

### Sleep Disorder Market Opportunity, Growth Drivers, Industry Trend Analysis, and Forecast 2025 – 2034

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### **Abstracts**

The Global Sleep Disorder Market, valued at USD 27.6 billion in 2024, is projected to grow at a robust CAGR of 10.1% from 2025 to 2034. This growth is primarily driven by the increasing prevalence of sleep disorders, the rising demand for advanced and portable treatment devices, and heightened awareness about sleep health.

The rising number of individuals affected by sleep disorders such as insomnia, sleep apnea, and narcolepsy is one of the key factors propelling the market. Modern lifestyles, characterized by higher stress levels, irregular sleep patterns, and excessive use of digital devices, have contributed significantly to the surge in sleep-related issues. As more people experience difficulties with sleep, the demand for a variety of treatments, including medications, therapeutic devices, and advanced diagnostic tools, has escalated.

Moreover, the growing understanding of the importance of sleep for overall health has amplified public awareness. Poor sleep has been linked to various chronic health issues, including cardiovascular disease, obesity, and mental health conditions, prompting more people to seek solutions. Health campaigns and educational initiatives are spreading the message about the importance of addressing sleep disorders, thus fueling demand for diagnostic services and treatment options, including therapies and devices.

The market is categorized by the type of disorder, with segments including sleep apnea, restless leg syndrome (RLS), insomnia, narcolepsy, and others. Sleep apnea is the largest contributor, accounting for a significant portion of the market. The disorder, particularly its obstructive form, is highly prevalent, especially among aging populations and individuals with other risk factors. As awareness surrounding sleep apnea



continues to grow, the demand for both diagnostic and therapeutic solutions has surged, further cementing the market dominance of this segment.

The therapeutics segment is expected to drive significant growth, with a projected CAGR of 10.5%, reaching over USD 47.2 billion by 2034. Technological upgrades in therapeutic devices, especially for sleep apnea, have played a key role in this expansion. Devices like CPAP machines, which provide constant airflow to keep airways open, have been improved for better comfort and ease of use. The widespread adoption of insurance coverage for sleep disorder treatments has also made therapies more accessible, encouraging more individuals to seek treatment.

In terms of end use, the market is divided into home care settings and sleep laboratories. Home care settings, supported by the growing trend of self-management, dominate the market. Innovative home-based diagnostic and therapeutic devices, such as wearable sleep trackers and portable CPAP machines, have made it easier for individuals to monitor and treat sleep disorders from the comfort of their homes.

North America holds a significant share of the sleep disorder market, valued at USD 10.6 billion in 2024. The region's large population affected by sleep disorders, coupled with high access to specialized sleep care and advanced sleep technologies, is fueling market growth. Public awareness, insurance coverage, and the aging population further solidify North America's position in the global market.



### Contents

Report Content

### CHAPTER 1 METHODOLOGY AND SCOPE

- 1.1 Market scope and definitions
- 1.2 Research design
- 1.2.1 Research approach
- 1.2.2 Data collection methods
- 1.3 Base estimates and calculations
- 1.3.1 Base year calculation
- 1.3.2 Key trends for market estimation
- 1.4 Forecast model
- 1.5 Primary research and validation
- 1.5.1 Primary sources
- 1.5.2 Data mining sources

### **CHAPTER 2 EXECUTIVE SUMMARY**

2.1 Industry 360° synopsis

#### **CHAPTER 3 INDUSTRY INSIGHTS**

- 3.1 Industry ecosystem analysis
- 3.2 Industry impact forces
  - 3.2.1 Growth drivers
    - 3.2.1.1 Growing prevalence of sleep disorders
    - 3.2.1.2 Rising demand for portable, efficient, and superior devices for sleep disorders
    - 3.2.1.3 Increasing awareness regarding sleep disorders
    - 3.2.1.4 Technological advancements in sleep tech devices
- 3.2.2 Industry pitfalls and challenges
  - 3.2.2.1 Stringent regulatory framework
- 3.3 Growth potential analysis
- 3.4 Technology landscape
- 3.5 Future market trends
- 3.6 Regulatory landscape
- 3.7 Reimbursement scenario
- 3.8 Gap analysis

Sleep Disorder Market Opportunity, Growth Drivers, Industry Trend Analysis, and Forecast 2025 – 2034



