

Sleep Aids Market Poised for 6.9% CAGR Growth Amidst Expanding Healthcare

The global sleep aids market size is projected to reach \$111,920.10 million by 2030, registering a CAGR of 6.9% from 2021 to 2030.

PORTLAND, OR, UNITED STATES, June 17, 2025 /EINPresswire.com/ -- A sleep aid is a substance or device that is used to help individuals who have difficulty falling asleep or staying asleep. Sleep aids can include prescription medications such as benzodiazepines or non-

benzodiazepine sedatives, over-the-counter medications such as antihistamines, herbal remedies, melatonin supplements, and even devices such as white noise machines or sleep tracking apps. However, it's important to use sleep aids responsibly and under the guidance of a healthcare provider, as some can have side effects or interact with other medications. Additionally, non-pharmacological approaches such as practicing good sleep hygiene and engaging in relaxation techniques may also be effective in improving sleep quality. The global [sleep aids market](#) size was valued at \$59,815.10 million in 2020, and is projected to reach \$111,920.10 million by 2030, registering a CAGR of 6.9% from 2021 to 2030.

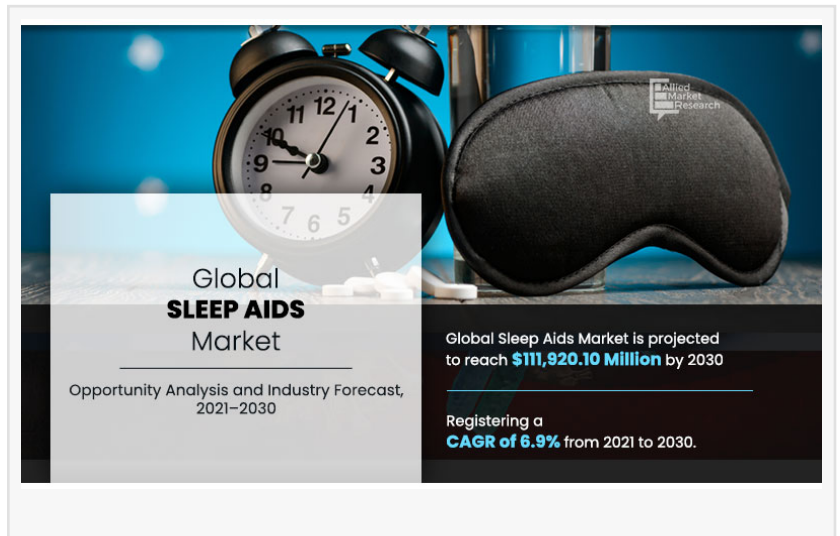
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Overall, healthcare experts recommend that individuals with sleep problems try non-pharmacological approaches such as practicing good sleep hygiene, engaging in regular exercise, and managing stress before turning to sleep aids. If sleep aids are necessary, they should be used under the guidance of a healthcare provider and for short periods of time.

Major market players covered in the report, such as -

Cadwell Industries, Inc.
Compumedics Limited



Drive DeVilbiss Healthcare Inc.
GlaxoSmithKline Plc
Merck& Co., Inc.
Natus Medical Inc.
Koninklijke Philips N.V.
PFIZER, INC.
Sanofi S.A.
SleepMed Inc.

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Key Benefits for Stakeholders -

- The report provides quantitative analysis of market segments, current trends, strategies and potential of Surgical Equipment Market research to identify potential Surgical Equipment Market opportunities in genetics.
- In-depth analysis of this sector helps identify current market opportunities.
- Market analysis and information related to key drivers, restraints and opportunities are provided.
- Porter's Five Forces Analysis identifies the capabilities of buyers and suppliers to enable stakeholders to make profitable business decisions and strengthen the network of buyers.
- The largest countries in each region are listed according to their contribution to the global market.
- Focusing on market players makes benchmarking easier and provides a clear understanding of the current market situation.
- The report includes regional and global Surgical Equipment Market analysis, key players, market segments, application areas and Market growth strategies.

There have been several recent studies and reviews on sleep aids conducted by healthcare experts. Here are some key findings:

1. Melatonin: Melatonin is a hormone that helps regulate the sleep-wake cycle. Several studies have shown that melatonin supplements can be effective in improving sleep quality and reducing the time it takes to fall asleep. However, the optimal dosage and timing of melatonin supplementation vary from person to person and may depend on factors such as age, sleep problems, and other medications being taken.
2. Prescription sleep medications: Prescription sleep medications such as benzodiazepines and non-benzodiazepine sedatives can be effective in treating insomnia, but they also come with potential side effects such as dizziness, drowsiness, and memory problems. These medications should only be used under the guidance of a healthcare provider and for short periods of time.

3. Cognitive-behavioral therapy for insomnia (CBT-I): CBT-I is a type of therapy that focuses on changing thoughts and behaviors that can interfere with sleep. Several studies have shown that CBT-I can be as effective as medication in treating insomnia, and its effects can last longer than medication.

4. Herbal remedies: Some herbal remedies such as valerian root and chamomile have been shown to have mild sedative effects and may help improve sleep quality. However, more research is needed to determine their efficacy and safety.

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Frequently Asked Questions?

Q1. What is the total market value of Sleep Aids market report?

Q2. Which are the top companies hold the market share in Sleep Aids market?

Q3. Which is the most influencing segment growing in the Sleep Aids market report?

Q4. What would be forecast period in the market report?

Q5. What is the market value of Sleep Aids market in 2020?

Q6. Which is base year calculated in the Sleep Aids market report?

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professionals and analysts in the industry.

David Correa

Allied Market Research

+ + 1800-792-5285

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