

Pyjama Trousers

Nanna Betty Sewing School · Confident · printable pattern



Wide-leg pyjama trousers

Comfy straight-leg trousers with an elastic waist. There is no separate waistband: the top folds down to make a casing for the elastic. Add the optional patch pocket, like in the photo.

Finished size

UK sizes 8 to 22. See page 2 to choose your size. Need a bigger size? Ask us through nannabetty.com.

You will need

- 2.4m of 112cm or 150cm-wide cotton, brushed cotton, poplin or flannel
- 2.5cm-wide elastic (length on page 2)
- Optional pocket: contrast fabric, 20 x 22cm
- Matching thread
- Sewing machine, sewing kit, iron
- Bodkin or a large safety pin

Pattern pieces

A Front: cut 2

B Back: cut 2

C Pocket (optional): cut 1

1.5cm seam allowance, the 3.5cm casing and a 4cm hem are included.

What's in this pack

Page 2 Choose your size

Page 3 Print and put together the pattern

Page 4 Cutting layout and pattern markings

Page 5-6 Sewing steps (10 tasks + optional pocket)

Pages 7-36 Pattern pages, front then back (print at 100%)

Page 37 Pocket pattern (only if you want a pocket)

Printing at a print shop? Use the A0 copy-shop file (2 A0 sheets) instead of the pattern pages.

Choose your size

Measure your body, not your clothes

Pick the size that matches your hips: the elastic takes care of the waist. If you are between sizes, choose the bigger one.

UK size	8	10	12	14	16	18	20	22
Waist (cm)	66	71	76	81	86	91	96	101
Hips (cm)	88	93	98	103	108	113	118	123
Elastic (cm)	62	67	72	77	82	87	92	97
Finished hip (cm)	100	105	110	115	120	125	130	135
Outside leg (cm)	100	100	101	101	102	102	102	103
Inside leg (cm)	72	71	71	70	70	70	69	69

How to measure

Waist: round your natural waist, where you bend sideways.

Hips: round the fullest part of your bottom, with your feet together.

Elastic

The elastic lengths include a 2cm overlap for joining. Thread it through and try the trousers on before you join it (task 7): pull it tighter or let it out until it feels comfy.

Length

Outside leg is measured from the top of the finished waist to the hem. The pattern is drafted for a height of about 165cm (5ft 5in). To change the length, cut along the 'lengthen or shorten here' line on both pieces and spread or overlap them by the same amount.

Need a bigger size?

These pyjamas go up to a UK 22. For a bigger size, get in touch through nannabetty.com and ask: we're happy to help.

Print & put together

Check the scale first: it only takes a minute

1 Print the pattern pages at 100%

In the print box choose 'Actual size' or 'Scale 100%'. Do not choose 'Fit to page'. Print THIS page first and measure the test square below. If it is exactly 5cm, print the pattern pages with the same settings.

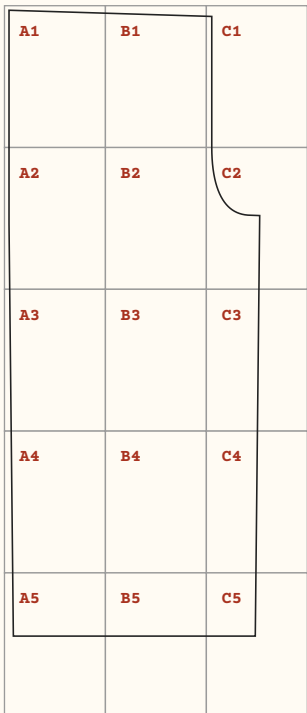


Measure with a ruler. If it is not 5cm, check your printer settings and print again.

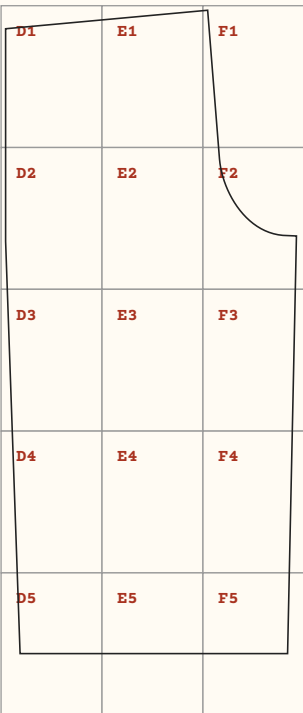
2 Trim and tape

The front (pages A1 to C5) and the back (pages D1 to F5) are taped up separately. Trim off the white margin on the RIGHT and BOTTOM of each page along the grey dashed line, lay it over the next page on its grey line, match the red diamonds and tape. Then cut your size.

A Front

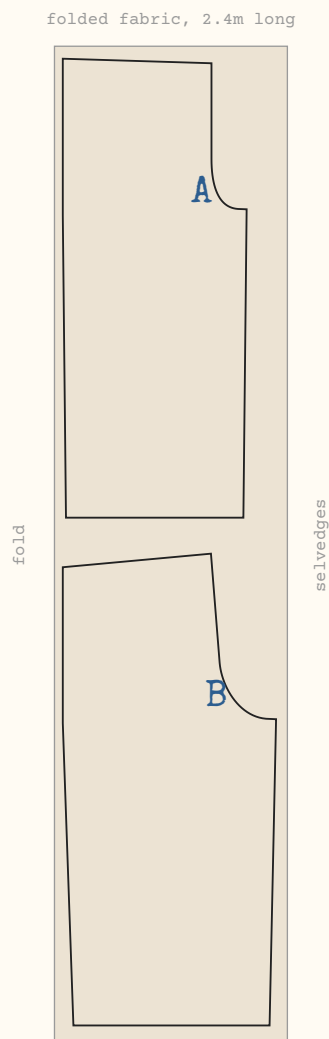


B Back



Cutting layout

Fabric folded in half lengthways, selvages together



Fold the fabric in half lengthways, right sides together, so the selvages meet. Lay the front (A) and back (B) with the grain lines parallel to the fold, and cut through both layers. That gives you a left and a right of each piece. Wide fabric (150cm)? Fold it the same way. You still need about 2.4m, because the legs are long. Pocket (C): cut one from a contrast scrap, 20 x 22cm is plenty.

Cutting your size

Each size has its own colour. Follow your size line all the way round, and snip the notches on your line.

Pattern markings

-  Cutting line: each size has its own colour.
-  Casing notches: fold the top edge down to these (task 4).
-  Side notches at the hip: 1 on the front, 2 on the back.
-  Grain line. Keep it parallel to the fold.
-  Lengthen or shorten line.

Sewing steps

10 tasks + 1 optional · each task has a video and a card in the course

1

Over-lock fabric edges

Snip the notches, then zig-zag or overlock all the edges of the four pieces, including the top edge.

Card: Overlocking

+

Optional: Patch pocket

Do this after task 1, on ONE front piece. Overlock the pocket edges. Fold the top 1cm, then 2cm, and stitch the hem. Iron the sides and bottom 1cm under. Pin it about 6cm below the casing notches and 5cm in from the side, then stitch round the sides and bottom, 3mm from the edge. Back-stitch at the top corners.

Do this after task 1 · cards: Hems, Pins, Back Stitch

2

Stitch the front crotch seam

Put the two fronts right sides together. Stitch the curved centre front seam, 1.5cm from the edge, from the top down to the inside-leg corner. Iron it open.

Card: Seams, Ironing

3

Stitch the side seams

Open the fronts out flat. Pin a back to each side, right sides together, matching the single and double notches. Stitch the side seams and iron them open. You now have one long flat piece.

Card: Seams, Ironing

4

Fold and stitch the waistband

Fold the top edge down to the notches and iron it. Stitch it down close to the overlocked edge, leaving 6cm open at each back edge for the elastic.

Card: Notches, Ironing

5

Stitch the back crotch seam

Unfold the casing at the back. Put the two back edges right sides together and stitch the centre back seam from the inside-leg corner right up to the top. Back-stitch, iron it open and fold the casing back down.

Card: Seams, Back Stitch

6

Thread the elastic

Pin a bodkin or safety pin to one end of the elastic. Feed it in through the gap at the back, all the way round the casing and out again. Pin the tail so it can't disappear.

Card: Elastic

7

Fit and join the elastic

Try the trousers on and adjust the elastic until it feels comfy. Overlap the ends by 2cm and zig-zag back and forth across them.

Card: Elastic, Machine Stitches

Sewing steps

continued

8

Stitch the waistband gap closed

Stretch the waist gently and stitch the gap closed, in line with the rest of the casing stitching. Keep the elastic out of the way.

Card: Seam Guide

9

Stitch the inside legs

Pin the inside leg from one hem, up through the crotch point and down to the other hem, matching the crotch seams. Stitch in one go and back-stitch at both ends.

Card: Seams, Pins

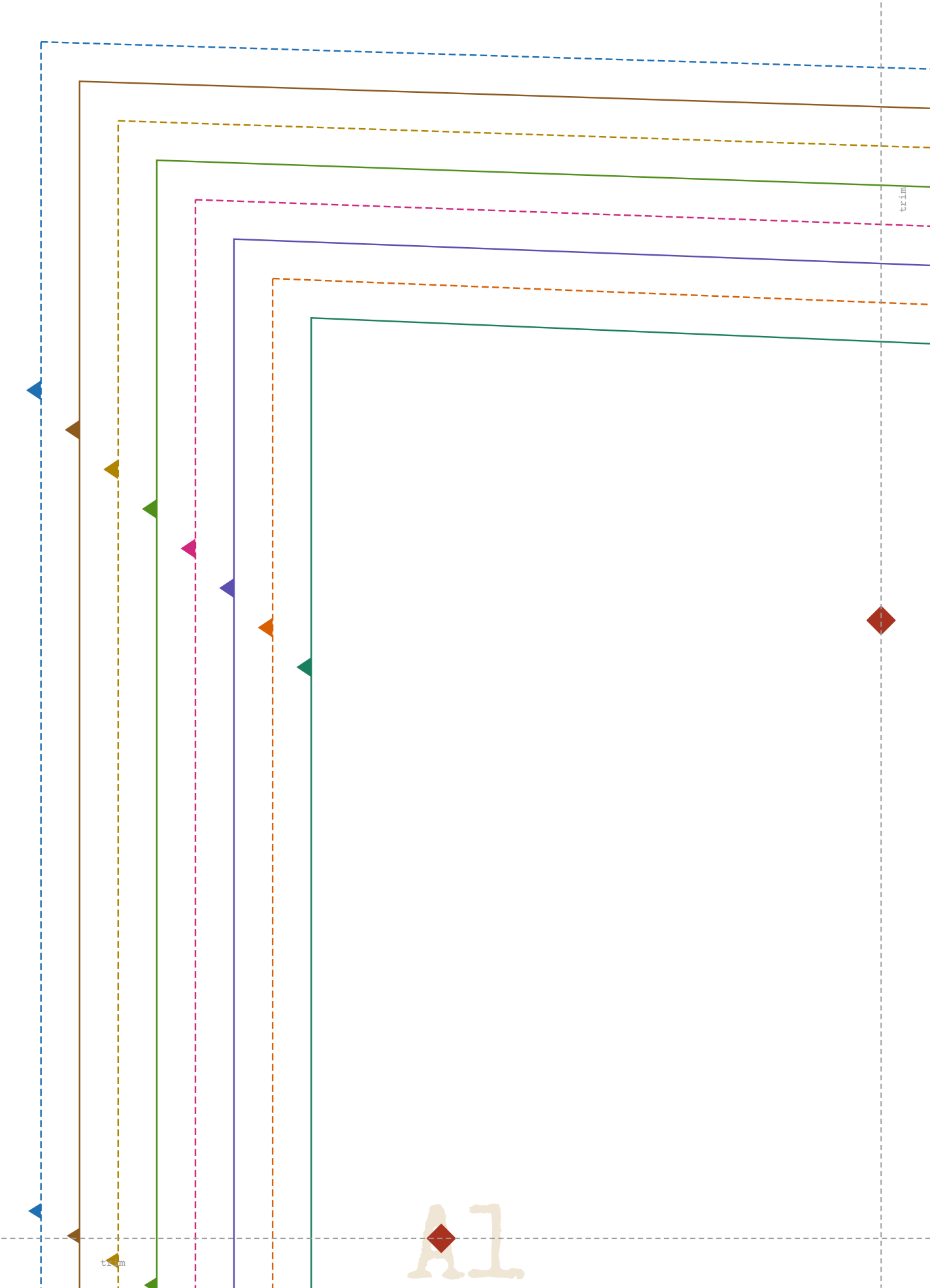
10

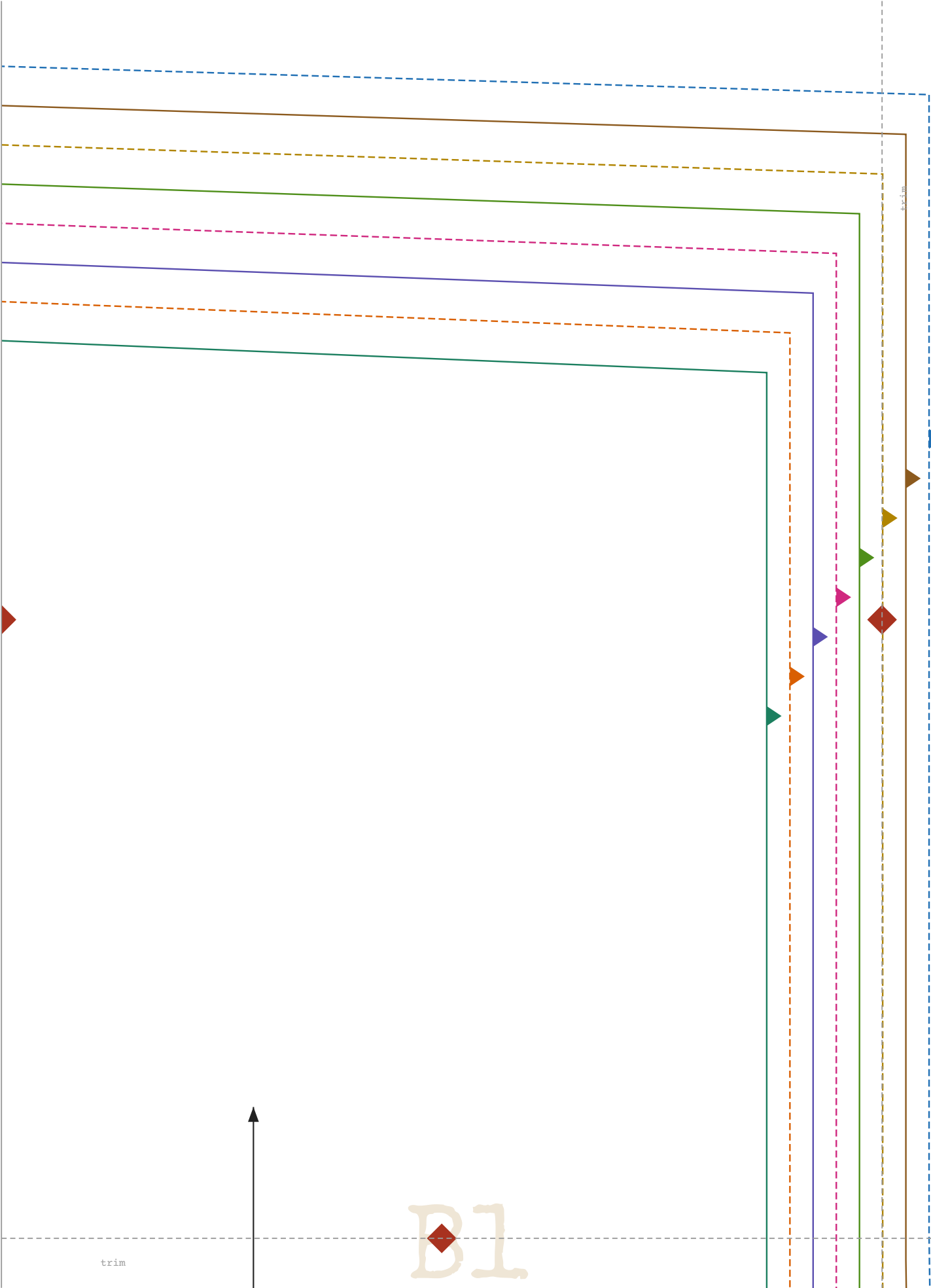
Hem the trouser legs

Try them on to check the length. Fold the hem 1cm, then 3cm, iron and stitch close to the inner fold.

