To make a 4" wide sleeve- Measure the width of the top of your quilt. Cut a strip of fabric 8 1/2" x the width of the finished quilt including binding (you may need to piece fabric together if your quilt is large.) So, for example, if your quilt measures 48" across at the top, cut a strip that is 8 1/2" x 48".

The finished size of my wall hanging is 8" x 15". Now, since my wall hanging is small and a 4" wide sleeve is quite unnecessary, I've cut my strip to 8" x 5" (8" for the width of the wall hanging, and 5" instead of 8 1/2" which is what you would need to make a 4" wide sleeve.)

Fold both of the short ends under toward the wrong side of the fabric 1/4" and press. Fold under again so that you have no raw edges on the short end showing. Stitch down using matching thread.
Fold the strip in half lengthwise with wrong side together (right sides out.) Sew along the long raw edges, using a 1/4” seam allowance.

Press the seam OPEN, centering the seam down the center of the strip.

Fold one of the long edges up about 1/2” and press to make a new crease. This will create more “slack” in your sleeve, so that the rod doesn't create a bump on the front of your quilt when you hang it. (Because I cut my sleeve 5” wide instead of 8 1/2”, I only folded my edge about 1/4” instead of 1/2”).

Pin the tube to the back of the quilt, about 1/2” from the top of the quilt, so that the seam faces the quilt backing.

Hand stitch the top edge of the sleeve to the quilt, using a whipstitch or blind stitch. Be sure to catch the batting in your stitches to make the stitches extra secure, but be careful that your stitches don’t show on the front of the quilt.

Hand stitch the bottom edge, being sure that you’ve got that extra room in your sleeve for the rod.

Also stitch the short side edges to the back of the quilt.

Now you can insert a hanging rod and enjoy looking at your beautiful quilt!