Slide the elastic loop onto the wrong side of the Front and Back Jumpsuit (A&B) leg opening and overlock stitch to join.



Step 8- Fold 1" or 2.5cm width toward the wrong side of Front and Back Jumpsuit (A&B) leg opening. Stretch as you sew topstitch to secure the elastic to the sleeve opening.

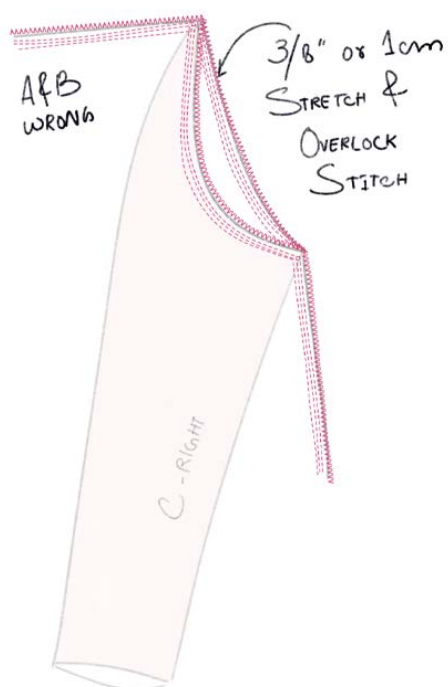
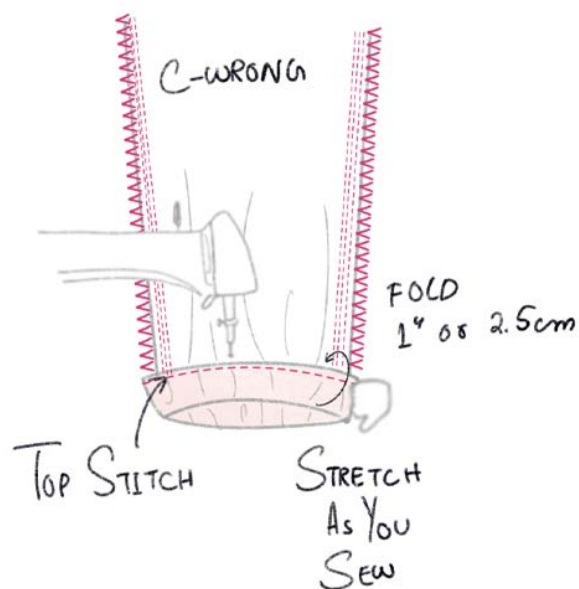
Step 9- Fold the Sleeve (C) right sides together. Close the under sleeve seam $\frac{3}{8}$ " or 1cm width stretch stitch or overlock stitch. Lightly press the seam toward the back side of Sleeve (C).



SLEEVE ELASTIC LENGTH
 XS : 7 $\frac{1}{2}$ " or 19.1cm
 S : 8" or 20.3cm
 M : 8 $\frac{1}{2}$ " or 21.6cm
 L : 9" or 22.9cm
 XL : 9 $\frac{1}{2}$ " or 24.1cm
 XXL : 10" or 25.4cm
 XXXL : 10 $\frac{1}{2}$ " or 26.7cm

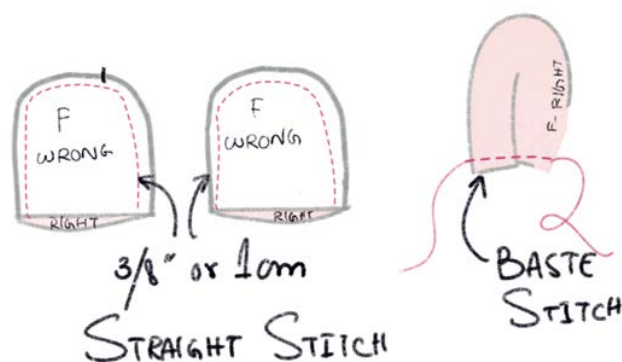
Step 10- Overlap the $\frac{3}{4}$ " or 1.9cm width elastic band by $\frac{1}{4}$ " or 0.6cm and zigzag stitch to make a loop. Slide the elastic loop onto the wrong side of the Sleeve (C) opening and overlock stitch to join.

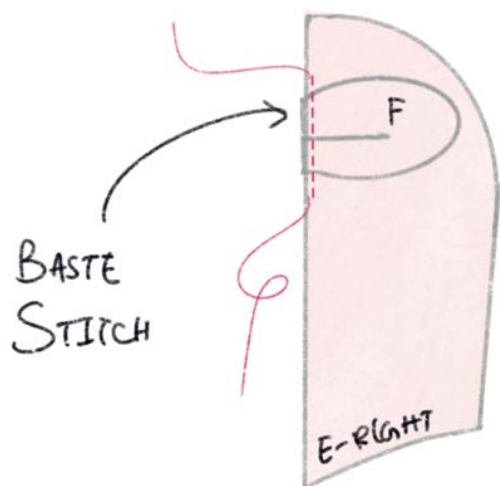
Step 11- Fold 1" or 2.5cm width toward the wrong side of Sleeve (C). Stretch as you sew topstitch to secure the elastic to the sleeve opening.



Step 12- Slide the Sleeve (C) into the Front and Back Jumpsuit (A&B) right side together and match the notches to pin. Stretch stitch or overlock stitch $\frac{3}{8}$ " or 1cm width.

