

Crochet Chemo Sleep Cap

Yarns I have used: I Love This Cotton, Caron Simply Soft (remember to use VERY soft yarn for chemo caps and most people don't like wool.) Hook: 5.0 mm “H” hook



Pattern Notes: Hat is worked in a spiral. Do not join rounds. You can work in all dcs (as written) or hdc (just substitute hdc for all dcs in pattern) for a tighter stitch. Just use one stitch consistently. This pattern was originally created for an adult female. I prefer to keep my hats just a bit on the small size, since you have to account for the lack of hair.

CROWN OF HAT

Rnd 1: magic circle, 11 dcs in circle, pull circle tight. Do not join here, or any rnd following (11 dcs)

Rnd 2: 2 dcs in each st around. Use stitch marker in first stitch, move up to first stitch at the beginning of each rnd to keep track of where to begin/end each rnd (22 dcs)

Rnd 3: *2 dcs in first st, 1dc in next st* repeat * around to end of rnd (33 dcs)

Rnd 4: *2 dcs in first st, dc in next 2 sts* repeat * around to end of row (44 dcs)

Rnd 5: *2 dcs in first st, dc in next 3 sts* repeat * around to end of rnd (55 dcs)

Rnd 6: *2 dcs in first st, dc in next 4 sts* repeat * around to end of rnd (66 dcs)

Continue rounds in this way, adding one more stitch in each of the “dc in the next ___ sts” until the hat has a diameter of approximately 6-6.5” for adult female hat or 7-7.5” for an adult male hat. I measure diameter from edge to edge of the circle, going across the middle hole. Feel free to change this diameter, based on whose hat you are making.

BODY OF HAT

Rnd 1: dc in ea st around

Repeat Rnd 1 until hat measures approximately 7” **(for Tricia, did 7.5” in acrylic to come over ears & back of neck; if using cotton, may do 8” for shrinkage)**. Lay the hat flat, and measure from the tippy top of the crown down the front of the cap, to the bottom of your last rnd. Once again, these measurements are a starting point, adjust as you need. You may want to try on the hat at this time to determine whether you want more rows or not.

BORDER

For a male hat, I just work 2-4 rows of single crochet. A reverse single crochet looks nice, but I have heard from multiple chemo patients that it pulls and binds.

For the female hats, I use a simple shell border. **If you want a subtle shell, like the one pictured on the two purple hats, use hdc in your shells (I did this)**. If you want a more pronounced shell, like on the turquoise hat, use dcs. (Directions given using hdc.)

Rnd 1: *sl st in next st. sk next st. 5 hdc in next st. skip next st* repeat around.

Depending on how many stitches you ended up with in the crown, the shells may not work out evenly. I just try to position my last 2 shells the best I can. That is considered the back of the hat, so I am not too worried about it.

That’s it! Just weave in the ends and you’re done!