



Sleep Aids in Hong Kong, China

October 2025

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Sleep Aids in Hong Kong, China - Category analysis

KEY DATA FINDINGS

2025 DEVELOPMENTS

Herbal/traditional sleep aids lead overall growth

Vita Green leads thanks to natural and herbal trends

Health and personal care stores dominates distribution for sleep aids in Hong Kong

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Persistent demand for herbal/traditional sleep aids expected for forecast period

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Sleep programmes and therapy set to aid severe symptoms

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