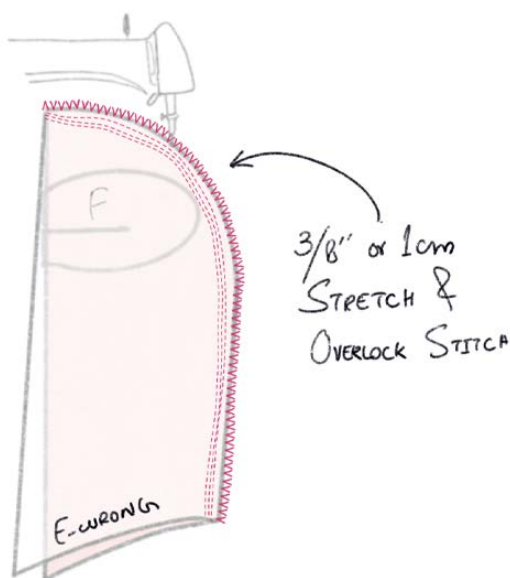
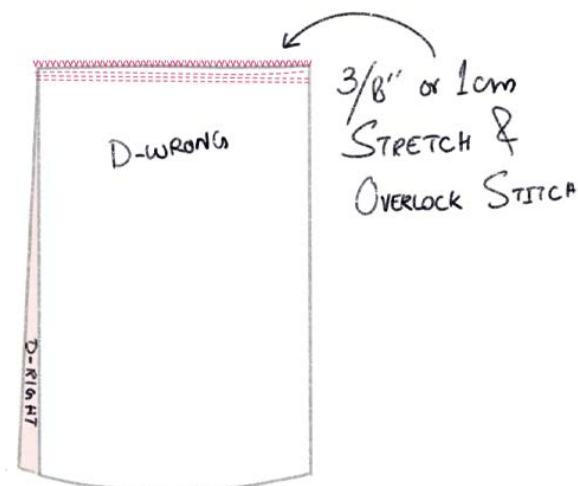
Step 13- Place the Ear (F) pieces right side together. Sew along the curved line $\frac{3}{8}$ " or 1cm width. Flip inside out and create a pleat by folding one notch towards the other notch. Baste stitch to secure the pleats on both Ear (F).





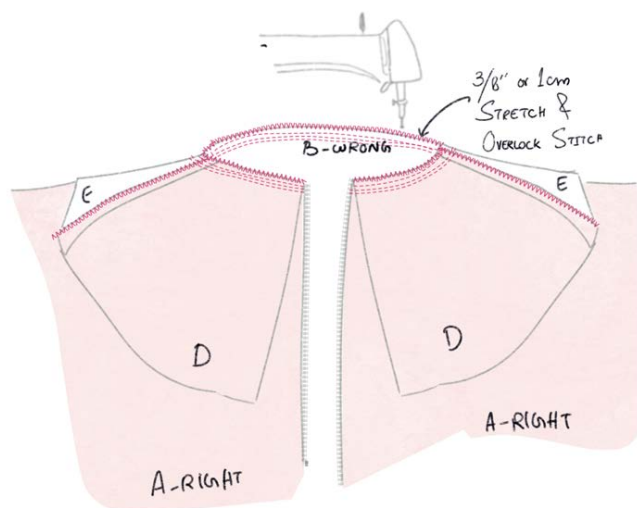
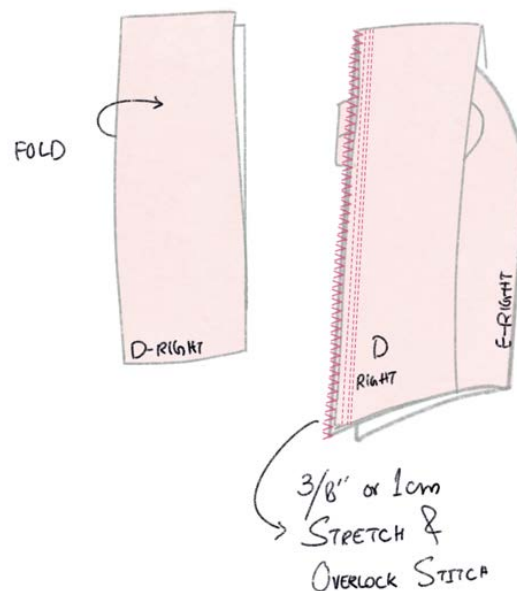
Step 14- Follow the notch to place Ear (F) piece on the right side of Hood (E). Baste stitch to secure the position.

Step 15- Place Hood Panel (D) pieces right sides together. Close the top edge $\frac{3}{8}$ " or 1cm width stretch stitch or overlock stitch.

