

Global Sleep Monitoring Apps Market Overview And Statistics For 2024-2033

The Business Research Company's Sleep Tech Devices Global Market Report 2024 – Market Size, Trends, And Global Forecast 2024-2033

LONDON, GREATER LONDON, UNITED ARAB EMIRATES, October 15, 2024

[/Einpresswire.com/](https://www.einpresswire.com/) -- The market size for [sleep monitoring apps market](#) has

seen significant growth recently. It is projected to increase from \$3.20 billion in 2023 to \$3.87 billion in 2024, representing a compound annual growth rate (CAGR) of 21.0%. This growth is largely due to the user-friendly nature of these apps, a rise in their adoption rates, shifts in lifestyle, a demand for tailored sleep insights, and a heightened awareness of health among consumers.



It will grow to \$42.8 billion in 2028 at a compound annual growth rate (CAGR) of 17.6%.”

The Business Research Company

What Is The Estimated Market Size Of The Global Sleep Monitoring Apps Market And Its Annual Growth Rate?

The sleep monitoring apps market is projected to experience significant growth in the upcoming years, reaching \$8.33 billion by 2028, with a compound annual growth rate (CAGR) of 21.1%. This growth can be attributed

to the widespread use of smartphones, the variety of sleep monitoring apps available, increasing demand for comprehensive health management solutions, work-related stress, and a rise in corporate wellness programs. Key trends include integration with wearable technology, advanced sensor utilization, development of non-invasive sleep monitoring methods, incorporation of sleep apnea and snoring detection features, and the adoption of virtual and augmented reality.

Explore Comprehensive Insights Into The Global Sleep Monitoring Apps Market With A Detailed Sample Report:

<https://www.thebusinessresearchcompany.com/sample.aspx?id=18733&type=smp>



Growth Driver of The Sleep Monitoring Apps Market

The growing prevalence of sleep disorders is anticipated to drive the expansion of the sleep monitor apps market. Sleep disorders are conditions that hinder consistent, quality sleep, affecting various sleep parameters and often resulting in excessive daytime drowsiness. This increase is mainly attributed to heightened stress levels, lifestyle changes, and the disruptive influence of electronic devices on sleep patterns. Sleep monitor apps assist in alleviating sleep disorders by offering in-depth insights, tracking sleep patterns, and providing tailored suggestions to enhance sleep quality and habits.

Explore The Report Store To Make A Direct Purchase Of The Report:

<https://www.thebusinessresearchcompany.com/report/sleep-monitoring-apps-global-market-report>

Which Market Players Are Driving The Sleep Monitoring Apps Market Growth?

Major companies operating in the sleep monitoring apps market are Apple Inc., Samsung Electronics Co. Ltd., Xiaomi Corporation, Koninklijke Philips N.V., Garmin Ltd, ResMed Inc, Fitbit LLC, Polar Electro Inc., Headspace Inc., Calm Ltd, Runtastic Sleep Better, Oura Health, Beddit Inc., Sleep Cycle Inc., FitSleep Inc., Emfit Inc., Ten Percent Happier, SLUMBER Group, Sleepiest Inc., Pzizz Ltd, Noisli Ltd, Moshi Inc.

What Are The Emerging Trends Shaping The Sleep Monitoring Apps Market Size?

Major companies in the sleep monitoring apps market are innovating with audio-based sleep-tracking apps that enhance accuracy and user engagement. These apps utilize a smartphone's microphone to monitor and analyze sounds during sleep, including breathing patterns and movements, providing users with detailed insights into their sleep quality.

How Is The Global Sleep Monitoring Apps Market Segmented?

- 1) By Operating System: iPhone Operating System (iOS), Android
- 2) By Subscription Model: Paid, Monthly, Annually, Free
- 3) By Application: Sleep Quality Tracking, Heart Rate Tracking, Respiration Rate Tracking

Geographical Insights: North America Leading The Sleep Monitoring Apps Market

North America was the largest region in the sleep monitoring apps market in 2023. Asia-Pacific is expected to be the fastest-growing region in the forecast period. The regions covered in the sleep monitoring apps market report are Asia-Pacific, Western Europe, Eastern Europe, North America, South America, Middle East, Africa.

Sleep Monitoring Apps Market Definition

Sleep monitoring applications are software tools designed to track and analyze users' sleep patterns using smartphone sensors or wearable devices. These apps provide valuable insights into sleep quality, duration, and stages while offering personalized recommendations for improvement. Features may include alarms, relaxation techniques, and integration with health and wellness platforms, enhancing the overall sleep experience.

[Sleep Monitoring Apps Global Market Report 2024](#) from [The Business Research Company](#) covers the following information:

- Market size data for the forecast period: Historical and Future
- Macroeconomic factors affecting the market in the short and long run
- Analysis of the macro and micro economic factors that have affected the market in the past five years
- Market analysis by region: Asia-Pacific, China, Western Europe, Eastern Europe, North America, USA, South America, Middle East and Africa.
- Market analysis by countries: Australia, Brazil, China, France, Germany, India, Indonesia, Japan, Russia, South Korea, UK, USA.

An overview of the global sleep monitoring apps market report covering trends, opportunities, strategies, and more

The Sleep Monitoring Apps Global Market Report 2024 by The Business Research Company is the most comprehensive report that provides insights on sleep monitoring apps market size, drivers and trends, sleep monitoring apps market major players, competitors' revenues, market positioning, and market growth across geographies. The market report helps you gain in-depth insights into opportunities and strategies. Companies can leverage the data in the report and tap into segments with the highest growth potential.

Browse Through More Similar Reports By The Business Research Company:

Sleeping Aids Global Market Report 2024

<https://www.thebusinessresearchcompany.com/report/sleeping-aids-global-market-report>

Sleep Apnea Devices Global Market Report 2024

<https://www.thebusinessresearchcompany.com/report/sleep-apnea-devices-global-market-report>

Sleep Tech Devices Global Market Report 2024

<https://www.thebusinessresearchcompany.com/report/sleep-tech-devices-global-market-report>

What Does the Business Research Company Do?

The Business Research Company publishes over 15,000 reports across 27 industries and 60+ geographies. Our research is powered by 1,500,000 datasets, extensive secondary research, and exclusive insights from interviews with industry leaders. We provide continuous and custom research services, offering a range of specialized packages tailored to your needs, including a Market Entry Research Package, Competitor Tracking Package, Supplier & Distributor Package, and much more.

Our flagship product, the Global Market Model is a premier market intelligence platform delivering comprehensive and updated forecasts to support informed decision-making.

Oliver Guirdham

The Business Research Company

+44 20 7193 0708

info@tbrc.info

Visit us on social media:

[Facebook](#)

[X](#)

[LinkedIn](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/751571409>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.