



How to Repair a Hole in a Bed Rest Pillow

This guide for repairing a hole in a bed rest pillow is not long and has limited tools. This guide is great for beginners learning how to sew.

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INTRODUCTION

A bed rest pillow allows you to sit up and read and relax while in bed. In addition, they assist in helping with good posture. Pillows tend to rip and tear easily. If you have a rip in your bed rest pillow, use this guide to repair a hole with the use of a sewing kit.



TOOLS:

- [Sewing Kit](#) (1)
 - [Utility Scissors](#) (1)
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Step 1 — How to Repair a Hole in a Bed Rest Pillow



- Identify the location and size of the hole.

Step 2



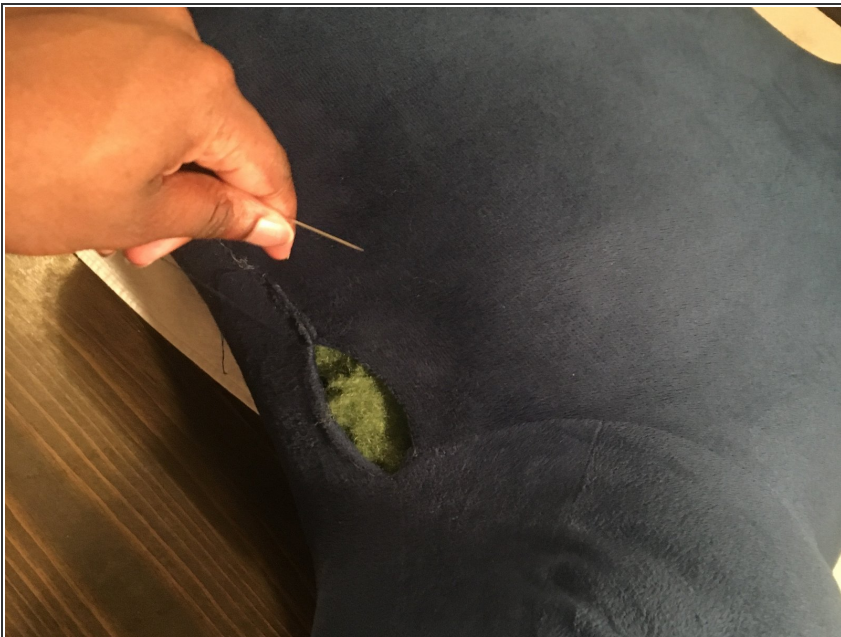
- Insert the thread into the needle.
- ⓘ Option: You can double the thread to create a knot for a more accurate threading process.

Step 3



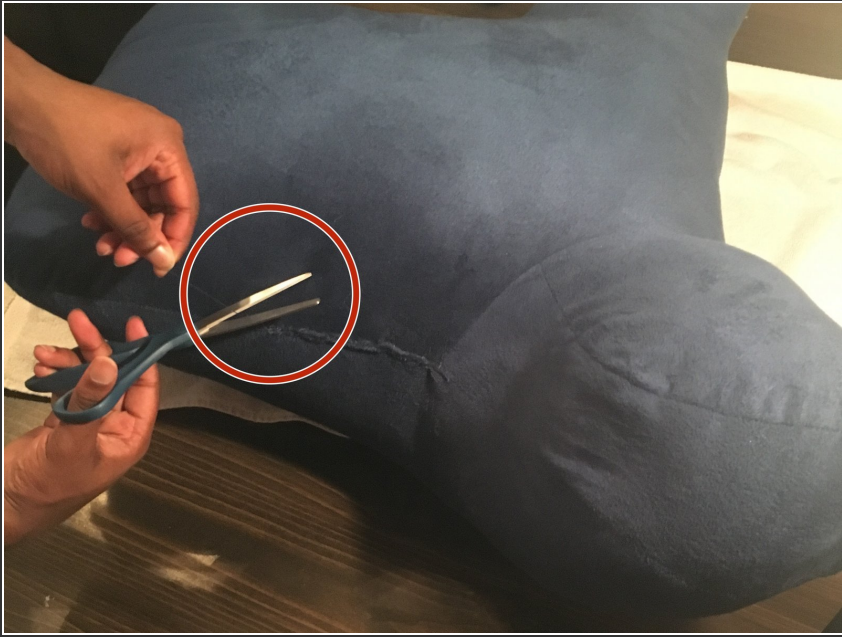
- To begin sewing, insert the needle at either end of the hole.

Step 4



- Sew the material together until the hole is completely patched.

Step 5



- Once the hole is patched, use the scissors to cut any excess string.

Once your done, the hole should be completely shut and the pillow will be back to good use.