



Sleep Aids in Mexico

September 2024

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Sleep Aids in Mexico - Category analysis

KEY DATA FINDINGS

2024 DEVELOPMENTS

Increased awareness of the importance of sufficient good quality sleep
Wide product availability ensures access, with herbal/traditional products dominant
Holistic wellbeing a priority to ensure good sleep

PROSPECTS AND OPPORTUNITIES

Alternative treatments could affect the consumption of sleep aids
Focus on natural and non-addictive ingredients
Insomnia and apnoea contribute to high rates of sleep disorders

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DISCLAIMER

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