



# SLEEPY BUBBA

**Better Sleep For A Better Future**





## Meet Our Team of

# Baby Sleep Experts

We've helped 600+ families achieve good sleep!



### Leann Low

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

Understanding how sleep impacts the quality of life, I aim to empower parents with knowledge and tools for better sleep. Today, having assisted numerous families to sleep better, I take immense pride in every success story.

### Sarah Ong

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



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.



# 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**



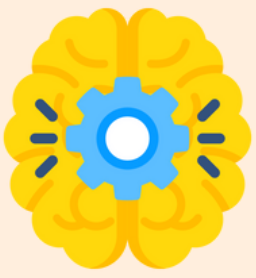
# How Does Poor Sleep Affect Babies and Toddlers?

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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