CLAIMS

1. A use of a composition consisting of ellagitannins originating from plant extracts of the Fagaceae family, in the manufacture of a medicament for preventing or treating sleep disorders, anxiety disorders, chronic fatigue syndrome (CFS) as well as for mood disorders selected among depression and /or mania in a subject.

2. The use according to claim 1, wherein said ellagitannins originating from plant extracts of the Fagacaea family comprise Roburins or derivatives thereof.

3. The use of claim 1 or 2, wherein the plant extracts of the Fagacaea family are selected among genera *Quercus*, *Castanea*, and *Fagus* or mixtures thereof.

4. The use of claim 3, wherein the plant extracts of the Fagacaea family consists of oak woods extracts.

5. The use of claim 4, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

6. The use of any of claims 1 to 5, wherein the sleep disorders comprise insomnia, hypersomnia, sleep rhythm problem and/or sleep-disruptive behaviors.

7. The use of any of claims 1 to 5, wherein preventing or treating anxiety disorders comprises the reduction of symptoms associated with anxiety, wherein the symptoms comprise Post Traumatic Stress Disorder (PTSD), panic symptom, persistent worry, doubt, dread, fear, uneasiness, obsessive thoughts, repeated thoughts, flashbacks of traumatic experiences, mood instability, agitation, restlessness, dyspepsia, headaches, dyspnea, nightmares, ritualistic behaviors, insomnia, cold or sweaty hands and/or feet, shortness of breath, palpitations, hyper alertness, exaggerated startle response, avoidance of particular activities, avoidance of particular thoughts, diminished intensity of feelings, dry mouth, numbness or tingling in the hands or feet, nausea, muscle tension, or dizziness.

8. The use according to any of claims 1 to 7, in the form of a food preparation, a dietary supplement, a nutraceutical, or a beverage.

9. The use of claim 8, wherein the beverage is an energy drink.

10. The use according to any of claims 1 to 9, wherein the composition is adapted for an oral administration.

11. A non-therapeutic method of using a composition consisting of ellagitannins originating from plant extracts of the Fagaceae family for improving mood, reducing tensions, preventing fatigue and raising energy in a subject comprising administering the said composition to the subject.

12. The non-therapeutic method according to claim 11, wherein the plant extracts of the Fagacaea family consists of *Quercus robur* extracts.

13. The non-therapeutic method according to any of claim 11 or 12, wherein the improvement of mood comprises the enhancement of the vigour, the alleviation of negative mood and the stimulation of positive mood.

14. The non-therapeutic method according to claim 11 or 12, wherein the prevention of fatigue comprises the lack of energy, the lack of vitality or weakness.

15. The non-therapeutic method according to any of claims 11 or 12, wherein the reduction of tensions comprises the reduction of symptoms associated with tension, wherein the symptoms comprise adrenaline production, muscular tension, short term resistance as a coping mechanism, exhaustion, fatigue, irritability, lack of energy, the lack of appetite, light headedness, chest discomfort, poor judgment, worrying, the lack of reasoning ability, the lack of concentration.