Claims

[Claim 1]

An oral preparation for advancing timing of melatonin secretion increase comprising ornithine or a salt thereof as an active ingredient.

[Claim 2]

An oral preparation according to claim 1, wherein the oral preparation is in the form of health food, functional food product, dietary supplement, food for specified health uses or a drinkable preparation.

[Claim 3]

An oral preparation according to claim 1 or 2, wherein ornithine or a salt thereof is present in an amount of 1 to 70 weight%.

[Claim 4]

Use of an agent comprising ornithine or a salt thereof for the manufacture of a medicament for treating circadian rhythm sleep disorder, age-related sleep disorder and a combination thereof.

[Claim 5]

The use of an agent according to claim 4, wherein the circadian rhythm sleep disorder is jet lag syndrome, shift work sleep disorder, delayed sleep-phase syndrome, or non-24-hour sleep-wake disorder.

[Claim 6]

The use of an agent according to claim 4, wherein the age-related sleep disorder is wake after sleep onset, or insomnia.

[Claim 7]

The use of an agent according to claim 4, wherein the agent comprises 1 to 70% by weight of ornithine or a salt thereof.

[Claim 8]

The use of an agent according to claim 4, wherein the medicament is to be administered to advance timing of melatonin secretion increase in a subject in need.

[Claim 9]

The use of an agent according to claim 8, wherein the subject in need is human or a non-human animal.

[Claim 10]

The use of an agent according to any of claims 4 to 9, wherein the medicament is to be administered to the human at a dosage of 50 mg to 30 g.

[Claim 11]

The use of an agent according to any of claims 4 to 9, wherein the medicament is to be administered to the non-human animal at a dosage of 1 to 5,000 mg per kg body weight.