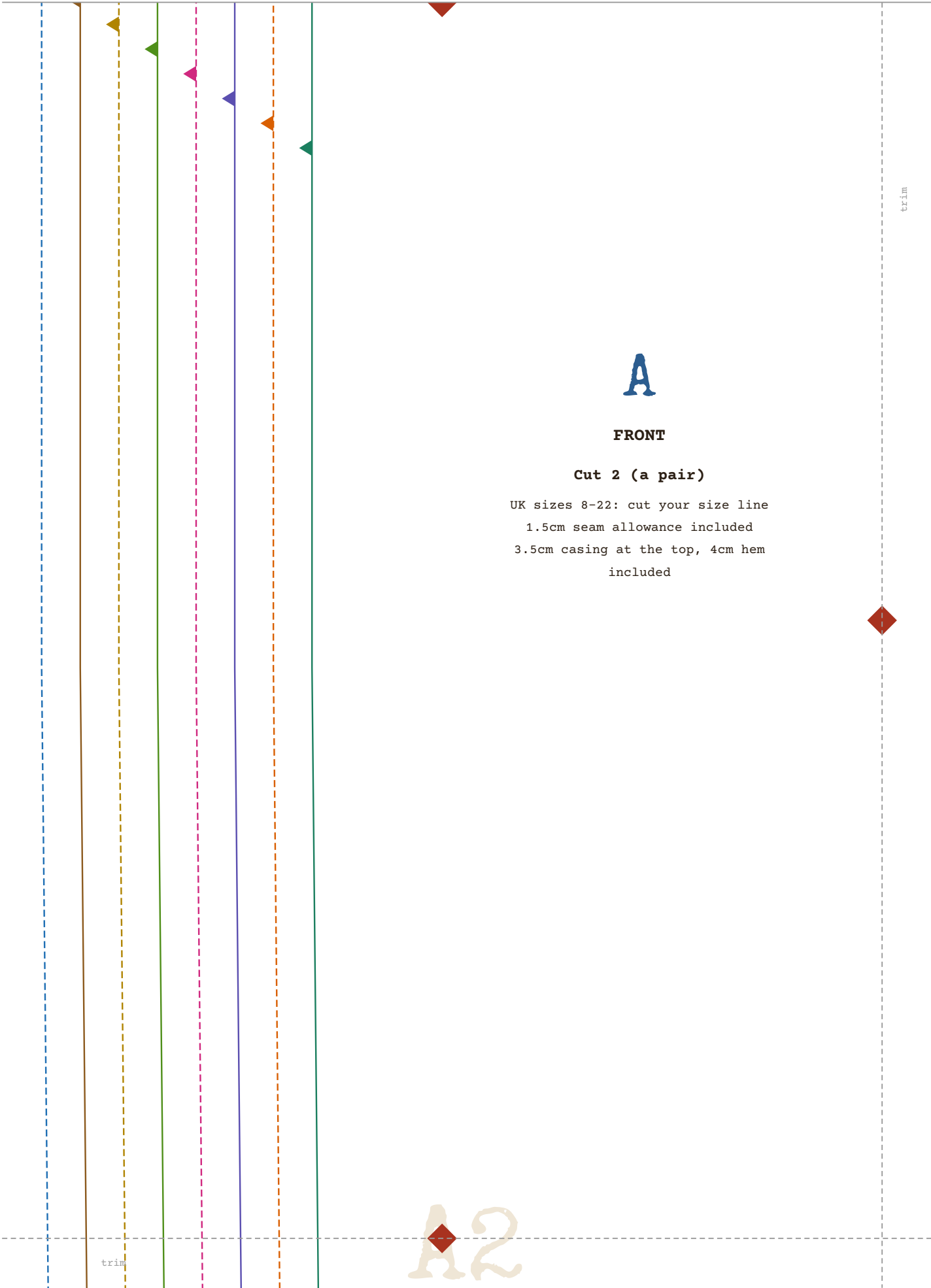
Card: Hems, Hemming

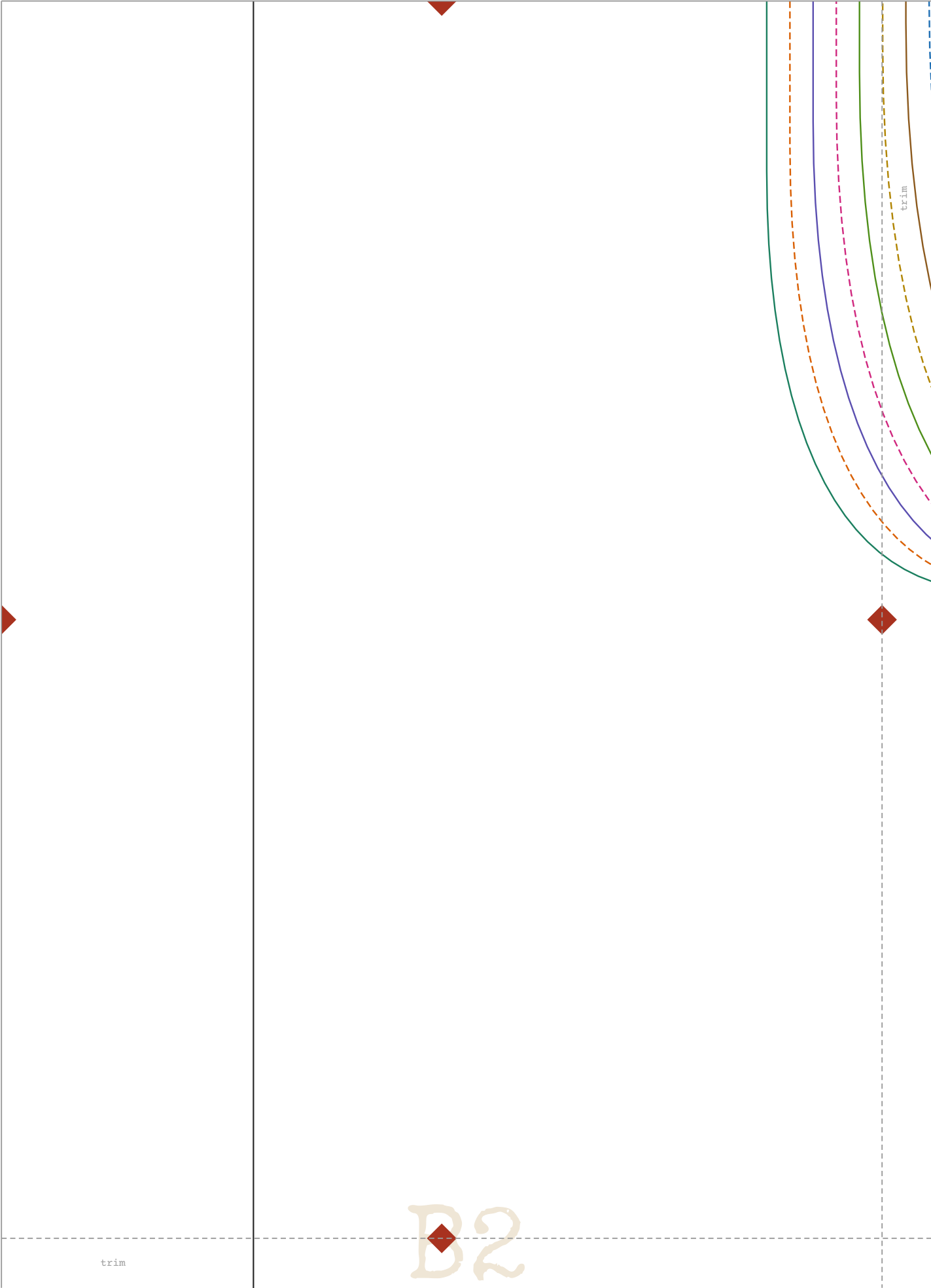
Your pyjama trousers are finished! Spread the gathers evenly round the elastic.

