

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau

(43) International Publication Date
03 October 2024 (03.10.2024)



(10) International Publication Number
WO 2024/200610 A1

(51) International Patent Classification:

A61K 31/7048 (2006.01) *A61K 31/405* (2006.01)
A61K 31/192 (2006.01) *A61K 31/445* (2006.01)
A61K 9/00 (2006.01) *A61P 25/00* (2006.01)
A61K 31/216 (2006.01) *A61P 43/00* (2006.01)
A61K 31/352 (2006.01)

SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN,
GQ, GW, KM, ML, MR, NE, SN, TD, TG).

Declarations under Rule 4.17:

- as to applicant's entitlement to apply for and be granted a patent (Rule 4.17(ii))
- as to the applicant's entitlement to claim the priority of the earlier application (Rule 4.17(iii))

(21) International Application Number:

PCT/EP2024/058417

(22) International Filing Date:

28 March 2024 (28.03.2024)

(25) Filing Language:

English

(26) Publication Language:

English

(30) Priority Data:

63/455,438 29 March 2023 (29.03.2023) US

(71) Applicant: **SOCIÉTÉ DES PRODUITS NESTLÉ S.A.**
[CH/CH]; Avenue Nestlé 55, 1800 Vevey (CH).

(72) Inventors: **DARIMONT-NICOLAU, Christian**; Chemin
de la Vuachère 29B, 1012 LAUSANNE (CH). **OWEN,**
Lauren; Rue des glaciers 4, 1004 Lausanne (CH). **THOTA,**
Rohith; 30A Chemin de Renens, 1004 Lausanne (CH).

(74) Agent: **CHAUTARD, Cécile**; Avenue Nestlé 55, 1800
VEVEY (CH).

(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ,
CA, CH, CL, CN, CO, CR, CU, CV, CZ, DE, DJ, DK, DM,
DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT,
HN, HR, HU, ID, IL, IN, IQ, IR, IS, IT, JM, JO, JP, KE, KG,
KH, KN, KP, KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY,
MA, MD, MG, MK, MN, MU, MW, MX, MY, MZ, NA,
NG, NI, NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO,
RS, RU, RW, SA, SC, SD, SE, SG, SK, SL, ST, SV, SY, TH,
TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, WS,
ZA, ZM, ZW.

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, CV,
GH, GM, KE, LR, LS, MW, MZ, NA, RW, SC, SD, SL, ST,
SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ,
RU, TJ, TM), European (AL, AT, BE, BG, CH, CY, CZ,
DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT,
LU, LV, MC, ME, MK, MT, NL, NO, PL, PT, RO, RS, SE,

(54) Title: METHODS FOR IMPROVING SLEEP QUALITY AND/OR SUBSEQUENT BEHAVIOURAL OUTCOMES USING A
FLAVONOID OR PHENOLIC ACID

(57) Abstract: The present invention generally relates to the use of a composition to improve sleep quality and/or subsequent behav-
ioural outcomes, in particular whole day sustained cognitive performance. More particularly, the present disclosure relates to admin-
istration of a composition comprising a flavonoid and/ or phenolic acid compound, at a predetermined time before consumption of a
meal, concurrently with consumption of a meal or at a predetermined time before sleep.

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