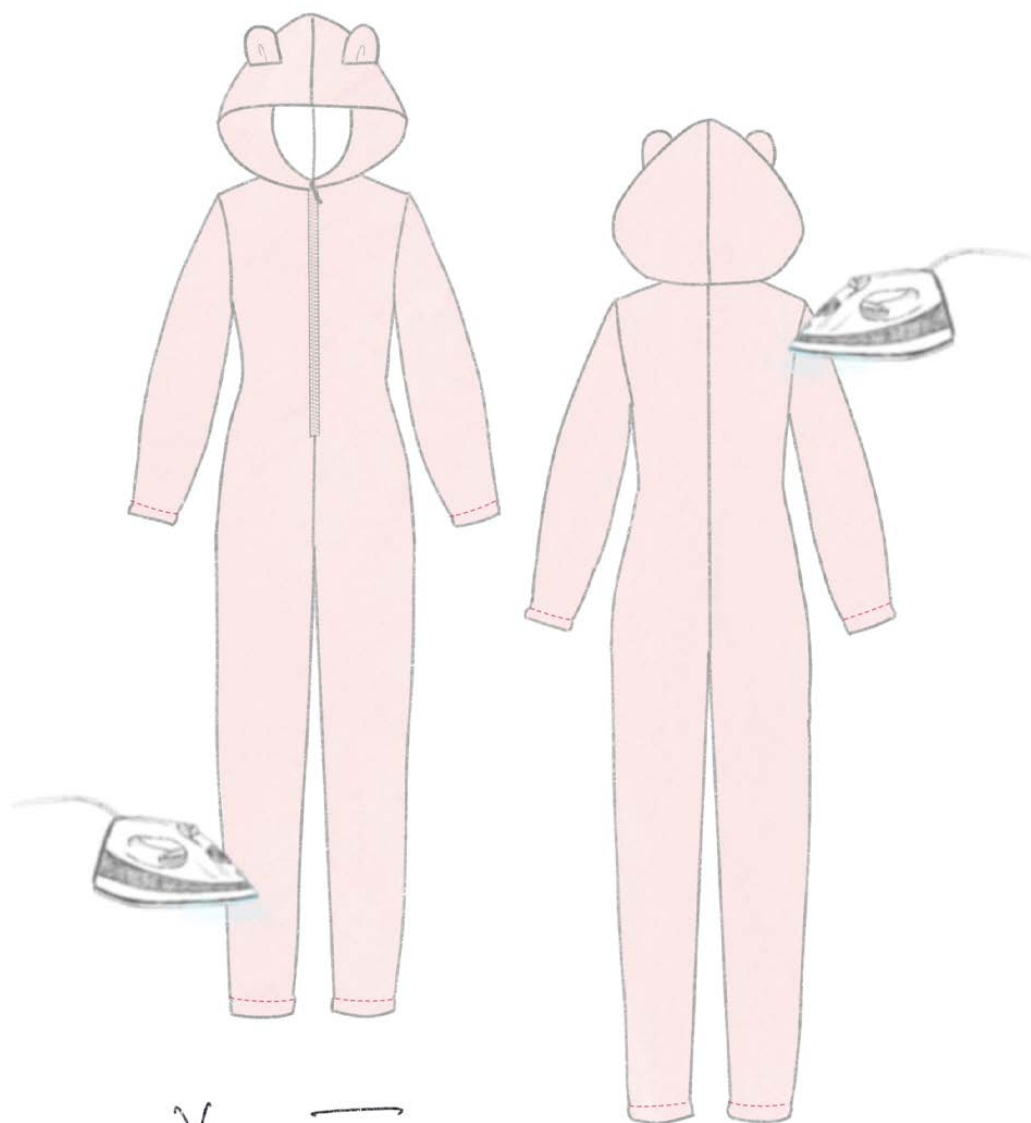


Step 16- Place Hood (E) pieces right sides together. Close the curved edge $\frac{3}{8}$ " or 1cm width stretch stitch or overlock stitch.

Step 17- Fold the Hood Panel (D) lengthwise wrong side together. Place around the opening of Hood (E). Join the pieces together $\frac{3}{8}$ " or 1cm width stretch stitch or overlock stitch.



Step 18- Single topstitch around the hood opening 1" or 2.5cm away from folded edge of Hood Panel (D).



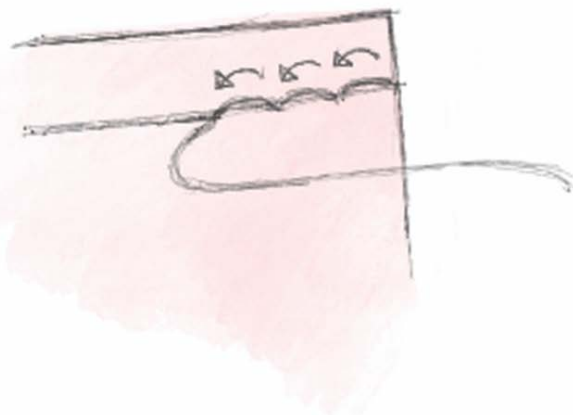
Enjoy Your Jumpsuit!

Step 19- Place the completed Hood (E) on the right side of Front and Back Jumpsuit (A&B). Stretch stitch or overlock stitch $\frac{3}{8}$ " or 1cm width around the neckline.

Note: If the knit fabric has elastic or synthetic fibers, use a pressing cloth and low heat setting instead of ironing directly on the fabric to prevent melting.

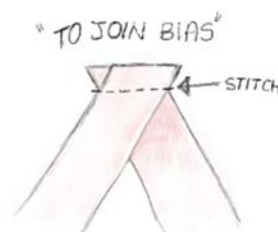
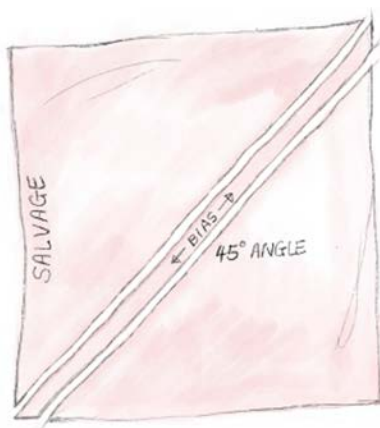
Sewing Glossary

Back Stitch



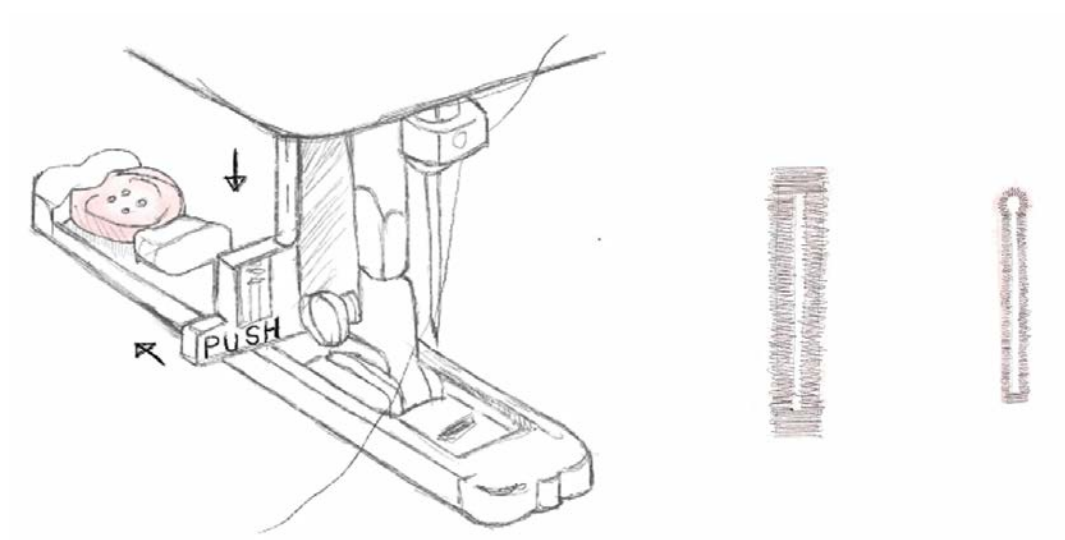
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

Bias Tape



Bias tape is widely used in neckline, spaghetti strap, and other garment finishings. Prepare the bias strap by cutting in half diagonally to give a nice stretch. When needing to make a long continuous bias tape, sew the diagonal pieces together as long as you need.