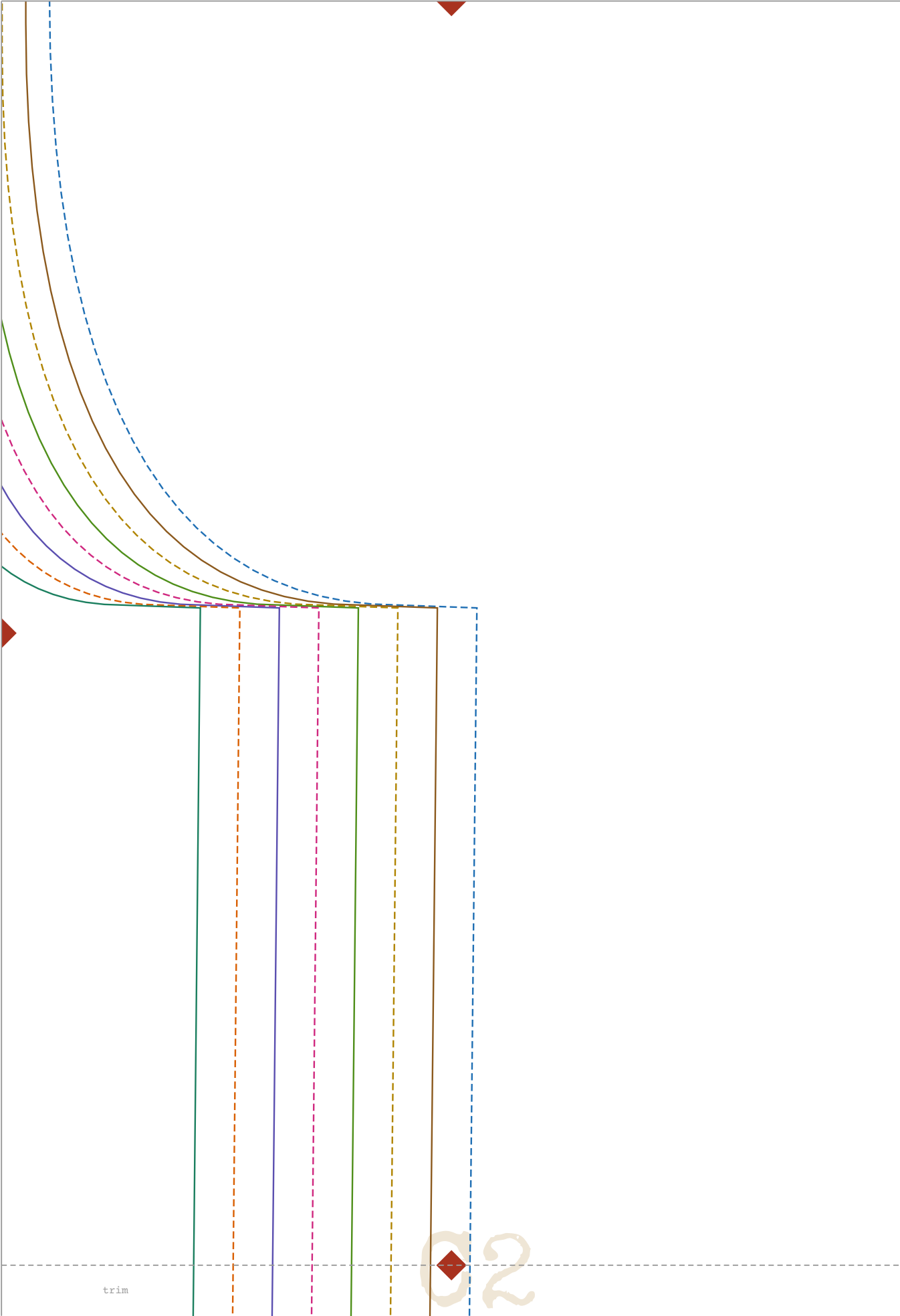


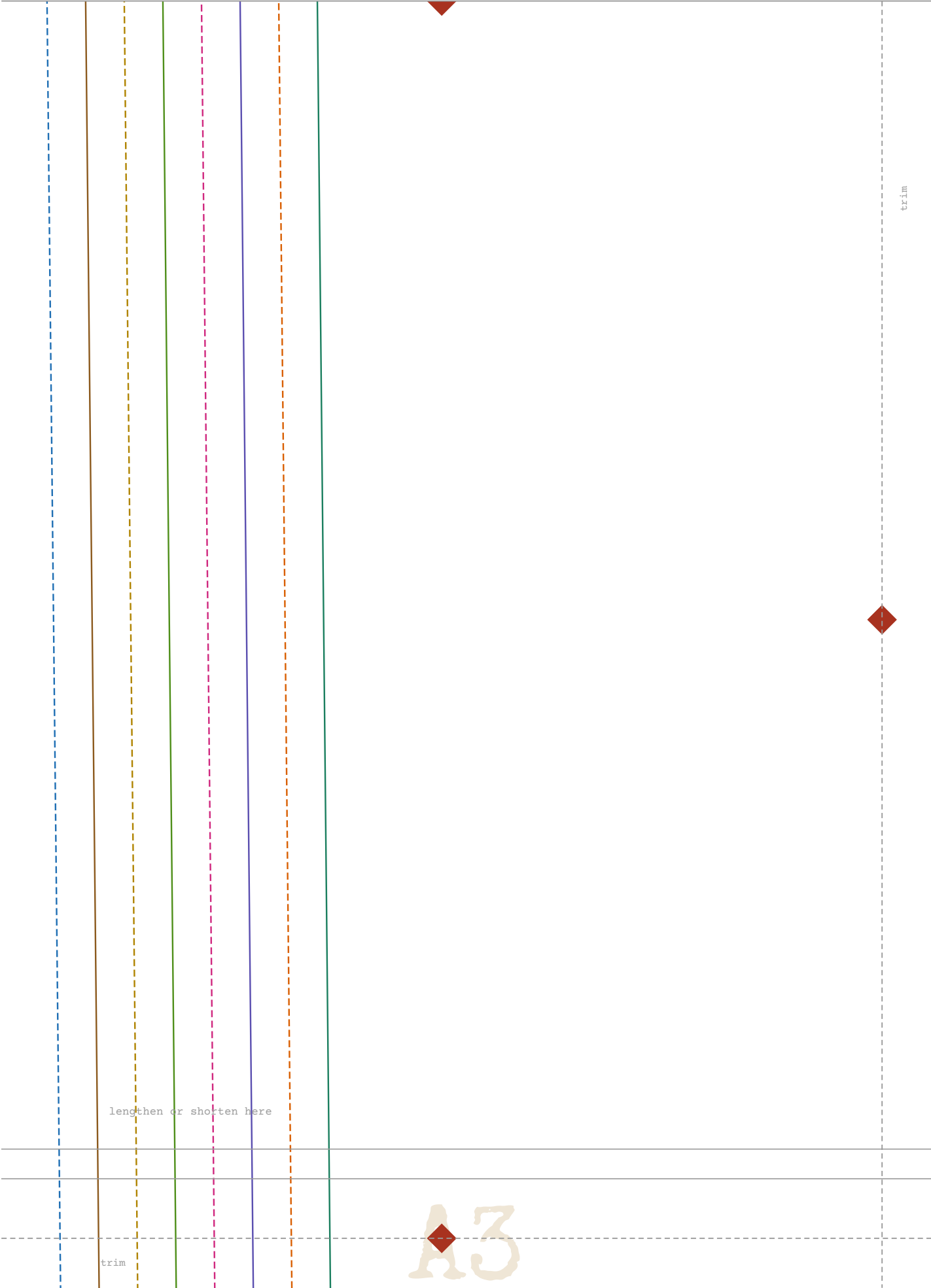


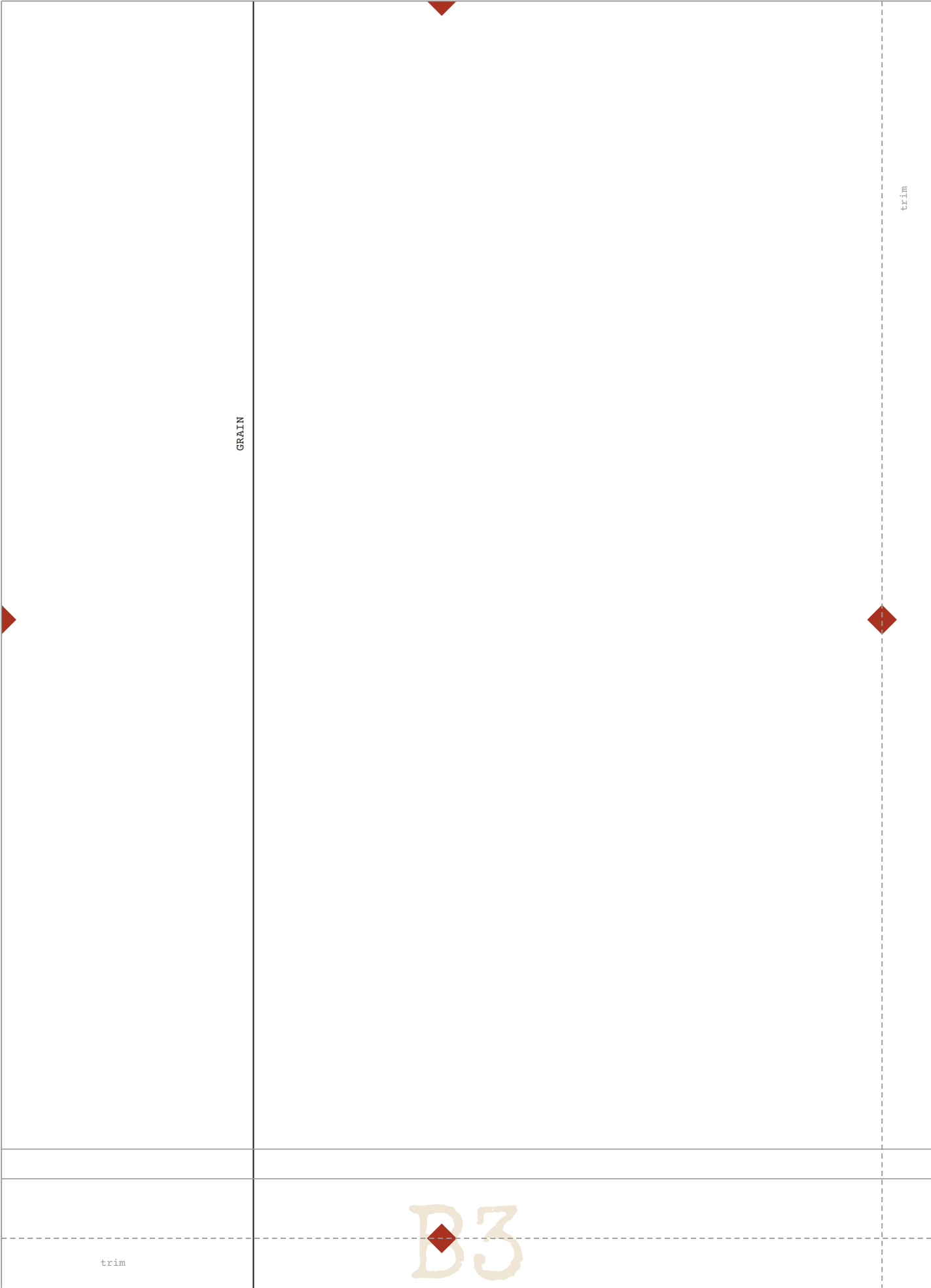


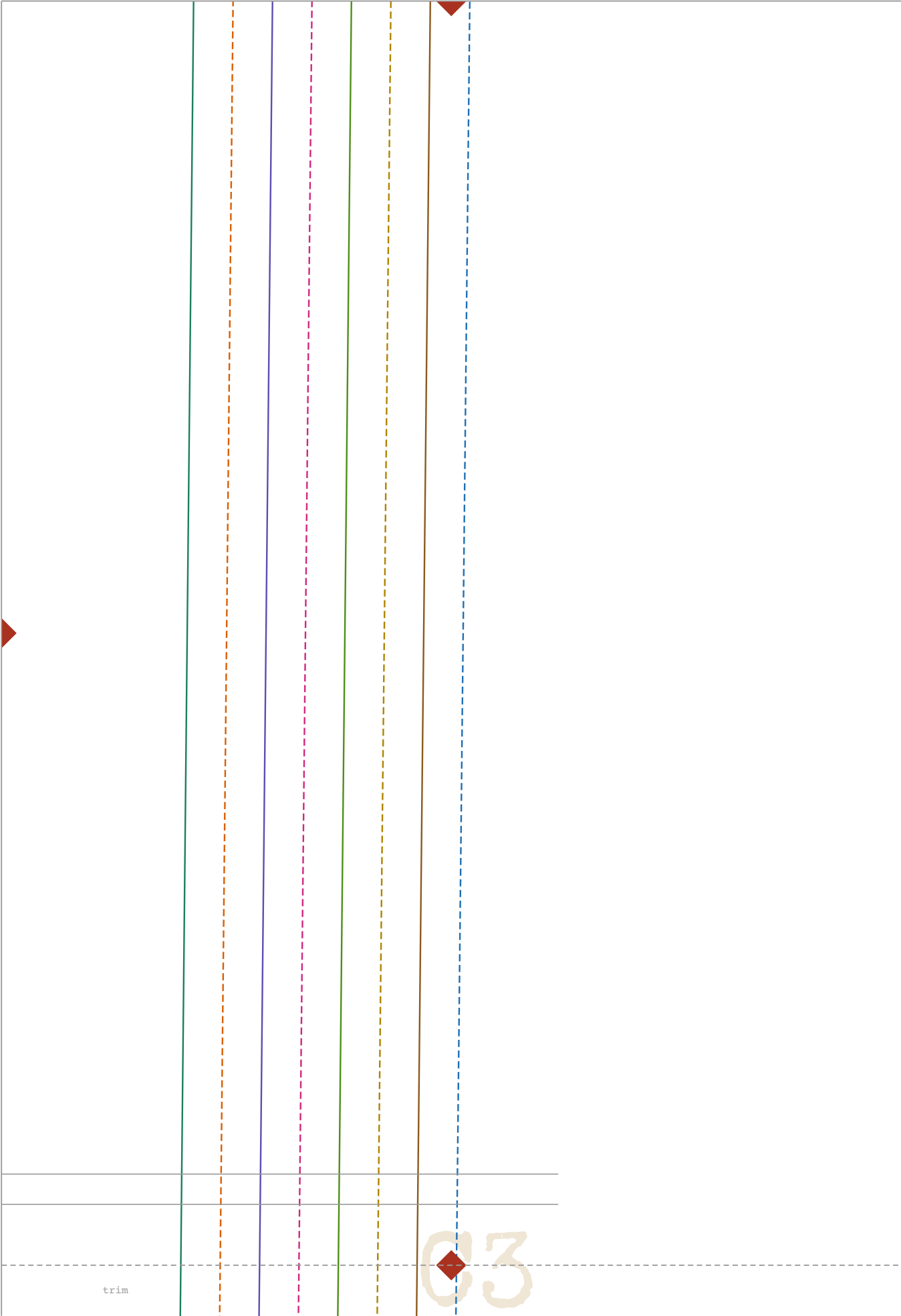


