

# Sleep Aids in Mexico

October 2023

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## Sleep Aids in Mexico - Category analysis

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

Mexicans' fragile mental health since the pandemic contributes to poor sleeping habits

A wide range of products to address various needs

Nyquil Z takes sleep aids by storm in Mexico

#### PROSPECTS AND OPPORTUNITIES

Mexicans' mental health will remain one of the key factors driving demand for sleep aids

CBD offers interesting possibilities in the realm of sleep aids

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