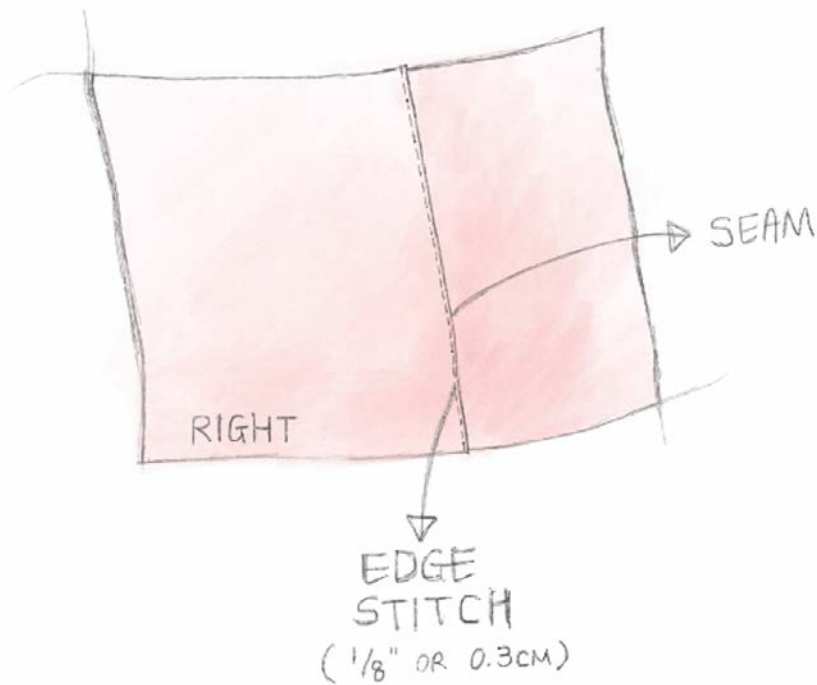
Buttonholes



There are various styles of buttonholes you can create with your sewing machine. For cleaner look, add interfacing and sew over the buttonhole more than once to create nice tight holes.

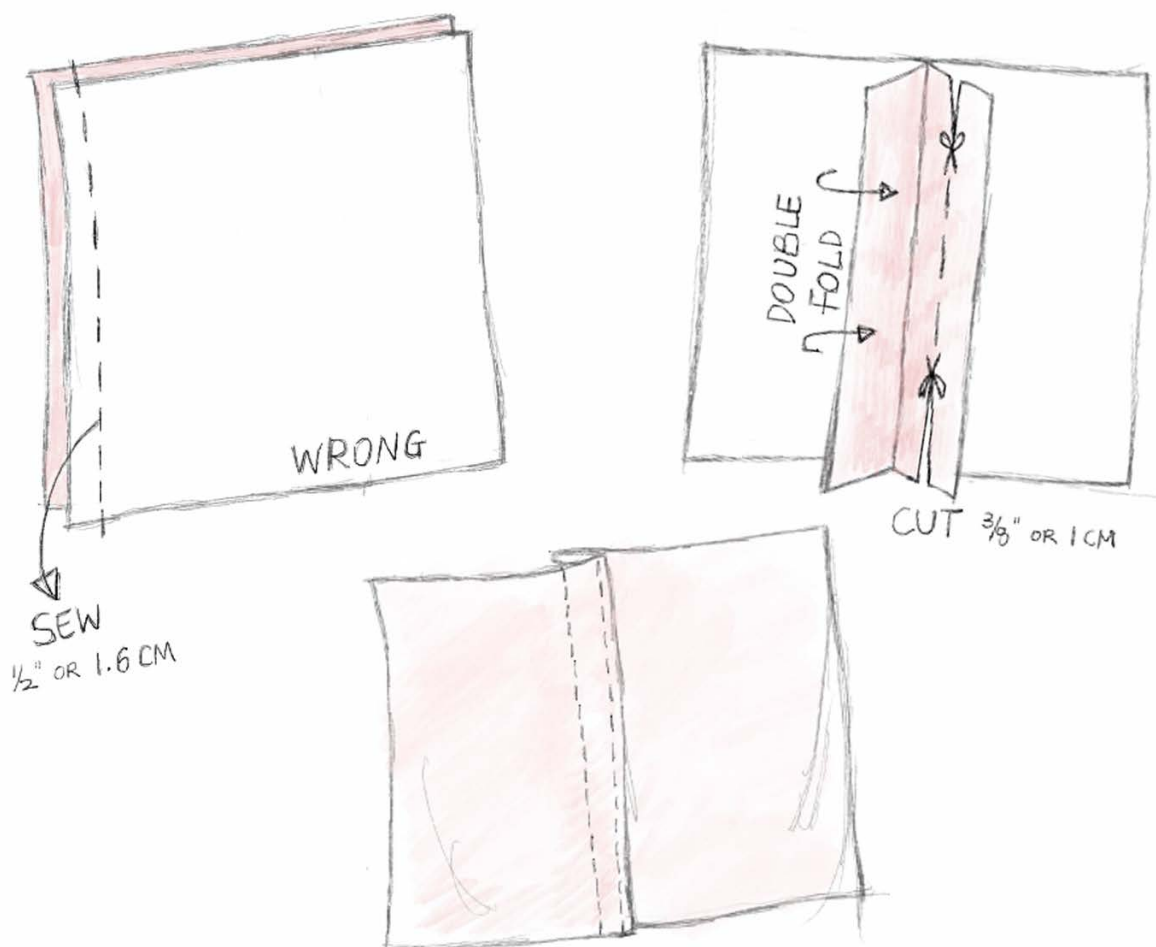
Use a buttonhole foot by inserting the button in the back of the foot, and snap the foot into place. Pull the button hole lever down, and select the buttonhole stitch on your machine. Press the pedal and stitch away, your machine will automatically go through the steps to make an accurate buttonhole.