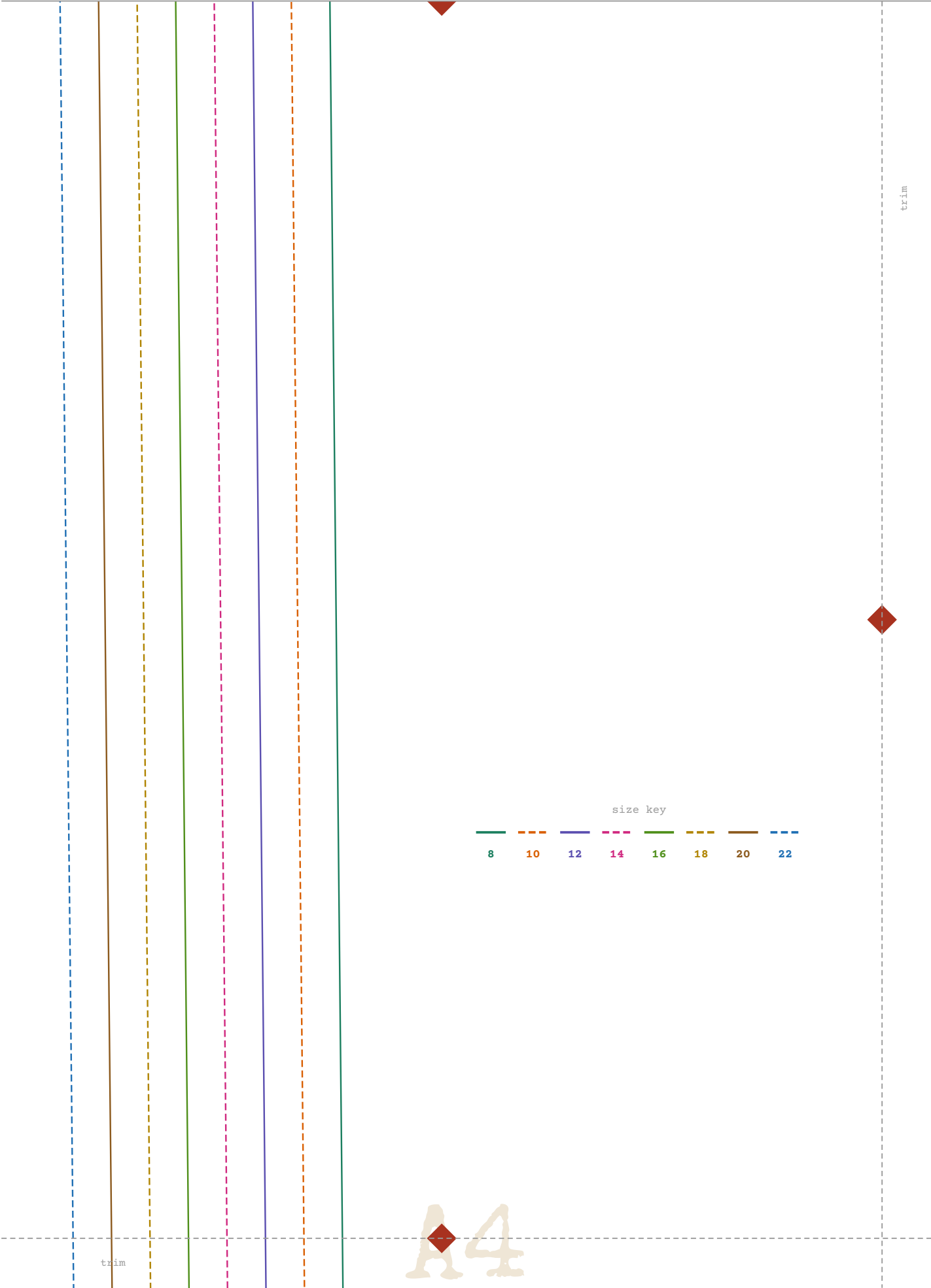


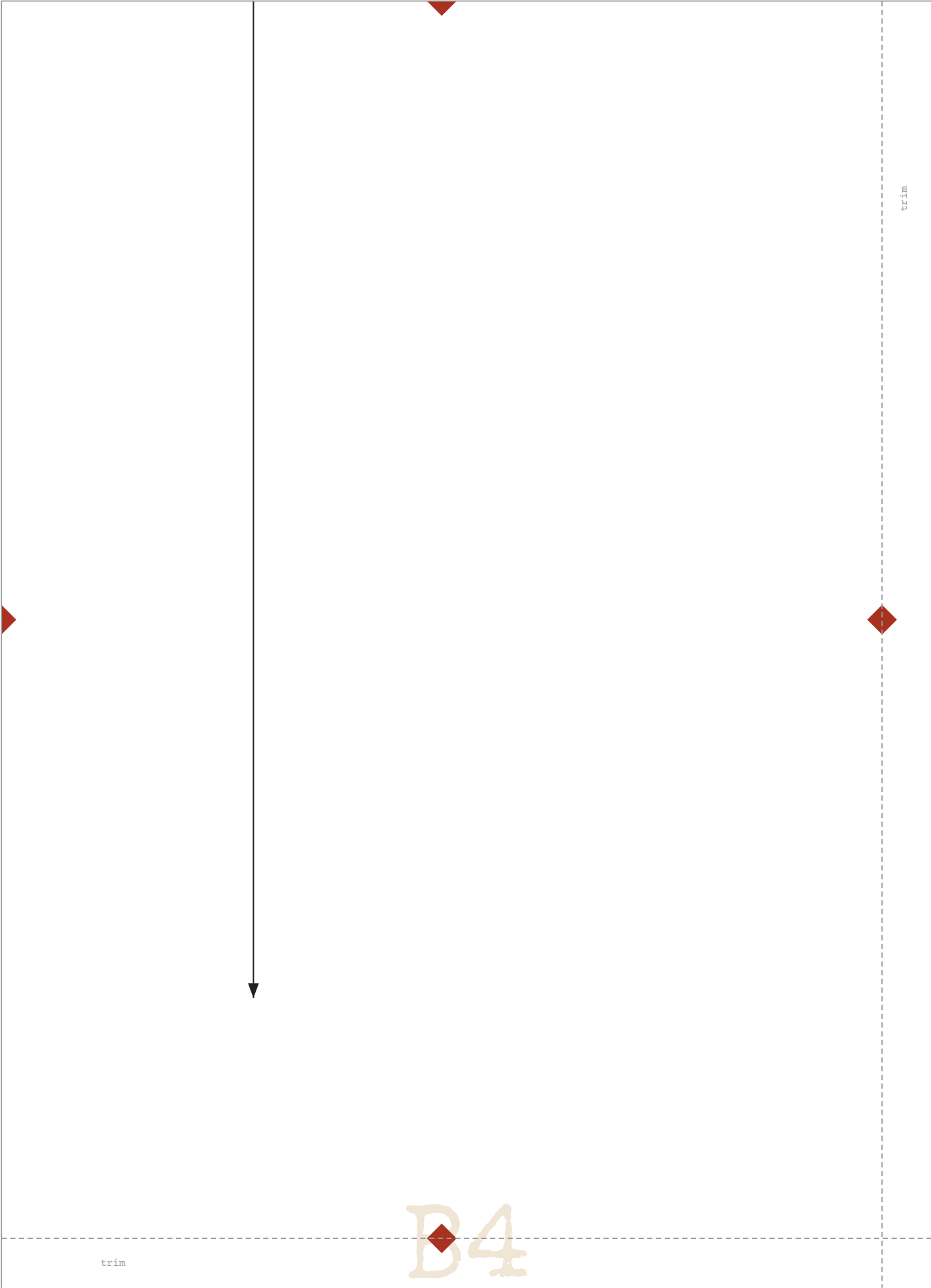


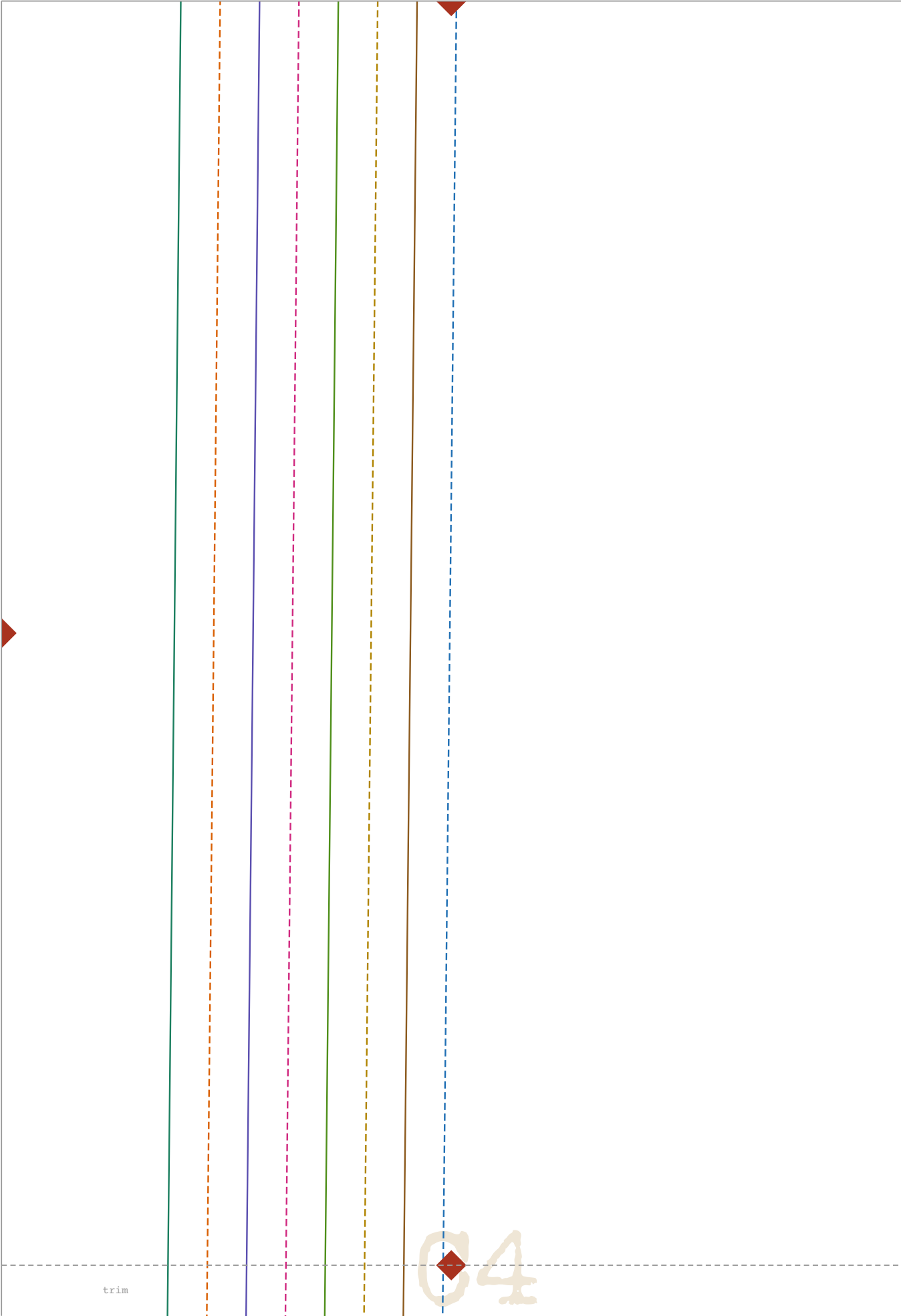


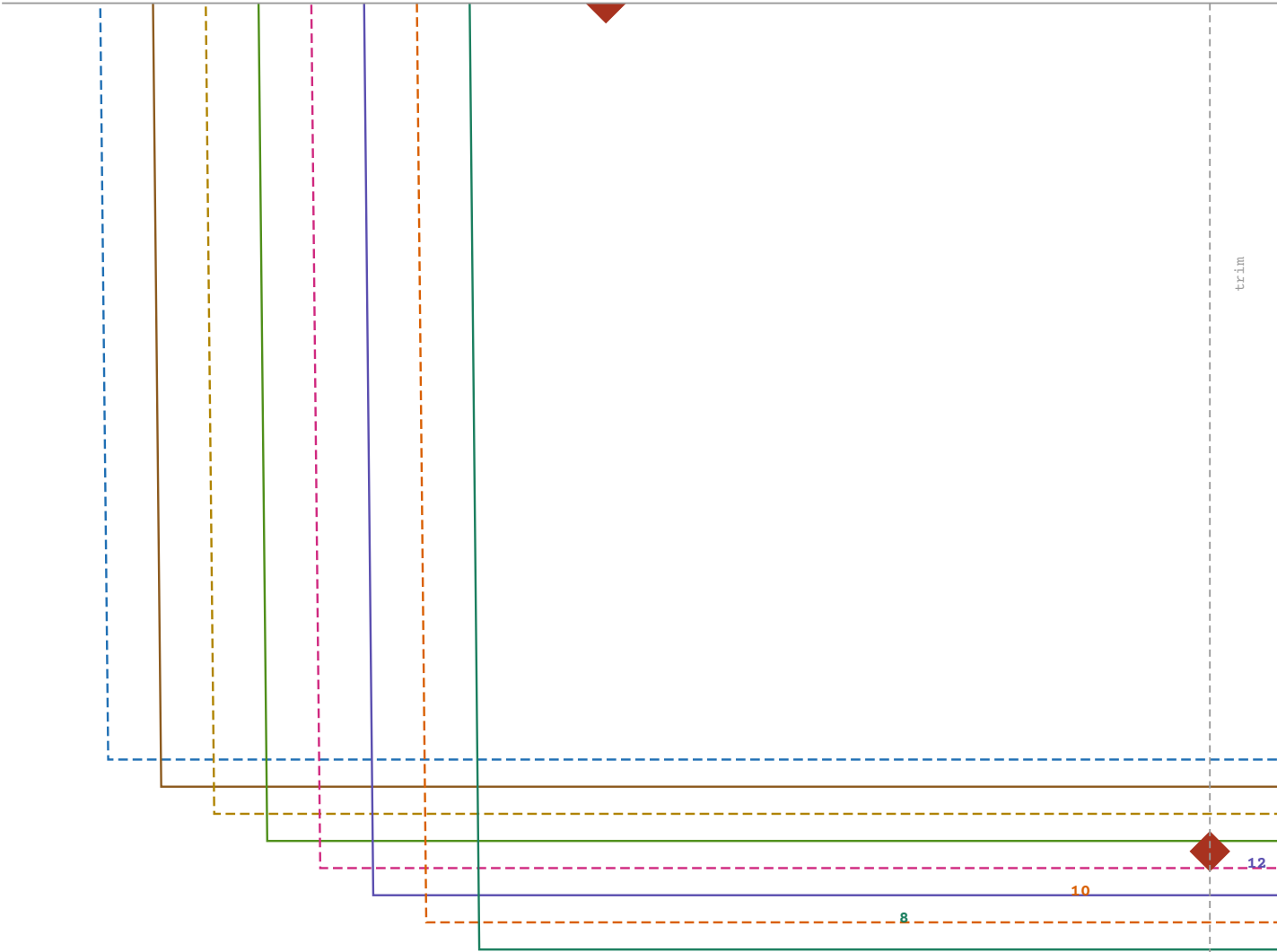




