



How to Replace Waistband Elastic to Sleep Pants

Replacing elastic waistbands in sleep pants with casing waistbands is easy to do with basic sewing skills.

Written By: Tammy Gordon



INTRODUCTION

With a few basic sewing skills, you can replace the elastic waist band of your favorite sleep pants or loungers. By adding elastic to a pair of sleep pants, you are able to obtain a different fit than the manufacture provides. This guide works on pants where the elastic is inside of the waistband; this is called a casing.



TOOLS:

- [Seam Ripper](#) (1)
- [Fabric Scissors](#) (1)
- [cloth measuring tape](#) (1)
- [Pencil](#) (1)
- [Hand Sewing Needle](#) (1)
- [Sewing Thread](#) (1)
- [Sewing Pins](#) (1)
- [Painter's Tape](#) (1)



PARTS:

- [waistband elastic](#) (1)

Step 1 — Waistband Elastic



- Measure your waist by wrapping the cloth measuring tape around your body about two inches above your hip bones. Make sure the tape lays flat against your body.

❗ Where the tape overlaps is your waist measurement.

Step 2



- Measure the elastic to waist measurement plus one more inch to ensure room to sew. Mark the elastic for cutting.

- Cut the elastic. Cut on the side away from your measured length.

❗ Extra length is better than too little elastic.

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Step 3



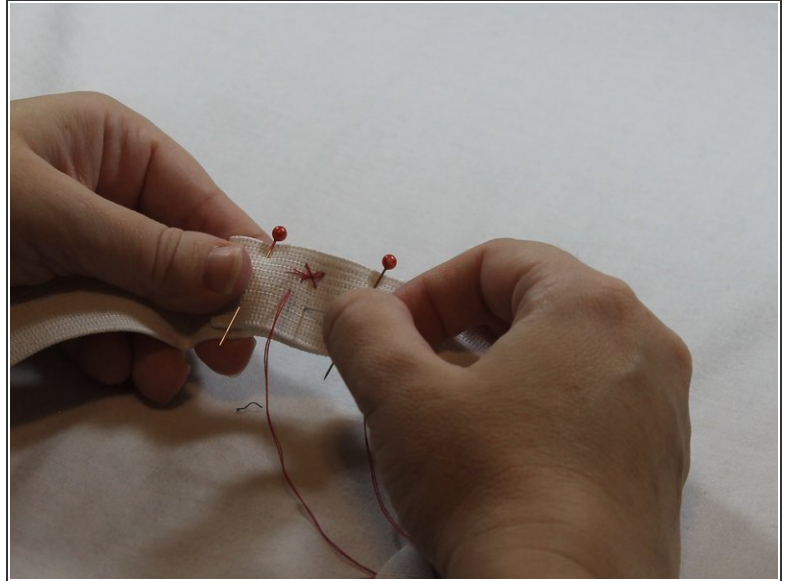
- At the back of the waistband, use the seam ripper to break the threads of the waistband to create an opening.
- Through the opening, pull out any ribbon or old elastic your are replacing.

Step 4



- Tape the elastic to the end of a pencil or another straight object to guide the elastic.
- Carefully insert the pencil and elastic into the casing through the opening you made.
- Pin the back edge of the elastic to the sleep pants. This stops the entire elastic piece from going through the waistband.
- Push the entire length of the pencil into the casing until the elastic starts going through the casing.
- Continue to pull gently, until the pencil and elastic are out of the other side of the opening where you started.
- Remove the pencil and tape from the elastic.

Step 5



- Overlap both ends of the elastic the extra inch you included for sewing. Secure with two pins.
- Using thread and a needle to sew the elastic together.
- ❗ For strength, overlap two stitches to form an X pattern. Repeat the length of the elastic.

Step 6



- Before sewing the seams closed, distribute any bunched fabric.
- Remove bunched fabric by: pulling your hands apart gently and stretch the elastic to the full size of the cloth waistband.

Step 7



- Stabilize elastic from moving by stitching at the vertical seams. Add one or two stitches at the seams to hold the elastic from moving within the casing.
- Sew the opening you made closed.

Enjoy your newly fitted sleep pants.