CLAIMS

1. Use of citric acid or a salt thereof in the manufacture of a composition for improving sleep quality.

2. The use according to claim 1, wherein the improvement in sleep quality is suppression of intermediate awakening.

3. The use according to claim 1 or 2, wherein the improvement in sleep quality is suppression of early morning awakening.

4. The use according to any one of claims 1 to 3, wherein the improvement in sleep quality is improvement in good sleep feeling.

5. The use according to any one of claims 1 to 4, wherein the improvement in sleep quality is promotion of slow wave sleep.

6. The use according to any one of claims 1 to 5, wherein the improvement in sleep quality is an increase in ratio of time of non-REM sleep stage 3 to total sleep time.

7. The use according to any one of claims 1 to 6, wherein the improvement in sleep quality is promotion of slow wave sleep that decreases a ratio of time of stage 1 and increases a ratio of time of stage 3 in non-REM sleep.

8. The use according to any one of claims 1 to 7, wherein the improvement in sleep quality is improvement in sleep quality in a first sleep cycle.

9. The use according to any one of claims 1 to 8, wherein the improvement in sleep quality is an increase in a delta power value in a first sleep cycle.

10. The use according to any one of claims 1 to 9, wherein the improvement in sleep quality is promotion of formation of deep sleep in a first sleep cycle.

11. The use according to any one of claims 1 to 10, wherein the improvement in sleep quality is suppression of sleep disorder associated with frequent urination.

12. The use according to any one of claims 1 to 11, wherein the improvement in sleep quality is suppression of intermediate awakening associated with frequent urination.

13. The use according to any one of claims 1 to 12, wherein the improvement in sleep quality is improvement in refreshed feeling at the time of getting-up.

14. The use according to any one of claims 1 to 13, wherein the improvement in sleep quality is improvement in mental state.

15. Use of citric acid or a salt thereof in the manufacture of a composition for relieving stress.

16. Use of citric acid or a salt thereof in the manufacture of a composition for relieving mental stress.

17. Use of citric acid or a salt thereof in the manufacture of a composition for reducing a feeling of fatigue.

18. The use according to any one of claims 1 to 17, wherein the composition comprises citric acid as an active ingredient.

19. The use according to any one of claims 1 to 18, wherein the composition comprises an alkali metal salt of citric acid as an active ingredient.

20. The use according to claim 19, wherein the alkali metal salt of citric acid is a sodium salt of citric acid or a hydrate thereof, or a potassium salt of citric acid or a hydrate thereof.

21. The use according to claim 20, wherein the sodium salt of citric acid is a sodium citrate dihydrate ($C_6H_5Na_3O_7 \cdot 2H_2O$).

22. The use according to claim 20, wherein the potassium salt of citric acid is a potassium citrate monohydrate ($C_6H_5K_3O_7 \cdot H_2O$).

23. The use according to any one of claims 1 to 17, wherein the citric acid or a salt thereof is a mixture of a sodium salt of citric acid or a hydrate thereof and a potassium salt of citric acid or a hydrate thereof.

24. The use according to claim 23, wherein a molar ratio between the sodium salt of citric acid and the potassium salt of citric acid is 0.85 : 1.15 to 1.15 : 0.85.

25. The use according to any one of claims 1 to 17, wherein the citric acid or a salt thereof is a mixture of

citric acid, a sodium salt of citric acid or a hydrate thereof, and a potassium salt of citric acid or a hydrate thereof.

26. The use according to claim 25, wherein a molar ratio among the citric acid, the sodium salt of citric acid, and the potassium salt of citric acid is 1 : 1.7 to 2.3 : 1.7 to 2.3.

27. The use according to claim 25 or 26, wherein the citric acid is anhydrous citric acid, the sodium salt of citric acid is a sodium citrate dihydrate ($C_6H_5Na_3O_7 \cdot 2H_2O$), and the potassium salt of citric acid is a potassium citrate monohydrate ($C_6H_5K_3O_7 \cdot H_2O$).

28. The use according to any one of claims 1 to 27, wherein the composition is a food.

29. The use according to any one of claims 1 to 28, wherein the composition is a food having a unit packaging form per meal and containing 500 mg or more of citric acid or a salt thereof.

30. The use according to any one of claims 1 to 29, wherein the composition is a food having a unit packaging

form per meal and containing 500 mg or more and 2 g or less of citric acid or a salt thereof.

31. The use according to any one of claims 1 to 30, wherein the composition is a food whose packaging, container, or instruction indicates an effect of improving sleep quality, an effect of relieving stress, or an effect of reducing fatigue feeling.

32. The use according to any one of claims 1 to 31, wherein the composition is a food whose packaging, container, or instruction indicates an effect of increasing a ratio of time of slow wave sleep to total sleep time, decreasing the number of times of intermediate awakening, or improving good sleep feeling.

33. The use according to any one of claims 1 to 32, wherein the composition is to be administered to or ingested by a female.