



**Euromonitor  
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# Sleep Aids in France

October 2025

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## Sleep Aids in France - Category analysis

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#### 2025 DEVELOPMENTS

Rising levels of stress and anxiety fuelling demand for sleep aids in 2025

Competition increases as more players invest in the market

Pharmacies dominate sales but new channels are making inroads

#### PROSPECTS AND OPPORTUNITIES

Sleep aids still has plenty of room for growth despite new threats

More combination products expected to be seen in the market

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### DISCLAIMER

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