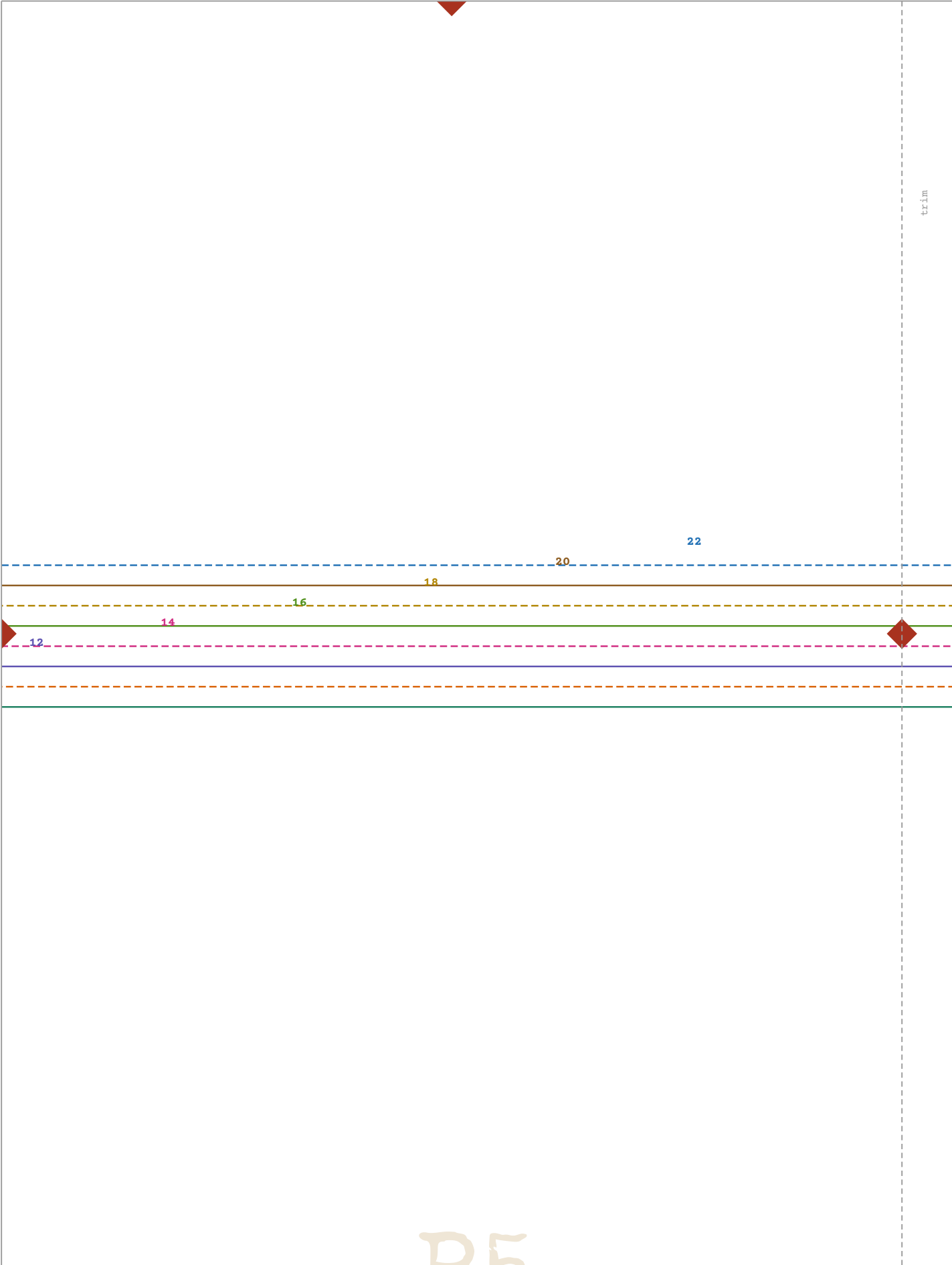


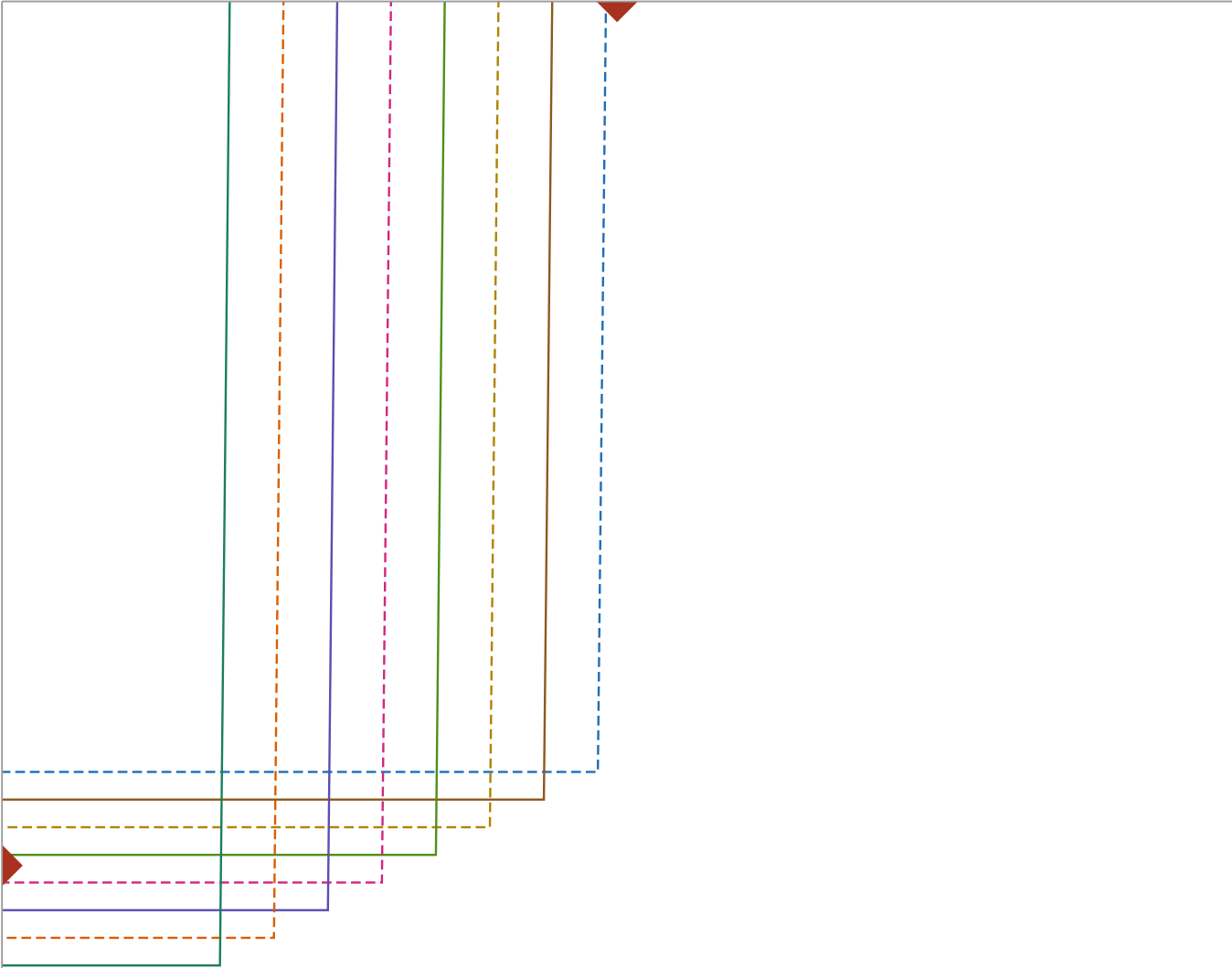




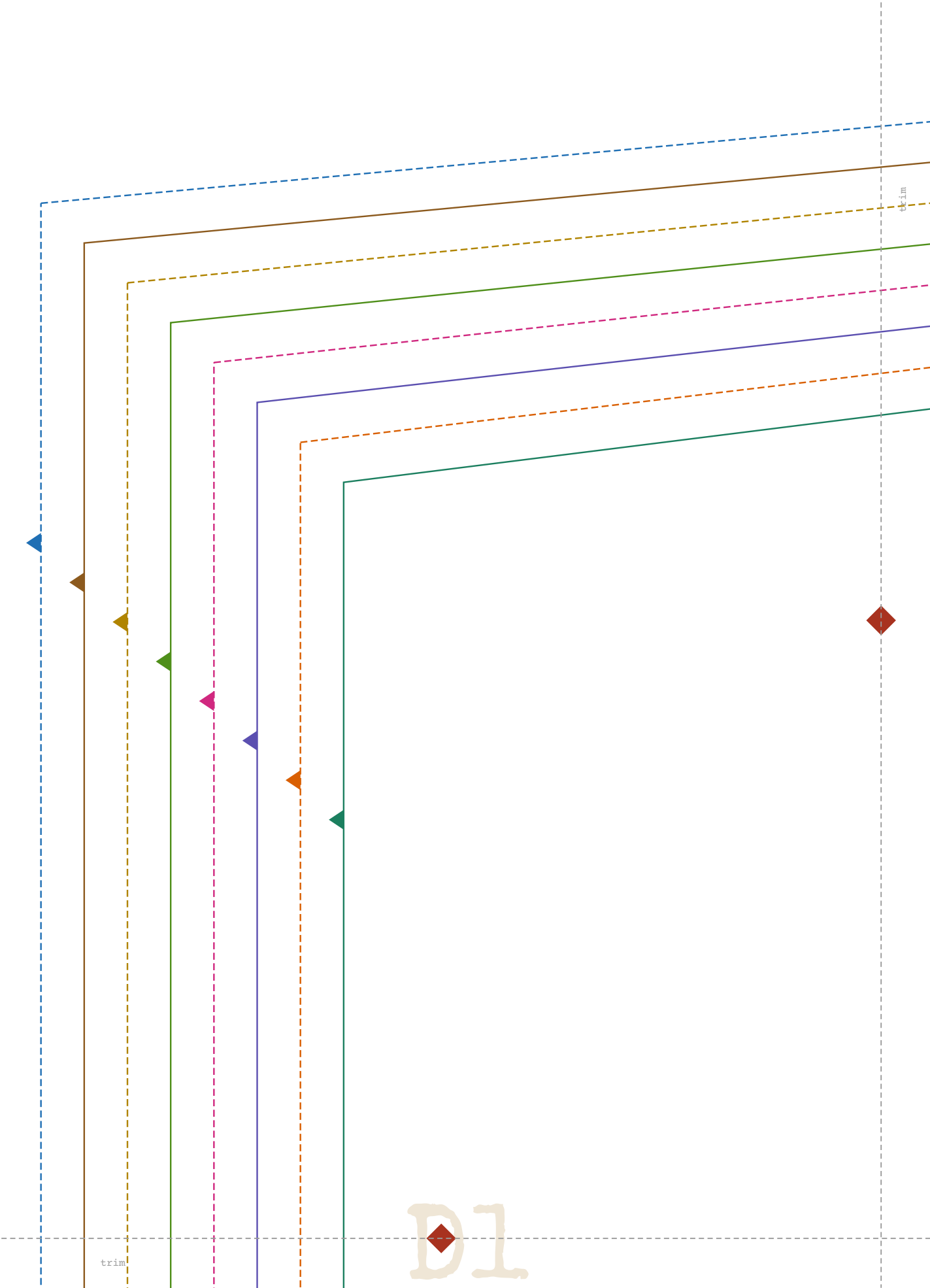


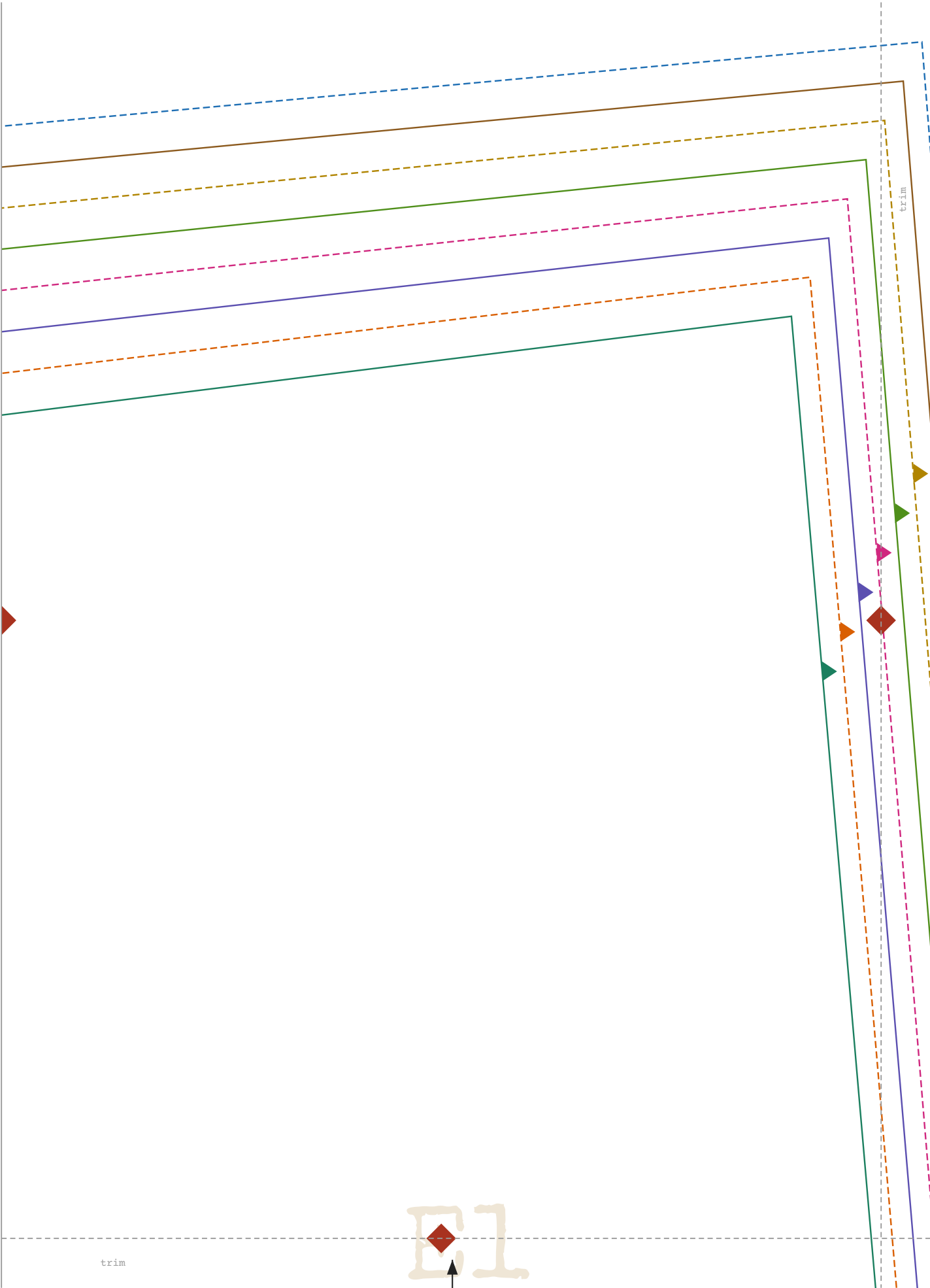
A5