Edge Stitch



Edge stitches are typically used to decorate or emphasize the original seam line. To achieve clean edge stitch, use a special footer to sew close to the edges without gliding off. Sew slowly to control the fabric.

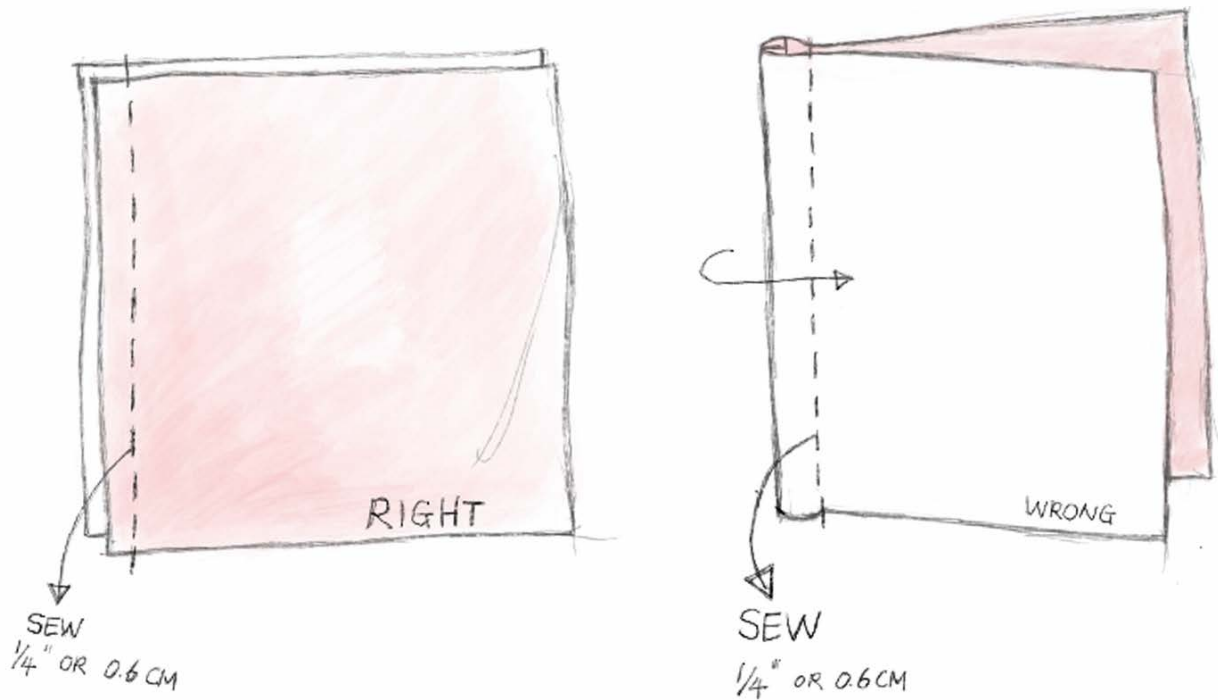
Flat Felled Seam



Flat felled seam or jeans seams is a great way to sew heavy duty fabric or bottoms to strengthen the garment.

Sew the fabric right sides facing each other. Trim one of the seam allowances in half. Turn the raw edge under and fold over to hide the half cut edge. Topstitch down the enclosed seam allowance.

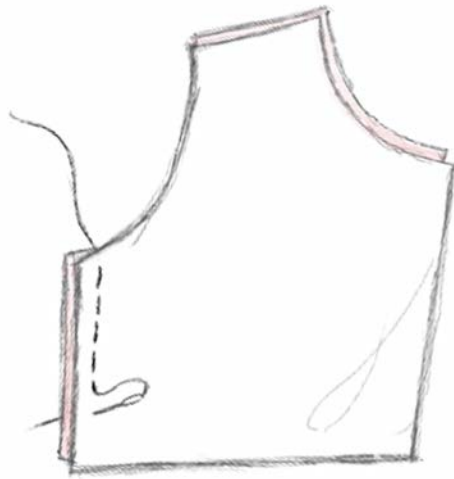
French Seam



When sewing silk or chiffon with delicate fabrication, French seams are a great way to achieve an excellent quality finish.

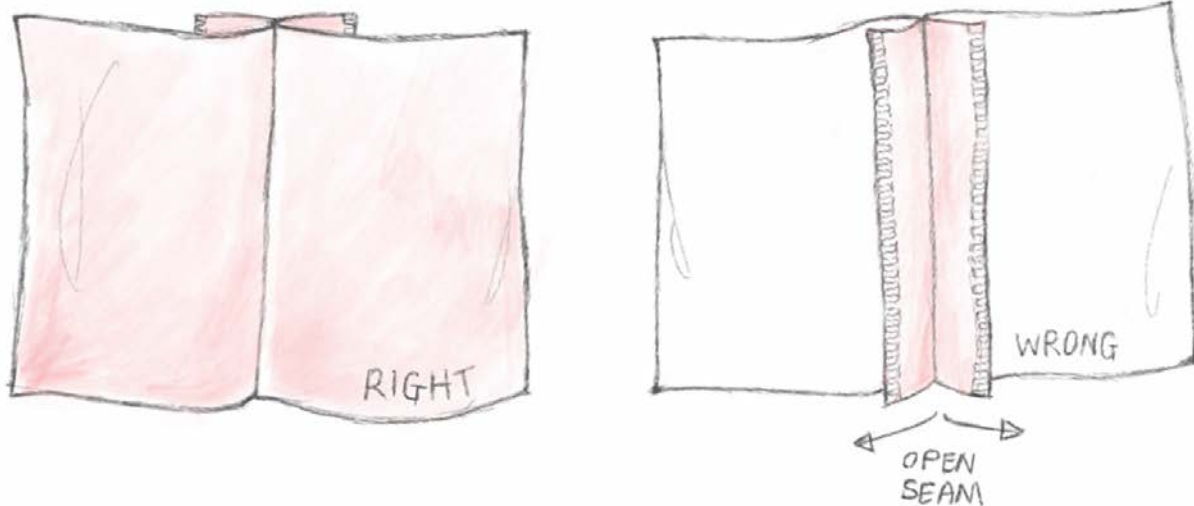
Place wrong sides of fabric facing each other and sew $\frac{1}{4}$ " or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching $\frac{1}{4}$ " or 0.6cm from the folded edge.

