

# **Insomnia Market Report by Therapy Type (Non-Pharmacological Therapy, Pharmacological Therapy), Drug Class (Antidepressants, Melatonin Antagonist, Benzodiazepines, Nonbenzodiazepines, Orexin Antagonist, and Others), Distribution Channel (Hospital Pharmacies, Retail Pharmacies, Drug Stores, Online Pharmacies), and Region 2024-2032**

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## **Abstracts**

The global insomnia market size reached US\$ 5.2 Billion in 2023. Looking forward, IMARC Group expects the market to reach US\$ 6.6 Billion by 2032, exhibiting a growth rate (CAGR) of 2.69% during 2024-2032.

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 2024-2032. 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

1. What was the size of the global insomnia market in 2023?
2. What is the expected growth rate of the global insomnia market during 2024-2032?
3. What are the key factors driving the global insomnia market?
4. What has been the impact of COVID-19 on the global insomnia market?
5. What is the breakup of the global insomnia market based on the therapy type?
6. What is the breakup of the global insomnia market based on the drug class?
7. What are the key regions in the global insomnia market?
8. Who are the key players/companies in the global insomnia market?

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