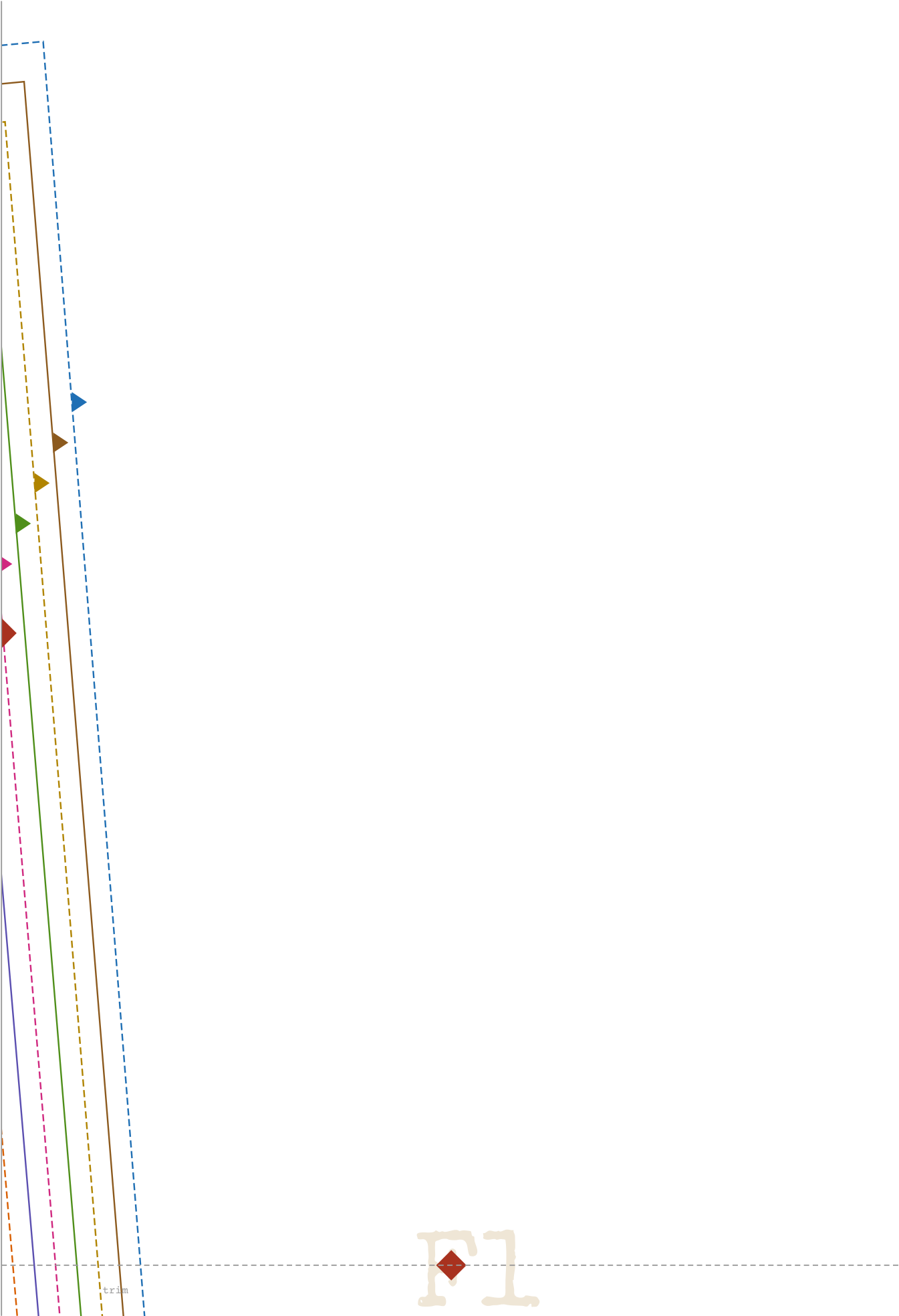


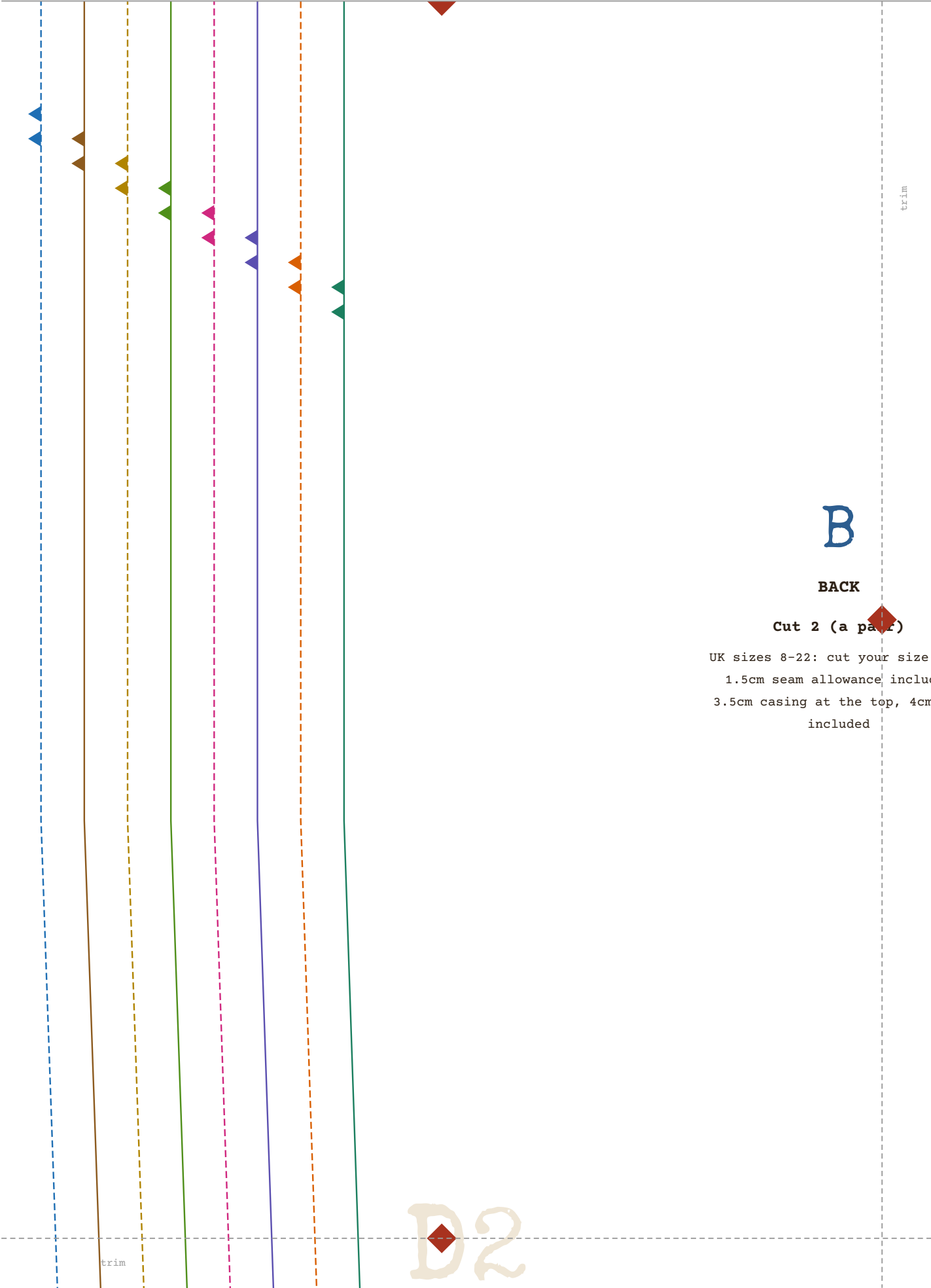


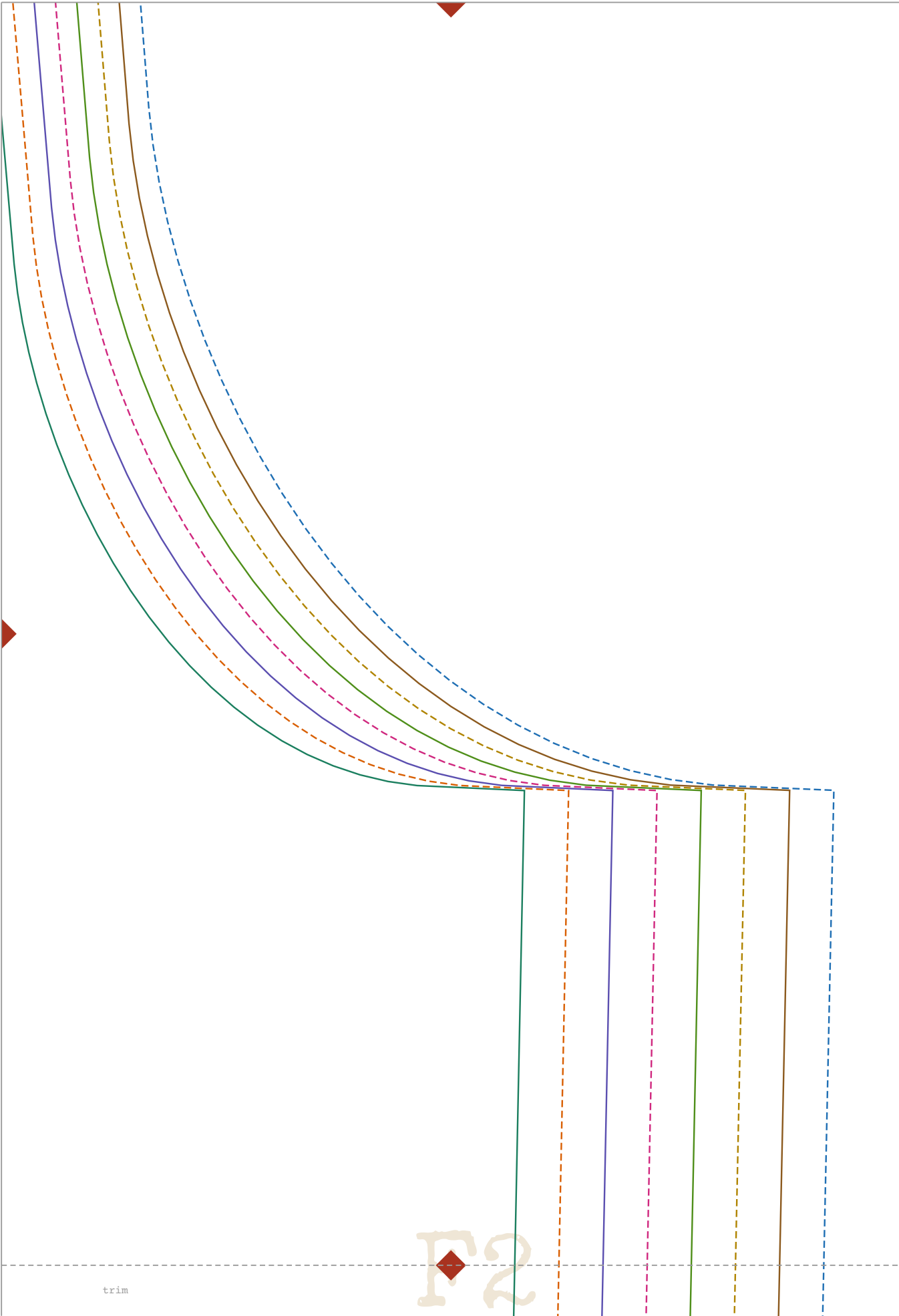
C5

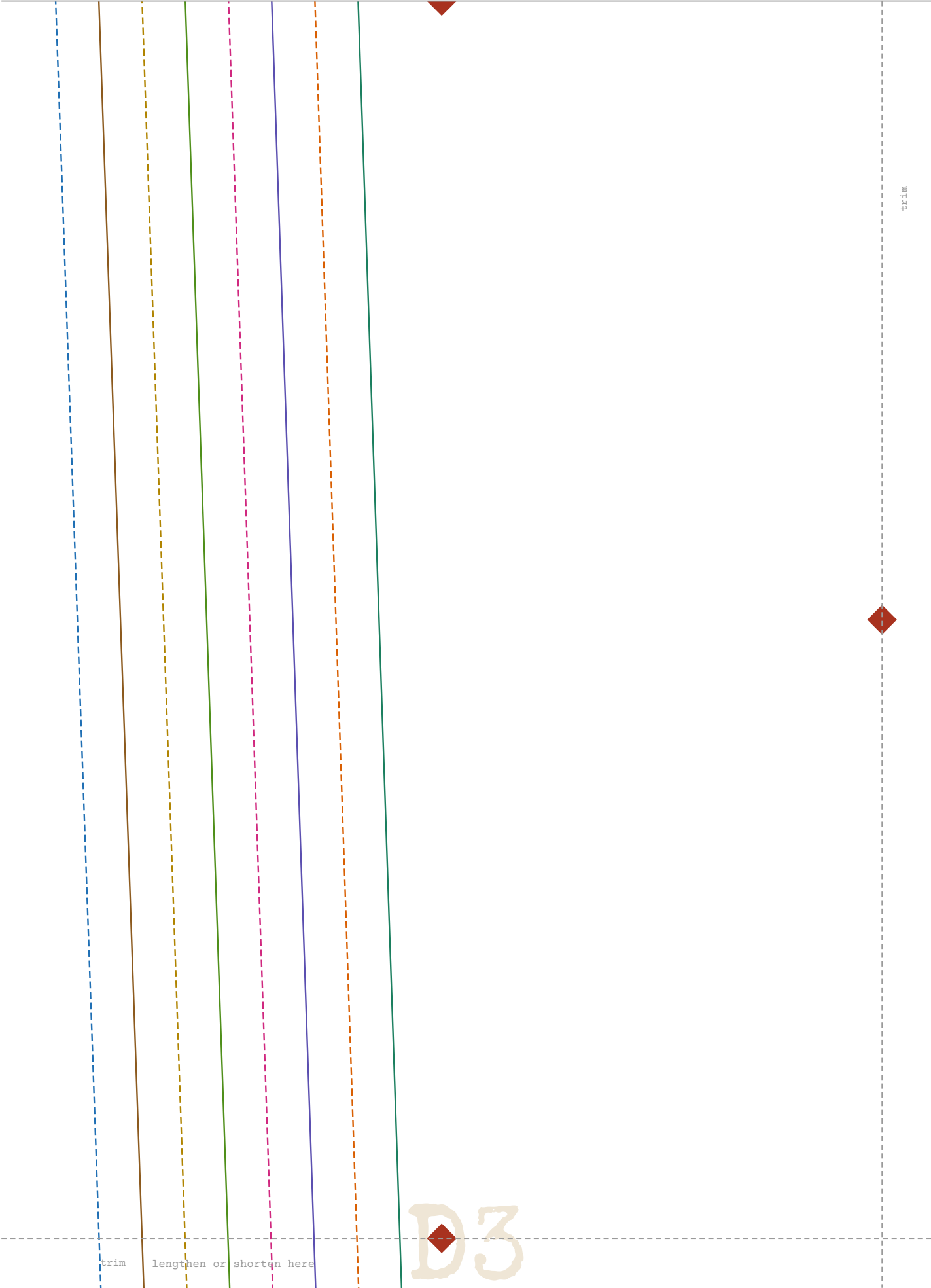


