

## **Sleep Aids in Poland**

Market Direction | 2022-09-20 | 25 pages | Euromonitor

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### **Report description:**

The problem of sleep disorders in Poland is widespread, was already growing before the pandemic, and was further enhanced by the time of COVID-19. According to research, almost half of Polish consumers suffer from various sleep disorders. The problem is notably increasing. Insomnia is the third most common complaint among conditions affecting the nervous system, after headaches and anxiety disorders, with which patients see doctors. The problem was further exacerbated after the outbreak of the p...

Euromonitor International's Sleep Aids in Poland report offers a comprehensive guide to the size and shape of the market at a national level. It provides the latest retail sales data 2017-2021, allowing you to identify the sectors driving growth. Forecasts to 2026 illustrate how the market is set to change.

Data coverage: market sizes (historic and forecasts), company shares, brand shares and distribution data.

Why buy this report?

- \* Get a detailed picture of the Sleep Aids market;
- \* Pinpoint growth sectors and identify factors driving change;
- \* Understand the competitive environment, the market's major players and leading brands;
- \* Use five-year forecasts to assess how the market is predicted to develop.

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SLEEP AIDS IN POLAND

KEY DATA FINDINGS

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The number of people with sleep disorders is increasing, further exacerbated by the event of the pandemic  
Switch doxylamine shows an opportunity for category development, while herbal remedies also remain popular  
Growing interest seen in sleep aids for children

PROSPECTS AND OPPORTUNITIES

The category will continue to grow on the wave of long-term trends  
Melatonin trends continues into the forecast period and beyond  
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