

Global Digital Therapy for Sleep Disorders Market Growth (Status and Outlook) 2026-2032

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Abstracts

The global Digital Therapy for Sleep Disorders market size is predicted to grow from US\$ 423 million in 2025 to US\$ 1770 million in 2032; it is expected to grow at a CAGR of 22.8% from 2026 to 2032.

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

LPI (LP Information)' newest research report, the “Digital Therapy for Sleep Disorders Industry Forecast” looks at past sales and reviews total world Digital Therapy for Sleep Disorders sales in 2025, providing a comprehensive analysis by region and market sector of projected Digital Therapy for Sleep Disorders sales for 2026 through 2032. With Digital Therapy for Sleep Disorders sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Digital Therapy for Sleep Disorders industry.

This Insight Report provides a comprehensive analysis of the global Digital Therapy for Sleep Disorders landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyses the strategies of leading global companies with a focus on Digital Therapy for Sleep Disorders portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Digital Therapy for Sleep Disorders market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Digital Therapy for Sleep Disorders and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Digital Therapy for Sleep Disorders.

This report presents a comprehensive overview, market shares, and growth opportunities of Digital Therapy for Sleep Disorders market by product type, application, key players and key regions and countries.

Market Segmentation

Segmentation by Type:

Digital CBT-I Therapy

AI Personalized Sleep Therapy

VR Digital Sleep Therapy

Digital Behavioral Intervention Therapy

Segmentation by Product Forms:

Prescription Digital Therapy

Medical Institution Digital Treatment Platform

Consumer Digital Sleep Treatment Platform

Segmentation by Application:

Chronic Insomnia Disorders

Sleep Rhythm Disorders

Psychological Factor-Related Sleep Disorders

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analyzing the company's coverage, product portfolio, its market penetration.

Big Health

Pear Therapeutics

Sleep Reset

Sleepstation

HelloBetter

Nox Health

MindMatrixes Technology Co., Ltd.

Med-Vision

SUSMED Inc

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