



SLEEPY BUBBA

Better Sleep For A Better Future





Our Team of Baby Sleep Experts Is Here to Help

We've helped 600+ families achieve good sleep!



- Founder of Sleepy Bubba
- Certified Baby Sleep Consultant
- Mum of 2 Boys

Leann Low

Understanding how sleep impacts the quality of life, I aim to empower parents with knowledge and tools for better sleep that suit everyone's different lifestyles. Having guided numerous families to achieve better sleep I take immense pride in every success story.



- Certified Baby Sleep Consultant
- 8 Years of Experience
- Mum of 3 Girls

Sarah Ong

Empathetic and intuitive by nature, I feel fortunate to have found my calling in baby sleep training. My holistic approach involves understanding broader issues before delving into the specifics. I thrive on identifying root causes, providing tailored solutions for both parents and children.



- Mum of 1
- Also a Senior Financial Advisor, Senior Physiotherapist and Content Creator

Vivien Tan

As a working mum, I've found peace through sleep training while navigating the balancing act of work and family life. I'm passionate about helping fellow mums bid restless nights farewell and achieve their dreams with a friendly and effective approach to sleep.

Common Baby Sleep Struggles



Need rocking, feeding or pacifier to fall asleep



Multiple wake-ups throughout the night



Short, irregular and unpredictable naps



Hard to settle down for sleep



How Does Poor Sleep Affect Babies and Toddlers?

Let's talk about what happens when they miss out on those zzz's.



Weak Immune System

When kids don't get enough sleep, they tend to fall sick and feel stressed out more easily.



Physical and Brain Development

Sleep-deprived children might not grow as well as their peers.



Weight Issues

Short sleep duration is often associated with weight gain and obesity in adolescents.



Poor Focus and Slow Learning

Being tired all the time makes it hard for them to concentrate. It also takes longer for them to learn and remember new knowledge.





What Improvements Can Parents Expect With Sleep Training?

For Your Baby:

- Self-soothe to sleep without rocking/patting/feeding/pacifier
- Fewer night wakings
- A predictable daily routine and schedule
- Longer, more restful sleep
- No more crying or fussing to sleep
- Better health, growth and development



For You and Your Family:

- Better sleep quality, better health
- Stronger bonds with your child(ren)
- Quality time with your partner
- Cherished me-time
- Able to focus at work
- Have time for personal tasks





Why Choose **Sleepy Bubba?**

COMPREHENSIVE

A blend of science-backed education and insights from experienced certified consultants.



PERSONALISED

Custom sleep plans that adapt to your family's unique needs.



CONFIDENT

Improvements will be seen when plans are followed thoroughly, with timely and insightful responses to all your queries.





How We Help Your Baby Sleep Better

We empower parents to teach their babies to sleep better with:



Sleep Patterns Evaluation



Personalised Sleep Plan



1.5-Hour Virtual Consultation



First Night Virtual Support



Sleep Log Template & Monitoring



WhatsApp & Call Support



15-Min Closing Call



20-Min Future Support Call

We're all about using proven and evidence-backed approaches that respect your baby's needs and your parenting instincts.



Who Do We Serve?



Newborn 8 - 16 Weeks Old

Hey new mums and dads! Need guidance from early on? Let's help your little one establish good sleep hygiene and healthy habits from the beginning.

Infant 4-24 Months Old

Bedtime struggles? Night wakings? Or naps that are just too short? Let's teach your little champ how to sleep soundly on their own.



Toddlers 2-5 Years Old

If you're aiming to tweak your toddler's sleep routine and make sure they're resting enough, you're in the right place.





We Have Helped Over 600 Families To Sleep Better

“We are glad that **our baby is now able to sleep independently** and we were able to follow his sleep plan which was personalised for him.”

- *Chelsea Sim*-



“**Sleepy Bubba method works!** Aurelius was able to **sleep 8pm-8am on the second night!** Took him around one week to adjust, mama and papa are finally able to rest well.”

- *Junying*-



“It seemed like his back had a buzzer and once it touched the bed he cried. 😱 I’m so so glad I made this decision to sleep train him. **He sleeps better and longer now.**”

- *Mummy J*-



Hear More Success Stories From Mummies

Watch on





Let's Work Together

You can also reach us at:



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