# Insomnia Treatment Market - Growth, Trends, Covid-19 Impact, and Forecasts (2023 - 2028)

Market Report | 2023-01-23 | 120 pages | Mordor Intelligence

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**Report description:**

The insomnia treatment market is expected to register a CAGR of 5.93% during the forecast period.

Key Highlights
The COVID-19 pandemic brought about unprecedented changes in people's lives. For many, it has caused significant stress, anxiety, and concerns over health, social isolation, employment, finances, and balancing work and family obligations. Such an important life event will likely disrupt sleep and impact market growth. The COVID-19 pandemic impacted sleep.
According to the American Academy of Sleep Medicine's (AASM) Sleep Prioritization Survey 2020, about a third of adults (33%) noticed a change in their sleep quality, 30% noticed a change in their ability to fall asleep, and 29% noticed a difference in their nightly amount of sleep. Furthermore, females were more likely than males to report that the COVID-19 pandemic impacted their bedtimes (31% vs. 25%). Such an impact on people's sleep led to the rising demand for insomnia treatment during the pandemic. However, the need for insomnia treatment, even after the pandemic, is expected to remain the same, contributing to the market's growth over the coming five years.
Also, the increasing prevalence of insomnia, rising stress levels, and increasing awareness about various treatment options for this condition are some of the factors expected to propel the market. For instance, an article published in Springer in July 2021 mentioned that the overall prevalence of insomnia was 12.13%, and mild insomnia was 31.97%. The same source noted that most insomnia increased in females compared to males. Such a prevalence of insomnia is expected to drive the market's growth.
The rising stress levels among the global population are another primary driver for the market's growth. According to the Health and Safety Executive report published in December 2021, over 822,000 workers suffered from work-related stress, depression, or anxiety in 2020-2021. Such high-stress levels among the population are also expected to drive the market's growth. Insomnia rarely occurs on its own and is frequently associated with other illnesses.
Furthermore, innovative product developments for the treatment of insomnia are also expected to contribute to the market's

growth. For instance, in June 2022, Pear Therapeutics reported interim follow-up real-world data from a decentralized trail that showed treatment with Somryst, one of the FDA-authorised digital therapeutics for treating chronic insomnia. This device significantly reduced symptoms of insomnia, anxiety, and depression severity.
Thus, the factors such as the prevalence of insomnia, rising awareness for treatment, and increasing product launches are expected to contribute to the market's growth over the forecast period. However, misconceptions about the seriousness of insomnia and patients' non-adherence to the treatment are some factors that may limit market growth during the forecast period.

Insomnia Treatment Market Trends

Orexin Antagonist Segment is Expected to Hold a Significant Share in the Market Over the Forecast Period

The Orexin antagonist segment is expected to dominate the growth of the studied segment during the forecast period due to the reduced efficacy and harmful side effects that constrain the use of many treatment options for several patients. Some of the orexin receptor antagonists include suvorexant, Lemborexant, and Daridorexant. These drugs are potent dual orexin receptor antagonist that blocks both receptors, i.e., OX1R and OX2R. It stimulates sleep by inhibiting orexin-A and B, neuropeptides that promote wakefulness.
Suvorexant (MK-4305, Merck) is one of the first of a new class of drugs for treating insomnia known as ORAs (orexin receptor antagonists). The tablets support the natural transition from sleeplessness to sleep by inhibiting the arousal system's wakefulness-promoting orexin neurons. Suvorexant advances sleep onset, as well as sleep maintenance. This distinctive alternative has advantageous permissibility and a restricted side-effect profile.
Also, the increasing product approvals and product development activities are expected to contribute to the growth of the studied segment over the forecast period. For instance, in October 2022, Idorsia Pharmaceuticals Japan announced positive top-line results of the Japanese Phase 3 study investigating 25 and 50 mg doses of Idorsia's dual orexin receptor antagonist, daridorexant, in 490 randomized adult and elderly patients (30.1% ? 65 years) with insomnia disorder.
Similarly, in February 2021, Eisai Limited, the Canadian subsidiary of Eisai Inc., received Canadian authorization for its new non-sedative prescription medication, DAYVIGO (lemborexant). In both 5 mg and 10 mg dosages, DAYVIGO is taken for the treatment of insomnia, characterized by difficulties with sleep onset and/or sleep maintenance.
Due to the apparent benefits associated with the orexin class of drugs, increasing product approvals, and the rising prevalence of insomnia or difficulty falling asleep, the insomnia treatment market is expected to grow steadily during the forecast period.

North America is Expected to Dominate the Insomnia Treatment Market Over the Forecast Period

North America is expected to hold a significant share of the insomnia treatment market. The growing need for sleep disorder treatment in the United States and Canada, coupled with the increasing prevalence of sleep disorders, is expected to drive the market over the forecast period.
For instance, data published by the Government of Canada in June 2022 mentioned that one-third of Canadians are not getting enough sleep, with thousands of people suffering from insomnia and other sleep disorders. Such incidence of sleep disorders among the population in this region is expected to drive the market's growth.
Also, the increasing government support in the form of funding for insomnia treatment is expected to contribute to the market's growth. For instance, in June 2022, the Minister of Health released funding of USD 2.86 million (CAD 3.8 million) to support research on sleep health and insomnia. The government of Canada supported this initiative through the Canadian Institutes of Health Research (CIHR) in partnership with Esai Limited and Mitacs. Such funding in North America is expected to contribute to the market's growth during the forecast period.

Moreover, the presence of key market players' activities, such as collaborations and the R&D of new drugs and product approvals, is expected to boost the growth of the market studied. For instance, in January 2021, Minerva Neurosciences Inc. and Royalty Pharma PLC entered an agreement through which Royalty Pharma will acquire Minerva's royalty interest in seltorexant. Seltorexant, a selective orexin two receptor antagonist, is currently in Phase 3 development for treating major depressive disorder (MDD) with insomnia symptoms.
Thus, the growing prevalence of sleep disorders, the presence of major market players, and frequent product launches coupled with increasing government funding for insomnia treatments are expected to contribute to the market's growth over the forecast period in this region.

Insomnia Treatment Market Competitor Analysis

The insomnia treatment market is fragmented in nature, owing to the presence of multiple manufacturers. The major players in the market are Merck & Co., Ebb Therapeutics, Paratek Pharmaceuticals Inc., Pfizer Inc., Sanofi SA, Electromedical Products International Inc., Takeda Pharmaceutical Company Ltd, Cereve Inc., and Innovative Neurological Devices.

Additional Benefits:

The market estimate (ME) sheet in Excel format
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