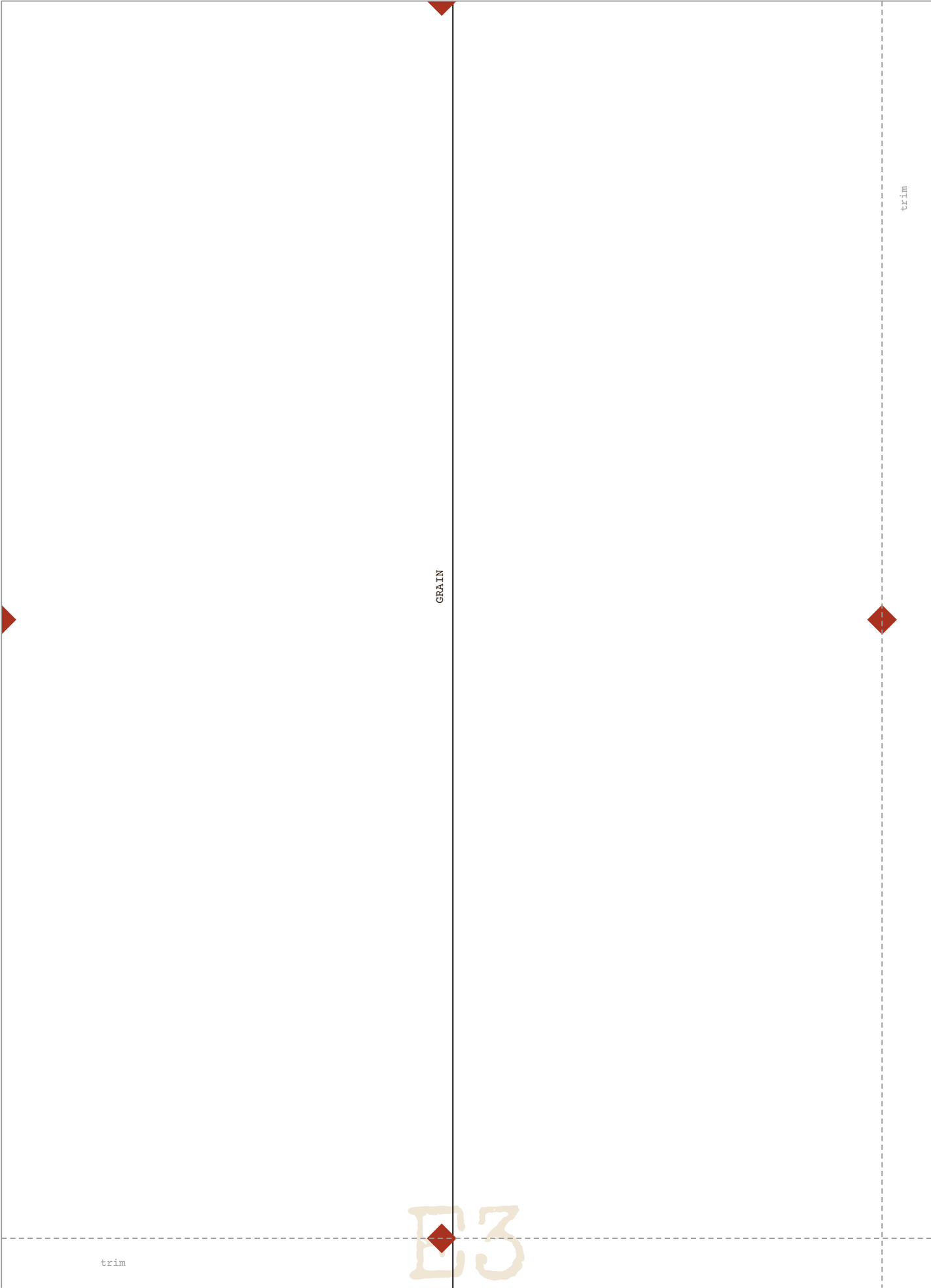


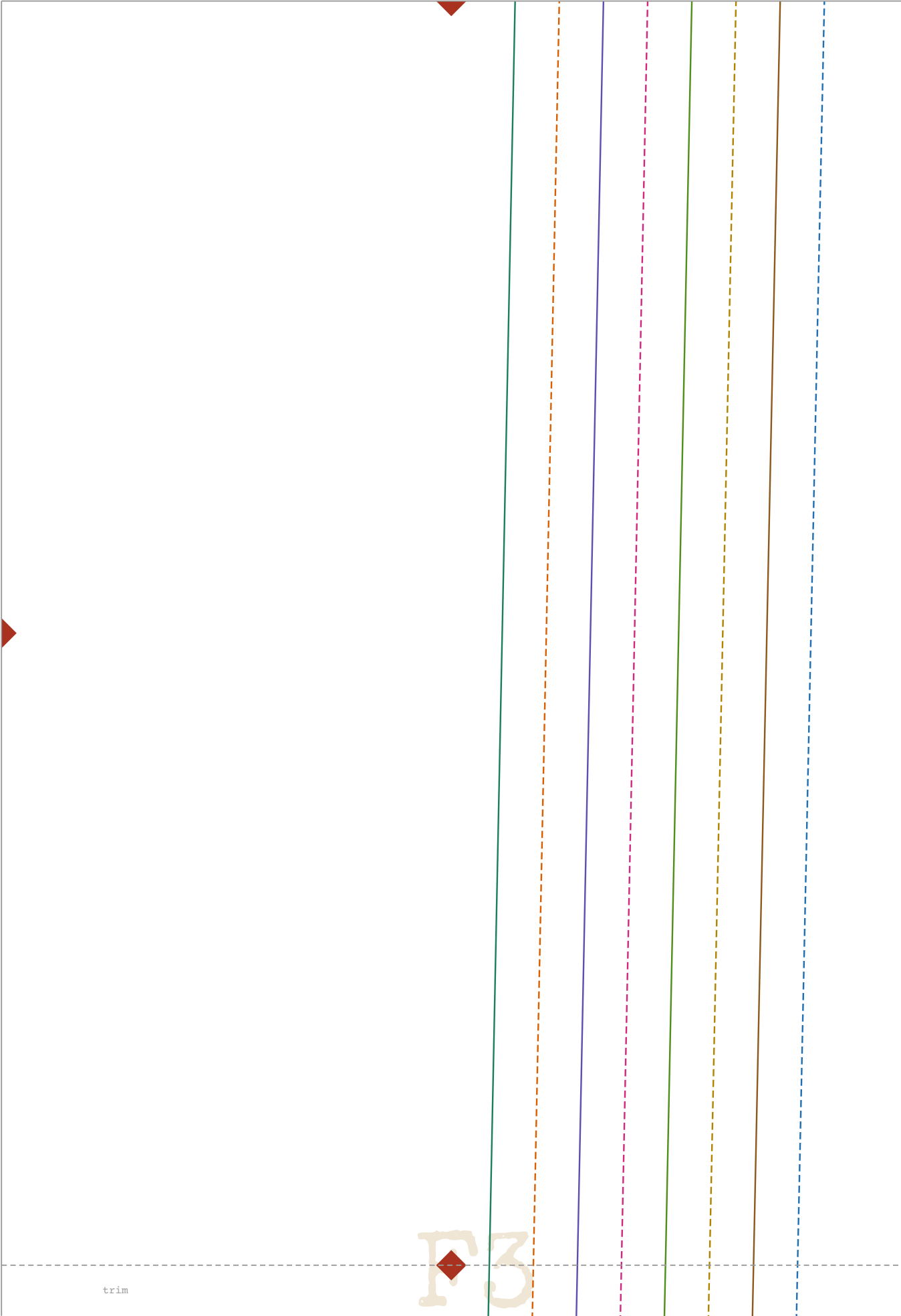


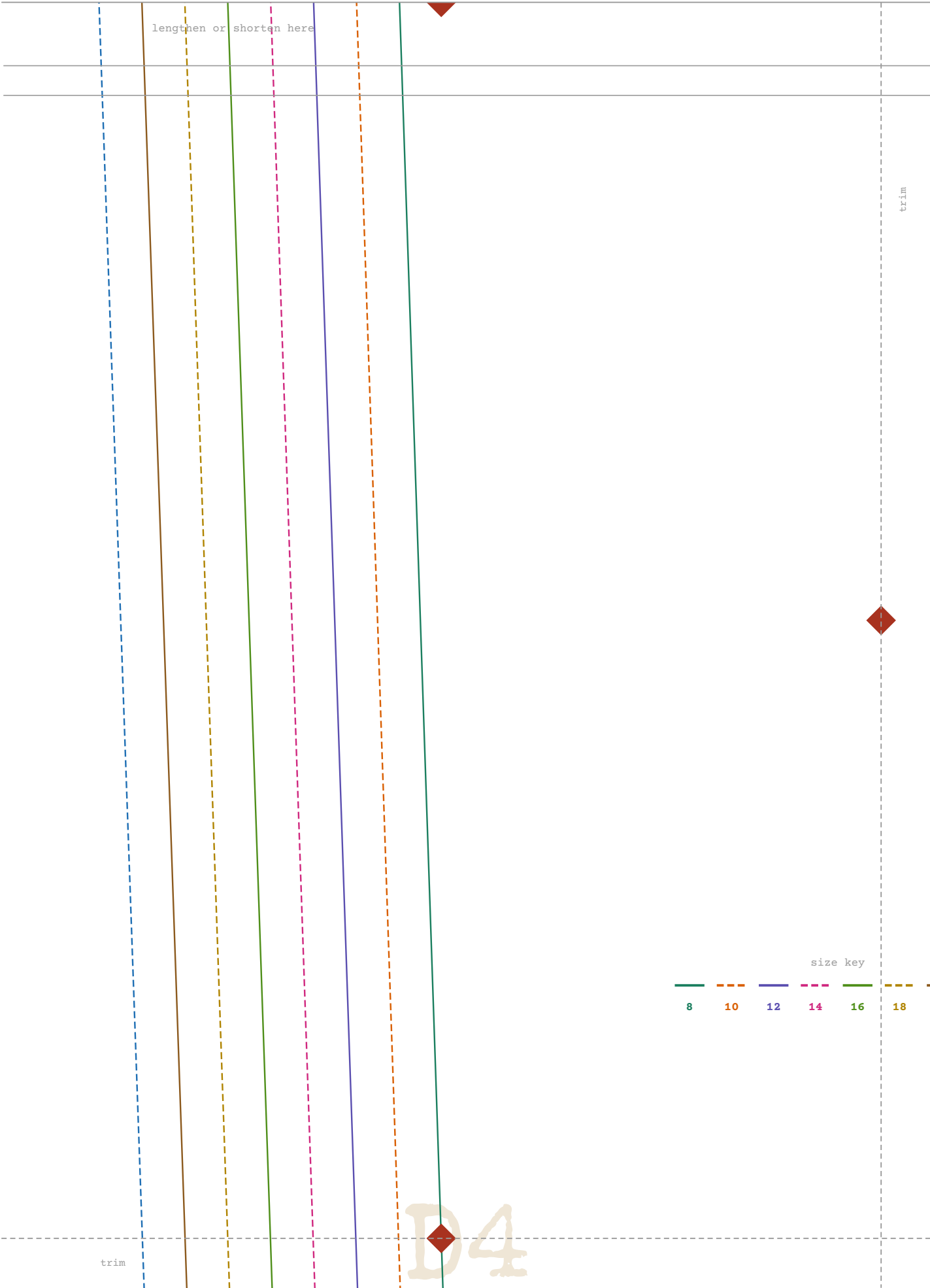


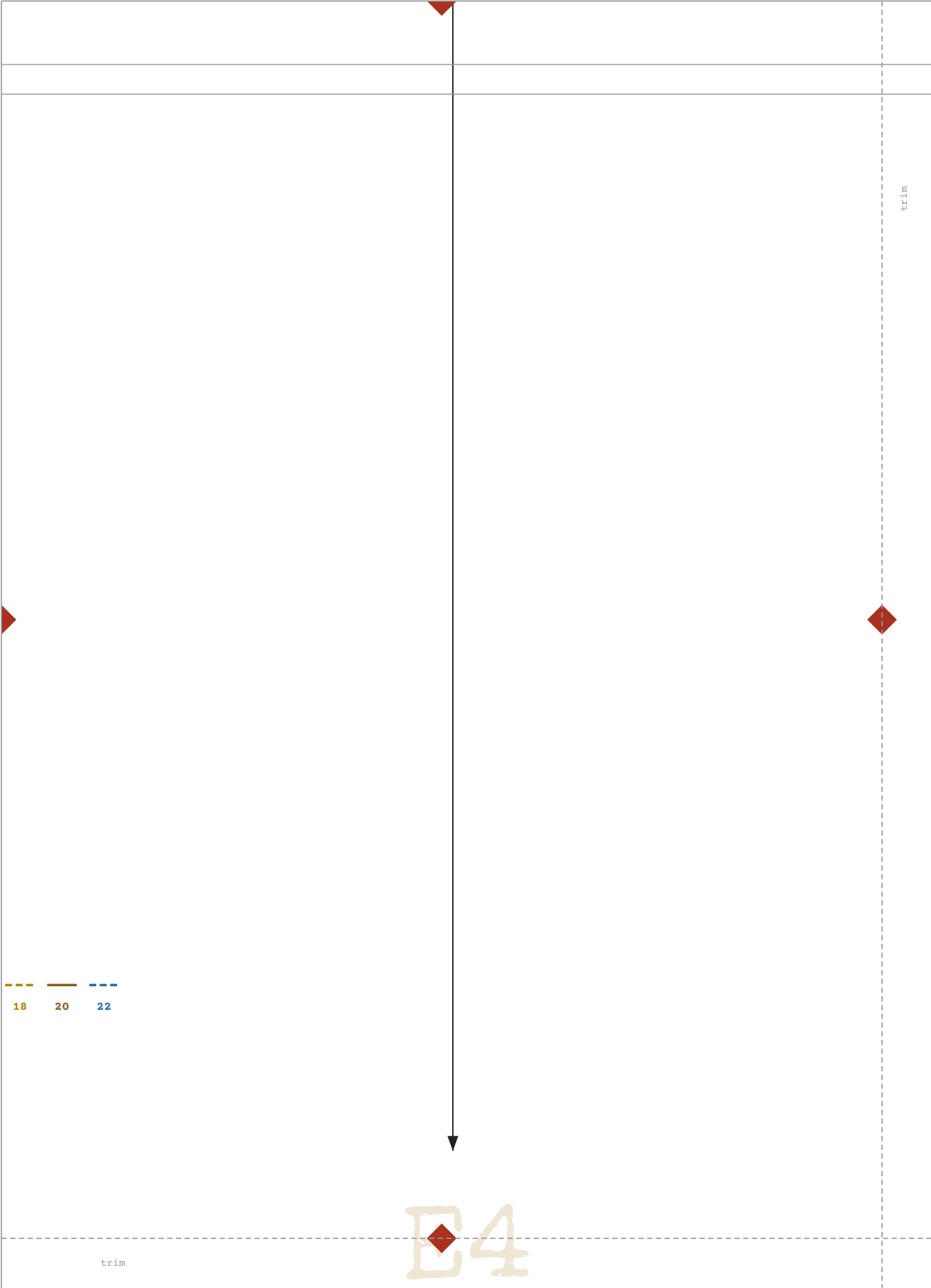


