

Insomnia Supplements Market Size, Share & Trends Analysis Report By Product (Minerals, Vitamin, Melatonin), By Source, By Dosage Form, By Distribution Channel, By Region, And Segment Forecasts, 2025 - 2033

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Abstracts

The global insomnia supplements market size was estimated at USD 4.29 billion in 2024 and is projected to reach USD 12.55 billion by 2033, growing at a CAGR of 12.94% from 2025 to 2033. Growing awareness around the impact of poor sleep on overall health has become a major catalyst for insomnia supplement demand.

As more people deal with stress, long work hours, and digital-screen exposure, sleep disruption has become almost a daily reality across age groups.

Global Insomnia Supplements Market Report Segmentation

This report forecasts revenue growth and provides an analysis of the latest trends in each of the sub-segments from 2021 to 2033. For this report, Grand View Research has segmented the global insomnia supplements market based on product, source, dosage form, distribution channel, and region:

Product Outlook (Revenue, USD Million, 2021 - 2033)

Minerals

Vitamin

Melatonin

Valerian root

Others

Source Outlook (Revenue, USD Million, 2021 - 2033)

Synthetic

Natural

Dosage Form Outlook (Revenue, USD Million, 2021 - 2033)

Tablets

Capsules

Powders

Liquid

Others

Distribution Channel Outlook (Revenue, USD Million, 2021 - 2033)

Retail Pharmacies

Hospital Pharmacies

Online Pharmacies

Specialty Stores

Regional Outlook (Revenue, USD Million, 2021 - 2033)

North America

U.S.

Canada

Mexico

Europe

Germany

UK

France

Italy

Spain

Denmark

Sweden

Norway

Asia Pacific

China

India

Japan

South Korea

Australia

Thailand

Latin America

Brazil

Argentina

Middle East and Africa (MEA)

South Africa

Saudi Arabia

UAE

Kuwait

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