3.9 Porter's analysis

#### 3.10 PESTEL analysis

### CHAPTER 4 COMPETITIVE LANDSCAPE, 2024

- 4.1 Introduction
- 4.2 Company matrix analysis
- 4.3 Competitive analysis of major market players
- 4.4 Competitive positioning matrix
- 4.5 Strategy dashboard

# CHAPTER 5 MARKET ESTIMATES AND FORECAST, BY DISORDER TYPE, 2021 – 2034 (\$ MN)

- 5.1 Key trends
- 5.2 Sleep apnea
  - 5.2.1 Obstructive sleep apnea
  - 5.2.2 Central sleep apnea/Complex sleep apnea
  - 5.2.3 Complex sleep apnea
- 5.3 Restless legs syndrome (RLS)
- 5.4 Insomnia
- 5.5 Narcolepsy
- 5.6 Other disorders

# CHAPTER 6 MARKET ESTIMATES AND FORECAST, BY PRODUCT, 2021 – 2034 (\$ MN)

- 6.1 Key trends
- 6.2 Diagnostics
  - 6.2.1 Polysomnography (PSG) device
    - 6.2.1.1 Ambulatory PSG devices
    - 6.2.1.2 Clinical PSG devices
  - 6.2.2 Home sleep testing (HST) devices
    - 6.2.2.1 Type
  - 6.2.2.2 Type
  - 6.2.2.3 Type
  - 6.2.3 Actigraphy systems
  - 6.2.4 Sleep screening devices
  - 6.2.5 Pulse oximeter



- 6.2.6 Respiratory polygraph
- 6.2.7 Wearables
- 6.2.7.1 Smart watches and bands
- 6.2.7.2 Other wearables
- 6.3 Therapeutics
  - 6.3.1 Cognitive behavioral therapy
  - 6.3.2 Therapeutic devices
  - 6.3.2.1 Positive airway pressure (PAP) devices
  - 6.3.2.1.1 Continuous positive airway pressure (CPAP) devices
  - 6.3.2.1.2 Bilevel positive airway pressure (BiPAP) devices
  - 6.3.2.1.3 Automatic positive airway pressure (APAP) devices
  - 6.3.2.2 Oral appliances
  - 6.3.2.2.1 Mandibular advancement devices
  - 6.3.2.2.2 Tongue-retaining devices
  - 6.3.2.2.3 Rapid maxillary expansion
  - 6.3.2.2.4 Mouth guards
  - 6.3.2.3 Adaptive servo-ventilation (ASV)
  - 6.3.2.4 Airway clearance system
  - 6.3.2.5 Oxygen devices
  - 6.3.2.6 Other therapeutic devices

# CHAPTER 7 MARKET ESTIMATES AND FORECAST, BY END USE, 2021 – 2034 (\$ MN)

- 7.1 Key trends
- 7.2 Home care settings and individuals
- 7.3 Sleep laboratories and hospitals

### CHAPTER 8 MARKET ESTIMATES AND FORECAST, BY REGION, 2021 – 2034 (\$ MN)

8.1 Key trends
8.2 North America
8.2.1 U.S.
8.2.2 Canada
8.3 Europe
8.3.1 Germany
8.3.2 UK
8.3.3 France



8.3.4 Spain

- 8.3.5 Italy
- 8.3.6 Netherlands
- 8.4 Asia Pacific
  - 8.4.1 China
  - 8.4.2 Japan
  - 8.4.3 India
  - 8.4.4 Australia
  - 8.4.5 South Korea
- 8.5 Latin America
  - 8.5.1 Brazil
  - 8.5.2 Mexico
- 8.5.3 Argentina
- 8.6 Middle East and Africa
- 8.6.1 South Africa
- 8.6.2 Saudi Arabia
- 8.6.3 UAE

### **CHAPTER 9 COMPANY PROFILES**

- 9.1 Apple
- 9.2 Asahi Kasei Corporation
- 9.3 BMC Medical
- 9.4 Cadwell Laboratories
- 9.5 Drive DeVilbiss International
- 9.6 Fisher & Paykel Healthcare
- 9.7 Fitbit
- 9.8 Koninklijke Philips N.V.
- 9.9 LivaNova
- 9.10 Natus Medical
- 9.11 Nihon Kohden
- 9.12 Oura Health
- 9.13 ResMed
- 9.14 Sleep Shepherd
- 9.15 Sleepace
- 9.16 Teleflex
- 9.17 WEINMANN Emergency Medical Technology GmbH + Co. KG
- 9.18 Withings
- 9.19 Xiaomi



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