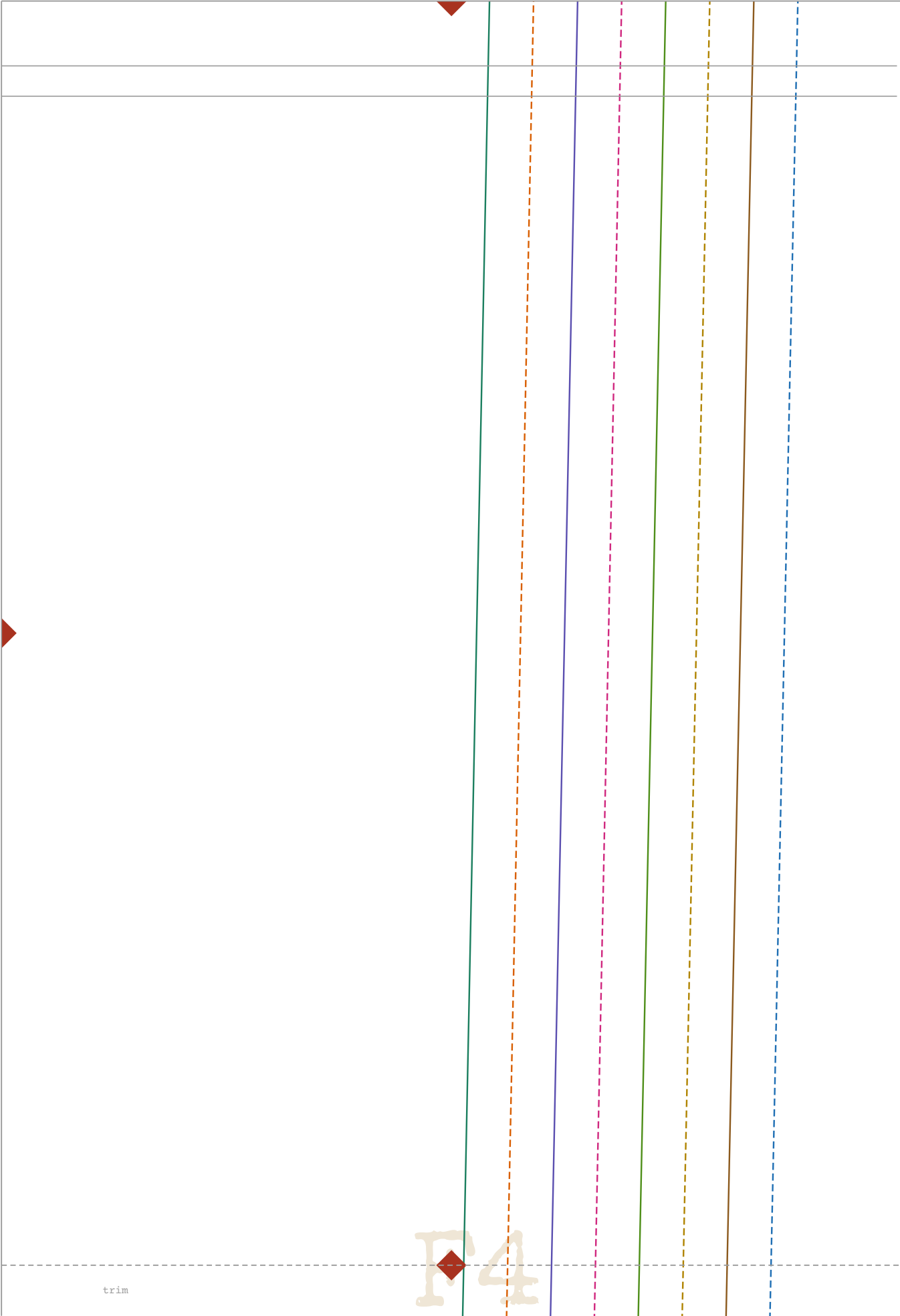


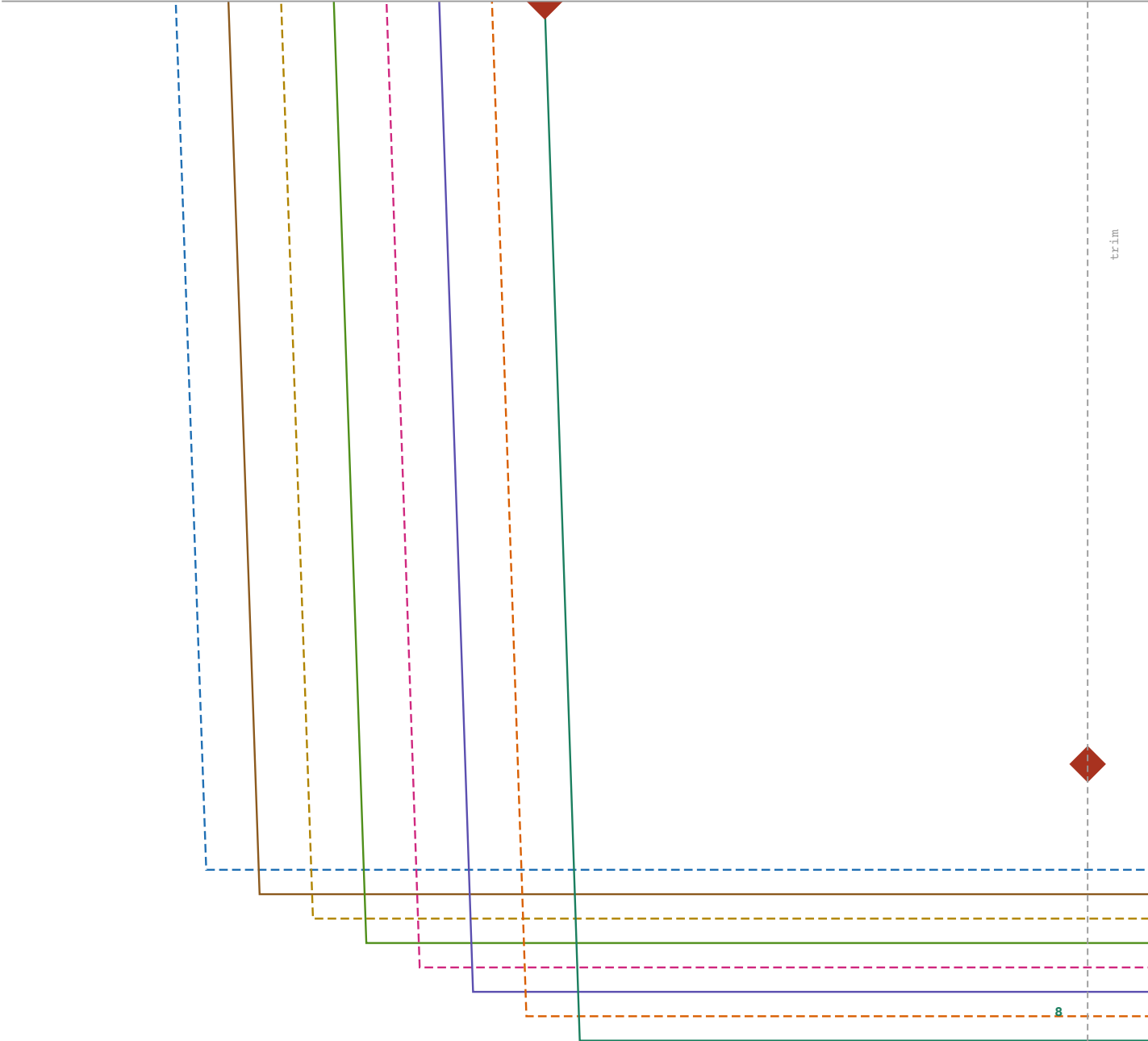




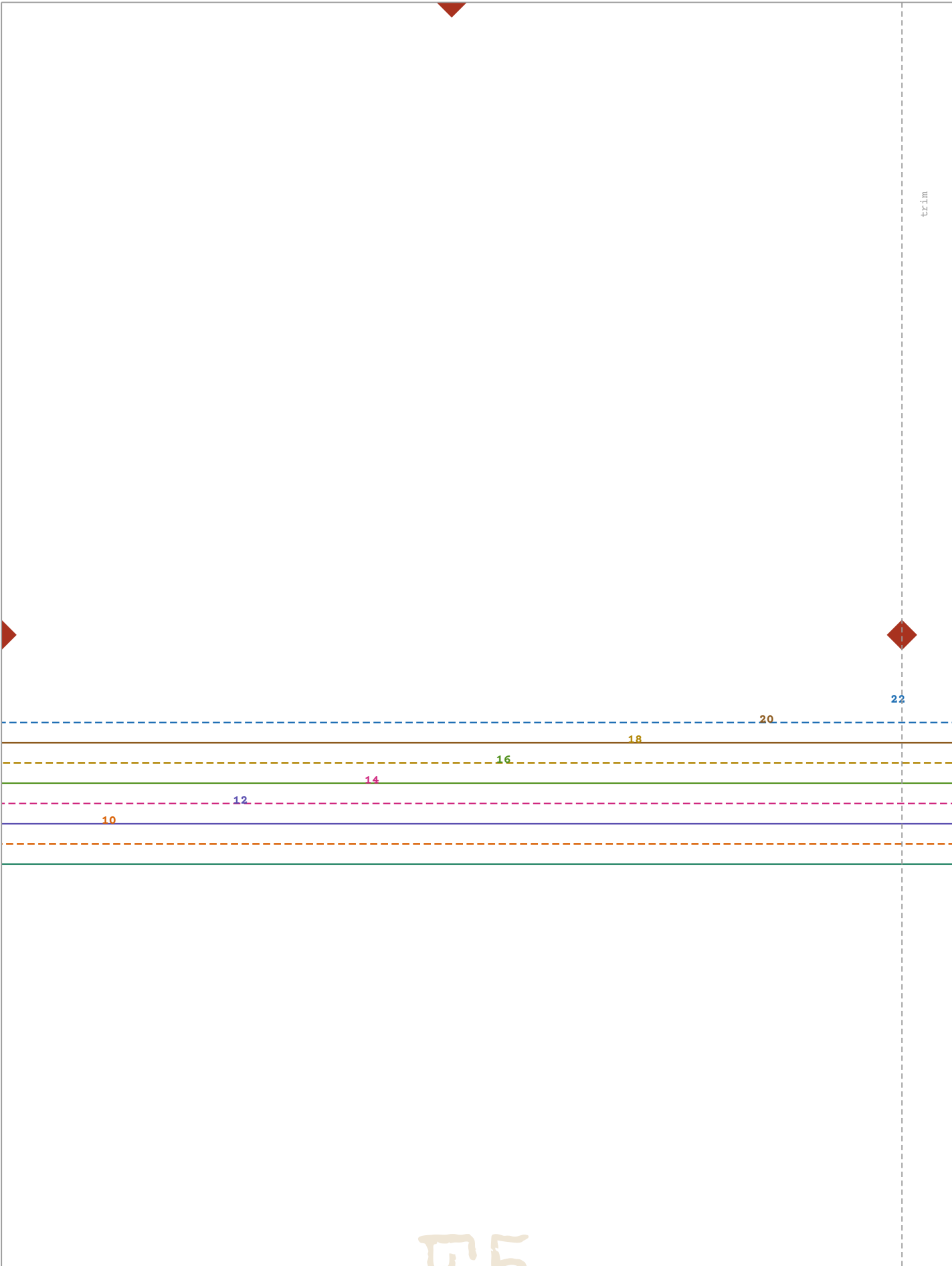


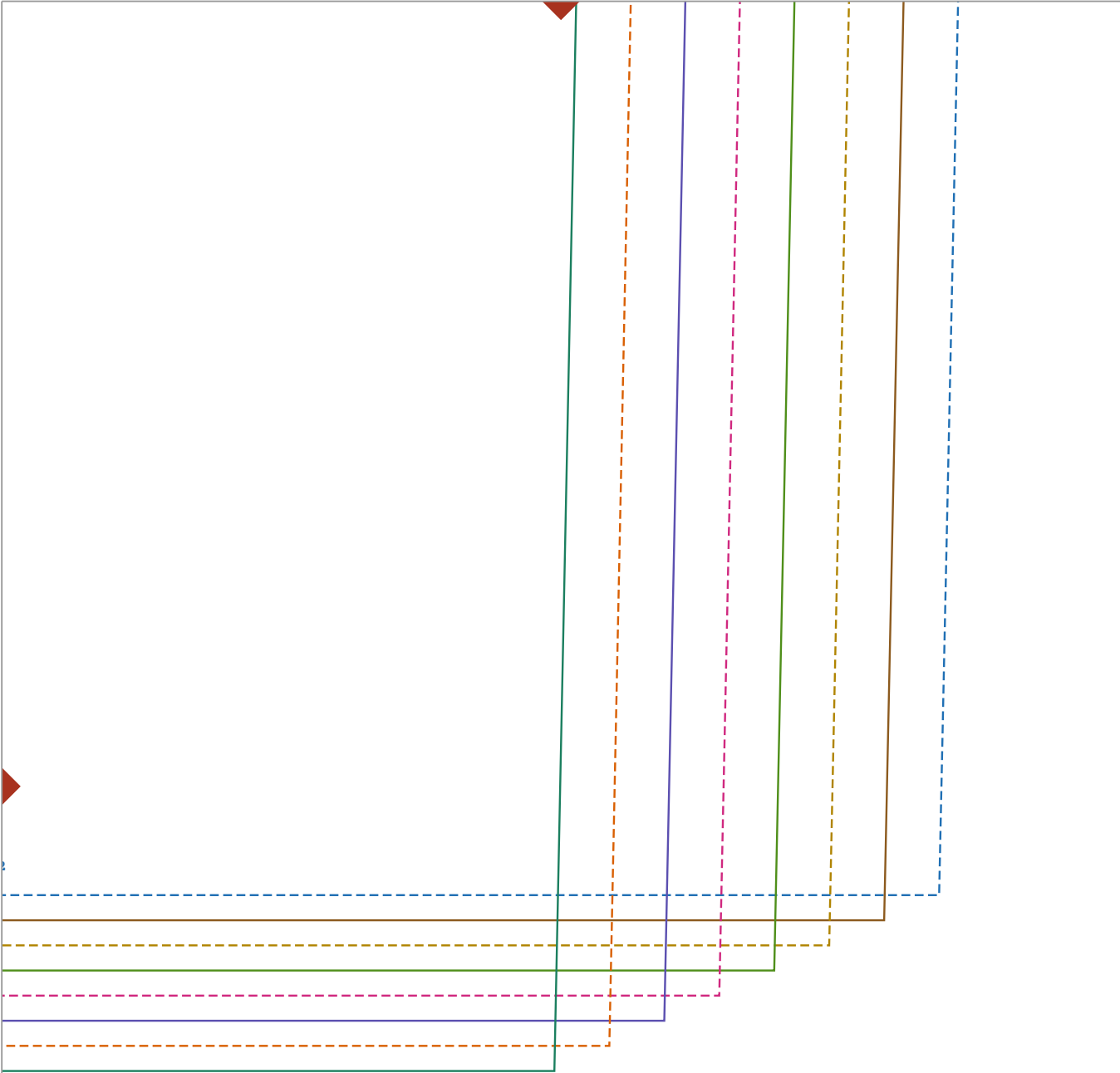






D5





F5

