

Insomnia Market: Global Industry Trends, Share, Size, Growth, Opportunity and Forecast 2023-2028

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Abstracts

The global insomnia market size reached US\$ 5.1 Billion in 2022. Looking forward, IMARC Group expects the market to reach US\$ 6.1 Billion by 2028, exhibiting a growth rate (CAGR) of 3% during 2023-2028.

Insomnia is a sleep disorder that can lower energy levels and affect the mood, health, work performance, and overall life quality of an individual. Its common causes include stress, long travels, hectic work schedules, poor sleep habits, binge eating, and excessive consumption of nicotine, caffeine, and alcohol. It can also be associated with mental health disorders, such as post-traumatic stress, and the use of drugs like antidepressants for asthma or blood pressure and over-the-counter (OTC) for pain relief, allergy, and cold. Its treatment options, such as cognitive-behavioral therapy (CBT), OTC sleep aids, and prescription medications like Eszopiclone and Ramelteon, are currently available worldwide.

Insomnia Market Trends:

The coronavirus disease (COVID-19) pandemic generated unprecedented changes in lives, including social isolation and innumerable work challenges and family obligations. This acts as a major stressful event that impacted the sleep patterns of millions and strengthened the market growth. Moreover, medical conditions, such as chronic pain, cancer, diabetes, heart disease, asthma, gastroesophageal reflux disease (GERD), overactive thyroid, Parkinson's disease, and Alzheimer's disease, are usually linked with insomnia. Hence, the increasing number of individuals suffering from these ailments is driving the demand for insomnia medications. Apart from this, hormonal shifts during the menstrual cycle and menopause can lead to the risk of developing insomnia, which is contributing to the market growth. In addition, as changes in sleep patterns, activity, and health and the rising use of prescription drugs can increase the chance of insomnia

among older people, the growing geriatric population globally is catalyzing the demand for insomnia medical treatment. Furthermore, increasing investments in testing new treatments, interventions, and tests to prevent, detect, treat, and manage insomnia are anticipated to drive the market.

Key Market Segmentation:

IMARC Group provides an analysis of the key trends in each sub-segment of the global insomnia market report, along with forecasts at the global, regional and country level from 2023-2028. Our report has categorized the market based on therapy type, drug class and distribution channel.

Breakup by Therapy Type:

Non-Pharmacological Therapy

Hypnotherapy

Cognitive Behavioral Therapy

Medical Devices

Others

Pharmacological Therapy

Prescription Sleep Aids

Over-The-Counter Sleep Aids

Breakup by Drug Class:

Antidepressants

Melatonin Antagonist

Benzodiazepines

Nonbenzodiazepines

Orexin Antagonist

Others

Breakup by Distribution Channel:

Hospital Pharmacies

Retail Pharmacies

Drug Stores

Online Pharmacies

Breakup by Region:

North America

United States

Canada

Asia-Pacific

China

Japan

India

South Korea

Australia

Indonesia

Others

Europe

Germany

France

United Kingdom

Italy

Spain

Russia

Others

Latin America

Brazil

Mexico

Others

Middle East and Africa

Competitive Landscape:

The competitive landscape of the industry has also been examined along with the profiles of the key players being Astellas Pharma Inc., Aurobindo Pharma Limited, Biocodex, Eisai Co. Ltd., Mallinckrodt Pharmaceuticals, Merck & Co. Inc., Neurim Pharmaceuticals Inc., Pfizer Inc., Sanofi S.A., Sumitomo Dainippon Pharma Co. Ltd. (Sumitomo Chemical Co. Ltd.), Takeda Pharmaceutical Company Limited and Vanda Pharmaceuticals Inc.

Key Questions Answered in This Report:

How has the global insomnia market performed so far and how will it perform in the coming years?

What has been the impact of COVID-19 on the global insomnia market?

What are the key regional markets?

What is the breakup of the market based on the therapy type?

What is the breakup of the market based on the drug class?

What is the breakup of the market based on the distribution channel?

What are the various stages in the value chain of the industry?

What are the key driving factors and challenges in the industry?

What is the structure of the global insomnia market and who are the key players?

What is the degree of competition in the industry?

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