Hand Basting



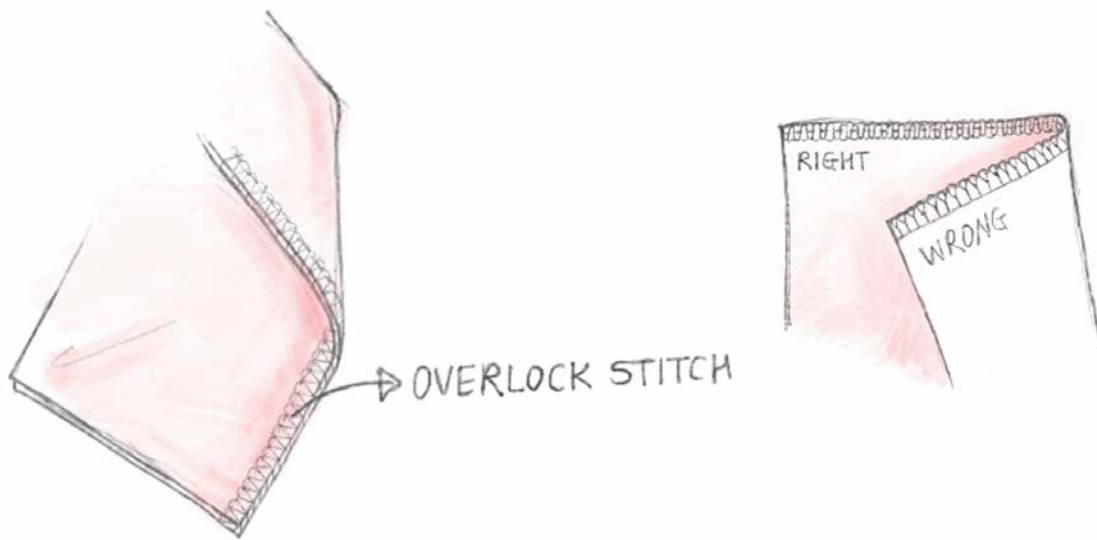
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

Open Seam



Open seams are a technique used to make the seams clean and flat. It can be used for CF, CB, or side seams. Overlock both raw edges first, and then stitch the 2 pieces together to iron the seam open.

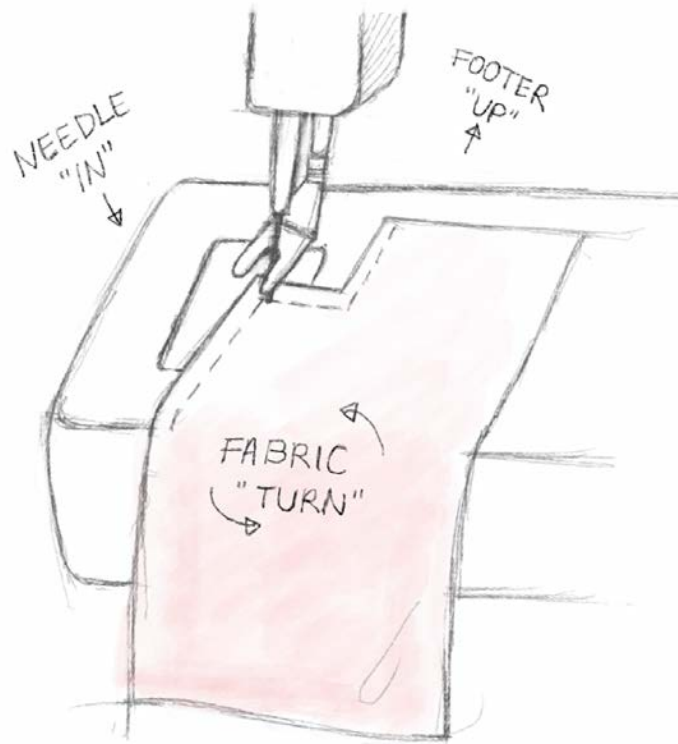
Overlock



Overlock stitches help to bind raw cut edges to prevent from fraying. This technique is mostly accomplished by overlock machine, serger, or your home sewing machine with overlock stitch setting.

Overlock machines have 2 to 3 needles and 2 top threads and lower threads to braid and stitch, which results in a variation of blanket stitch. The knife blade cuts the fabric edge to give a clean overlock stitch.

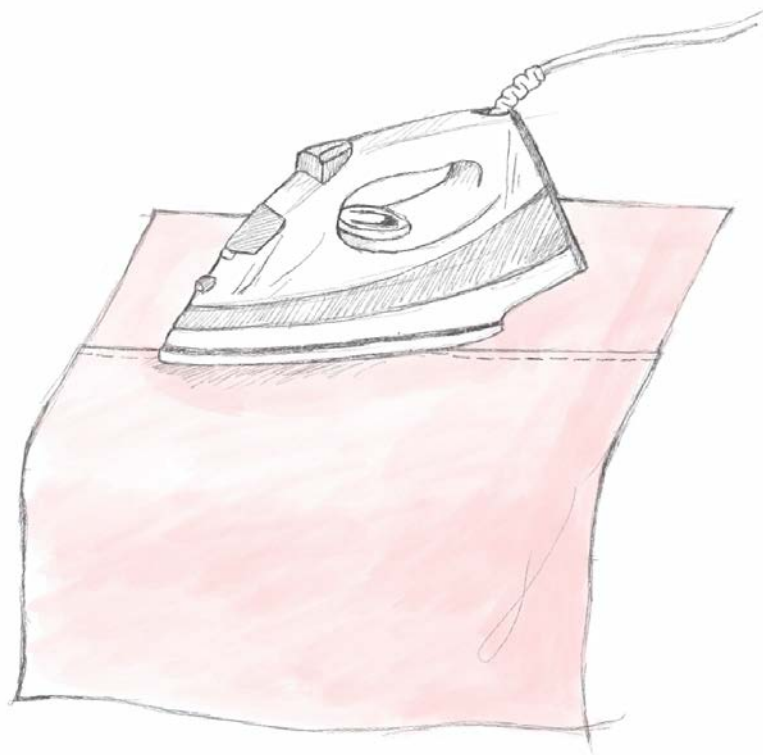
Pivoting



Use the pivoting method when sewing corners or at an angle such as pocket corners, tip of collars, v-neckline, etc.

