



**Euromonitor  
International**

# Sleep Aids in Spain

September 2024

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KEY DATA FINDINGS

2024 DEVELOPMENTS

“Sleep Europe” comes to Seville in Spain, co-hosted by the Spanish Sleep Society  
Format innovations help to drive performance in sleep aids  
Esteve maintains its lead and innovates to stay ahead of rising competition from natural products

PROSPECTS AND OPPORTUNITIES

Stressful lifestyles will continue to create sleep disorders  
New launches set to be based on herbal ingredients  
Segmentation provides another area to explore

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Consumer Health in Spain - Industry Overview

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DISCLAIMER

DEFINITIONS

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