

# Sleep Aids in Spain

September 2023

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## Sleep Aids in Spain - Category analysis

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

High stress levels maintain demand for sleep aids in Spain  
Economy setting the pace of growth  
Herbal/traditional sleep aids continue to gain share from standard options

#### PROSPECTS AND OPPORTUNITIES

Economic framework likely to influence consumers' purchasing decisions over early part of forecast period  
Ageing population set to support demand for sleep aids  
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### DISCLAIMER

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