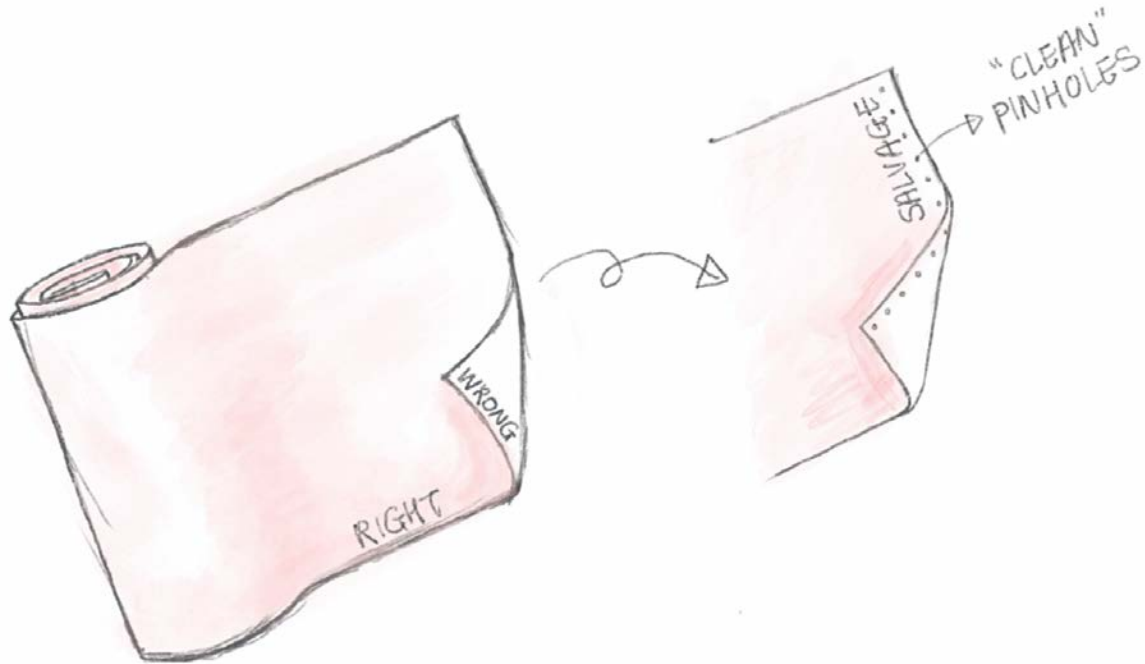
Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

Pressing



Steam and iron with pressure after every stitch you make in the garment. Pressing helps to relax the threads and finish the seams cleanly. Be aware to avoid extreme steam on natural fabrics such as cotton and linen due to the risk in shrinkage.

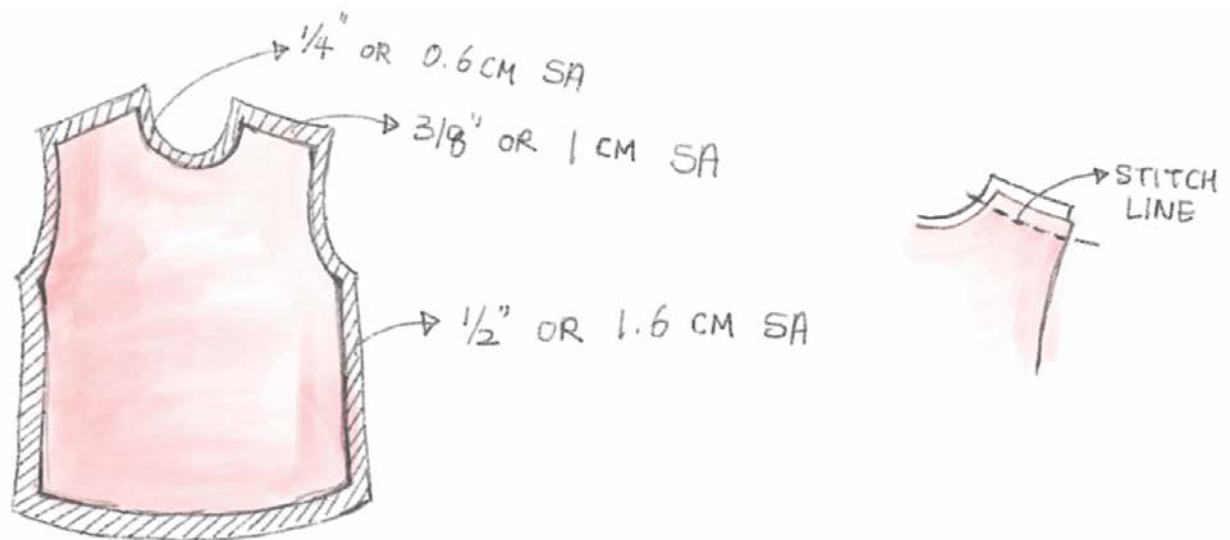
Right side - Wrong side



All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

To find out the right and wrong side of the fabric, look for little pinholes along the selvage. The clean side of the holes is the right side.

