CLAIMS

1. ~~A sleep quality improver comprising~~Use of citric acid or a salt thereof in the manufacture of a composition for improving sleep quality~~as an active ingredient~~.

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

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

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

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

6. The ~~sleep quality improver~~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 ~~sleep quality improver~~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 ~~sleep quality improver~~use according to any one of claims 1 to 7~~9~~, wherein the improvement in sleep quality is improvement in sleep quality in a first sleep cycle.

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

15. ~~A stress reliever comprising~~Use of citric acid or a salt thereof in the manufacture of a composition for relieving stress~~as an active ingredient~~.

16. ~~A mental stress reliever comprising~~Use of citric acid or a salt thereof in the manufacture of a composition for relieving mental stress~~an active ingredient~~.

17. ~~A fatigue feeling reducer comprising~~Use of citric acid or a salt thereof in the manufacture of a composition for reducing a feeling of fatigue~~as an active ingredient~~.

18. The ~~improver, reducer, or reliever~~use according to any one of claims 1 to 17, wherein the composition comprises~~comprising~~ citric acid as an active ingredient.

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

20. The ~~improver, reducer, or reliever~~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 ~~improver, reducer, or reliever~~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 ~~improver, reducer, or reliever~~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 ~~improver, reducer, or reliever~~use according to any one of claims 1 to ~~22~~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 ~~improver, reducer, or reliever~~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 ~~improver, reducer, or reliever~~use according to any one of claims 1 to ~~22~~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 ~~improver, reducer, or reliever~~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 ~~improver, reducer, or reliever~~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 ~~improver, reducer, or reliever~~use according to any one of claims 1 to 27, wherein the composition~~which~~ is a food.

29. The ~~improver, reducer, or reliever~~use according to any one of claims 1 to 28, wherein the composition~~which~~ 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 ~~improver, reducer, or reliever~~use according to any one of claims 1 to 29, wherein the composition~~which~~ 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 ~~improver, reducer, or reliever~~use according to any one of claims 1 to 30, wherein the composition~~which~~ 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 ~~improver, reducer, or reliever~~use according to any one of claims 1 to 31, wherein the composition~~which~~ 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 ~~improver, reducer, or reliever~~use according to any one of claims 1 to 32, wherein the composition~~which~~ is to be administered to or ingested by a female.