

## Abstract

The present invention provides a method for supporting sleep improvement, by which an advantageous effect on sleep is obtained by regular inhalation of air containing high-concentration hydrogen through a mouth or a nose, and simultaneously provides an electrolytic hydrogen generator suitable for implementing the method. In the method for supporting sleep improvement, air containing high-concentration hydrogen from a nozzle portion of a portable electrolytic hydrogen generator is inhaled through a mouth or a nose by continuously using the electrolytic hydrogen generator that releases air containing high-concentration hydrogen from the nozzle portion when necessary. Moreover, the portable electrolytic hydrogen generator used for the method for supporting sleep improvement is provided. The electrolytic hydrogen generator includes operation means enabling an operation while being held with one hand, the control substrate controls power supply and stop of power supply from a battery to positive and negative electrodes in response to an operation of the operation means, the control including control for supplying power for a predetermined time in response to an operation of the operation means and stopping power supply after a lapse of the predetermined time.

[Figure 5]