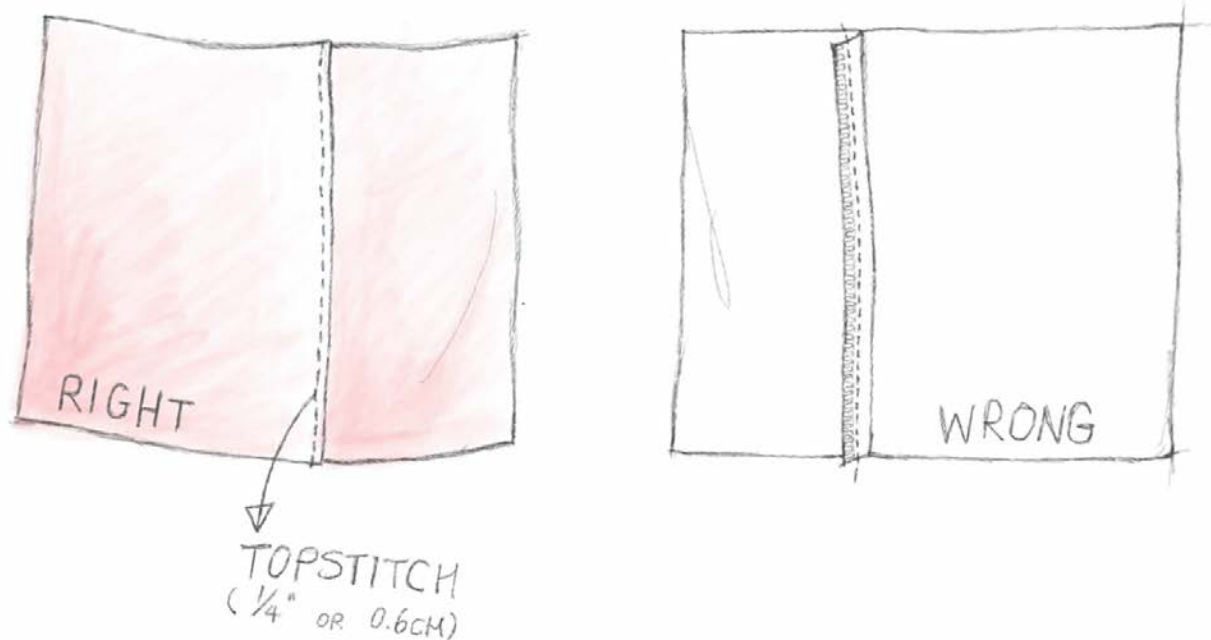
Seam Allowance



The seam allowance or SA is the extra fabric next to the stitch line all around each pattern piece. The additional space allows us to sew everything together.

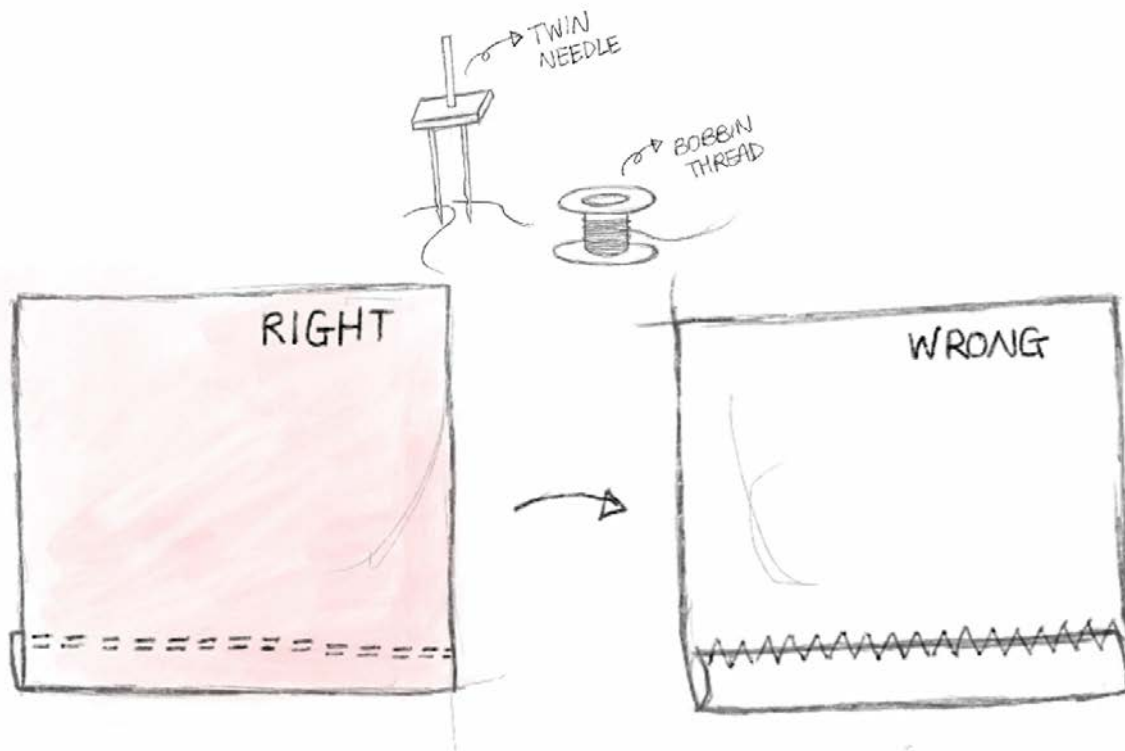
Depending on the seams and styles, the seam allowance is usually ($\frac{1}{4}"$, $\frac{3}{8}"$, $\frac{1}{2}"$) or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

Topstitch



The purpose of top stitches are to add strength to the garment. Iron the seam allowance to the side. Straight stitch $\frac{1}{8}$ " or 0.3cm, or $\frac{1}{4}$ " or 0.6cm away from the original seam to sew the right side and seam allowance together.

Twin Needle



Twin needles are used in knit casual or sportswear for clean finishing without needing a double fold hemming method. The 2 top threads and 1 bobbin thread create parallel topstitch on the right side of the fabric and zigzag stitch on the wrong side of the fabric.