

Global Digital Therapy for Sleep Disorders Market 2026 by Company, Regions, Type and Application, Forecast to 2032

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Abstracts

According to our (Global Info Research) latest study, the global Digital Therapy for Sleep Disorders market size was valued at US\$ 445 million in 2025 and is forecast to a readjusted size of US\$ 1743 million by 2032 with a CAGR of 21.5% during review period.

Digital therapy for sleep disorders refers to digital treatment solutions that utilize clinically validated software programs, mobile applications, artificial intelligence algorithms, cloud-based medical platforms, virtual reality (VR), and digital behavioral intervention systems to provide prevention, treatment, and long-term management for individuals suffering from insomnia, chronic sleep disorders, and sleep rhythm disturbances. These products typically center on cognitive behavioral therapy for insomnia, improving sleep quality through sleep assessment, sleep diaries, cognitive restructuring, stimulus control, sleep restriction, behavioral training, and personalized feedback. They can be used as a standalone treatment or in combination with medication and traditional medical services.

Digital therapy for sleep disorders holds great promise. By transforming internationally recognized cognitive behavioral therapy (CBT-I) into digital intervention solutions such as smartphone applications, it significantly improves the accessibility of traditional treatments and reduces costs. Extensive clinical evidence has confirmed its efficacy in improving insomnia. With strengthened policy support, continuous technological iteration, and deep integration of industry, academia, and research, this field is developing towards a diversified and tiered treatment model, potentially addressing the shortage of specialized medical resources while creating significant clinical and commercial value.

Report Scope

This report is a detailed and comprehensive analysis for global Digital Therapy for Sleep Disorders market. Both quantitative and qualitative analyses are presented by company, by region & country, by Type and by Application. As the market is constantly changing, this report explores the competition, supply and demand trends, as well as key factors that contribute to its changing demands across many markets. Company profiles and product examples of selected competitors, along with market share estimates of some of the selected leaders for the year 2025, are provided.

Key Features:

Global Digital Therapy for Sleep Disorders market size and forecasts, in consumption value (\$ Million), 2021-2032

Global Digital Therapy for Sleep Disorders market size and forecasts by region and country, in consumption value (\$ Million), 2021-2032

Global Digital Therapy for Sleep Disorders market size and forecasts, by Type and by Application, in consumption value (\$ Million), 2021-2032

Global Digital Therapy for Sleep Disorders market shares of main players, in revenue (\$ Million), 2021-2026

The Primary Objectives in This Report Are:

To determine the size of the total market opportunity of global and key countries

To assess the growth potential for Digital Therapy for Sleep Disorders

To forecast future growth in each product and end-use market

To assess competitive factors affecting the marketplace

This report profiles key players in the global Digital Therapy for Sleep Disorders market based on the following parameters - company overview, revenue, gross margin, product portfolio, geographical presence, and key developments. Key companies covered as a part of this study include Big Health, Pear Therapeutics, Sleep Reset, Sleepstation, HelloBetter, Nox Health, MindMatrixes Technology Co., Ltd., Med-Vision, SUSMED Inc, etc.

This report also provides key insights about market drivers, restraints, opportunities, new product launches or approvals.

Digital Therapy for Sleep Disorders market is split by Type and by Application. For the period 2021-2032, the growth among segments provides accurate calculations and forecasts for Consumption Value by Type and by Application. This analysis can help you expand your business by targeting qualified niche markets.

Market segmentation

Market segment by Type

Digital CBT-I Therapy

AI Personalized Sleep Therapy

VR Digital Sleep Therapy

Digital Behavioral Intervention Therapy

Market segment by Product Forms

Prescription Digital Therapy

Medical Institution Digital Treatment Platform

Consumer Digital Sleep Treatment Platform

Market segment by Application

Chronic Insomnia Disorders

Sleep Rhythm Disorders

Psychological Factor-Related Sleep Disorders

Market segment by players, this report covers

Big Health

Pear Therapeutics

Sleep Reset

Sleepstation

HelloBetter

Nox Health

MindMatrixes Technology Co., Ltd.

Med-Vision

SUSMED Inc

Market segment by regions, regional analysis covers

North America (United States, Canada and Mexico)

Europe (Germany, France, UK, Russia, Italy and Rest of Europe)

Asia-Pacific (China, Japan, South Korea, India, Southeast Asia and Rest of Asia-Pacific)

South America (Brazil, Rest of South America)

Middle East & Africa (Turkey, Saudi Arabia, UAE, Rest of Middle East & Africa)

Chapter Outline

Chapter 1, to describe Digital Therapy for Sleep Disorders product scope, market overview, market estimation caveats and base year.

Chapter 2, to profile the top players of Digital Therapy for Sleep Disorders, with revenue, gross margin, and global market share of Digital Therapy for Sleep Disorders from 2021 to 2026.

Chapter 3, the Digital Therapy for Sleep Disorders competitive situation, revenue, and global market share of top players are analyzed emphatically by landscape contrast.

Chapter 4 and 5, to segment the market size by Type and by Application, with consumption value and growth rate by Type, by Application, from 2021 to 2032.

Chapter 6, 7, 8, 9, and 10, to break the market size data at the country level, with revenue and market share for key countries in the world, from 2021 to 2026. and Digital Therapy for Sleep Disorders market forecast, by regions, by Type and by Application, with consumption value, from 2027 to 2032.

Chapter 11, market dynamics, drivers, restraints, trends, Porters Five Forces analysis.

Chapter 12, the key raw materials and key suppliers, and industry chain of Digital Therapy for Sleep Disorders.

Chapter 13, to describe Digital Therapy for Sleep Disorders research findings and conclusion.

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