First , create a middleware

php artisan make:middleware RedirectIfNotLoggedIn

second , fill your middleware by

<?php

namespace App\Http\Middleware;

use Closure;

use Illuminate\Support\Facades\Auth;

class RedirectIfNotLoggedIn

{

    public function handle($request, Closure $next)

    {

        if (!Auth::check()) {

            return redirect('/products/login'); // Redirect to your login route

        }

        return $next($request);

    }

}

third , register your middleware inside **app/Http/Kernel.php**

protected $routeMiddleware = [

// Other Middleware...

'checkloggedin' => \App\Http\Middleware\RedirectIfNotLoggedIn::class,

];

Fourth, use your middleware into you route , example

route::get('/products',[productController::class,'index'])->middleware('checkloggedin');

all this mean, if a user can not go to route /products without log in, if he tries to go th that route, Laravel redirect him to log in page