

\$6.3+ Billion Insomnia Market -2030: WHO estimates 280 million people globally suffer from depression

PORTLAND, OR, UNITED STATES, January 28, 2025 /EINPresswire.com/ -- The global [insomnia market](#) is experiencing robust growth, projected to reach \$6.3 billion by 2030, up from \$4.3 billion in 2020, with a CAGR of 3.9% from 2021 to 2030. This expansion is fueled by a combination of rising sleep disorders, advancements in treatments, and increasing awareness of the importance of sleep for overall health.



Get a Sample Copy of this Report: <https://www.alliedmarketresearch.com/request-sample/2373>

Key Market Drivers

1. Rising Prevalence of Sleep Disorders

- Insomnia, parasomnias, and other sleep-related issues are becoming increasingly common.
- The WHO estimates 280 million people globally suffer from depression, a key contributor to sleep disturbances.

2. Impact of Chronic Diseases

- Conditions like cancer significantly disrupt sleep due to treatment side effects.
- 1.8 million new cancer cases were diagnosed in the U.S. in 2020 alone, reflecting the strong link between chronic illnesses and insomnia.

3. Work-Related Stress and Lifestyle Factors

- Stress from workloads and irregular schedules, especially in shift workers, exacerbates sleep issues.
- High-stress professions see a greater prevalence of insomnia.

4. Innovations in Treatment Options

- New medications like DAYVIGO (lemborexant) are reshaping pharmacological therapies for insomnia.
- Non-pharmacological options, such as Cognitive Behavioral Therapy (CBT) and hypnotherapy, are gaining traction.

Market Segmentation

- By Therapy Type
- Pharmacological Therapy: Includes prescription and OTC sleep aids.
- Non-Pharmacological Therapy: Encompasses CBT, hypnotherapy, and sleep-enhancing devices.
- By Region
- North America: Holds the largest market share due to high prevalence rates and robust healthcare infrastructure.
- Asia-Pacific: Expected to witness the fastest growth (CAGR of 5.5%), driven by an aging population and growing awareness.

Emerging Trends in the Insomnia Market

- Increased Preference for Non-Pharmacological Solutions
- Therapies such as yoga, mindfulness, and CBT are gaining popularity as safer, long-term options.
- Advances in Sleep Monitoring Technologies
- Innovations in mobile apps and wearable devices enable better tracking and management of sleep disorders.

Challenges Facing the Market

- Concerns Over Long-Term Drug Use
- Prolonged use of anti-insomnia medications raises safety and side effect concerns.
- Economic Impact of Sleep Disorders
- Sleep issues cost the U.S. \$411 billion annually, reflecting lost productivity and healthcare expenses.

Conclusion

The insomnia market is poised for substantial growth, driven by heightened awareness of sleep health, technological advancements, and new treatment options. However, addressing challenges such as drug safety and economic costs will be critical for sustained growth. As innovation and awareness continue to evolve, the market promises new hope for millions battling insomnia worldwide.

Quick Highlights:

- Market Value in 2030: \$6.3 billion
- Fastest Growing Region: Asia-Pacific (CAGR 5.5%)
- Innovations: Non-drug therapies, wearable sleep tech

Enquire Before Buying: <https://www.alliedmarketresearch.com/purchase-enquiry/2373>

David Correa

Allied Market Research

+ + +1 800-792-5285

[email us here](#)

Visit us on social media:

[Facebook](#)

[X](#)

[LinkedIn](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/780923094>

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.

© 1995-2025 Newsmatics Inc. All Right Reserved.