

**Table 1-9-13 The Sleeping Quality in the Recent Four Weeks**  
**-By My Sleep Makes Me Feel Tired in the Daytime**

September, 2001

Unit : %

	Total	Never	Seldom	Sometimes	Often	Always
<b>Total</b>	<b>100.00</b>	<b>37.63</b>	<b>35.16</b>	<b>19.88</b>	<b>5.86</b>	<b>1.47</b>
Male	100.00	39.80	34.93	18.89	5.18	1.20
Female	100.00	35.45	35.40	20.88	6.55	1.73
<b>By city(county) and sex</b>						
Taipei City	<b>100.00</b>	<b>26.31</b>	<b>36.81</b>	<b>26.46</b>	<b>8.54</b>	<b>1.89</b>
Male	100.00	28.72	36.44	25.42	7.77	1.65
Female	100.00	23.94	37.17	27.48	9.30	2.12
Kaohsiung City	<b>100.00</b>	<b>34.06</b>	<b>36.26</b>	<b>20.52</b>	<b>7.01</b>	<b>2.15</b>
Male	100.00	37.18	35.55	18.65	6.82	1.79
Female	100.00	30.96	36.97	22.37	7.20	2.50
Taipei County	<b>100.00</b>	<b>43.15</b>	<b>30.20</b>	<b>19.06</b>	<b>5.98</b>	<b>1.61</b>
Male	100.00	45.52	29.38	18.41	5.41	1.28
Female	100.00	40.83	31.01	19.70	6.54	1.93
Ilan County	<b>100.00</b>	<b>38.81</b>	<b>37.33</b>	<b>18.15</b>	<b>4.50</b>	<b>1.20</b>
Male	100.00	41.06	35.90	18.41	3.63	1.00
Female	100.00	36.52	38.80	17.88	5.39	1.41
Taoyuan County	<b>100.00</b>	<b>45.69</b>	<b>35.96</b>	<b>14.63</b>	<b>2.95</b>	<b>0.77</b>
Male	100.00	47.07	36.41	13.63	2.57	0.32
Female	100.00	44.25	35.49	15.67	3.36	1.23
Hsinchu County	<b>100.00</b>	<b>30.30</b>	<b>35.10</b>	<b>28.27</b>	<b>5.27</b>	<b>1.06</b>
Male	100.00	31.70	34.70	28.33	4.82	0.45
Female	100.00	28.77	35.54	28.20	5.76	1.73
Miaoli County	<b>100.00</b>	<b>41.31</b>	<b>34.13</b>	<b>19.55</b>	<b>3.99</b>	<b>1.02</b>
Male	100.00	41.51	35.50	17.96	4.11	0.92
Female	100.00	41.09	32.57	21.35	3.86	1.12
Taichung County	<b>100.00</b>	<b>33.56</b>	<b>36.59</b>	<b>21.65</b>	<b>6.47</b>	<b>1.73</b>
Male	100.00	36.99	35.77	20.25	5.63	1.36
Female	100.00	30.10	37.42	23.07	7.32	2.09
Changhua County	<b>100.00</b>	<b>38.92</b>	<b>39.40</b>	<b>16.50</b>	<b>4.10</b>	<b>1.08</b>
Male	100.00	40.00	39.76	15.80	3.50	0.93
Female	100.00	37.81	39.02	17.23	4.71	1.23
Nantou County	<b>100.00</b>	<b>40.58</b>	<b>35.52</b>	<b>16.82</b>	<b>5.33</b>	<b>1.75</b>
Male	100.00	42.04	34.94	16.27	4.93	1.82
Female	100.00	39.07	36.11	17.40	5.75	1.68
Yunlin County	<b>100.00</b>	<b>37.64</b>	<b>36.48</b>	<b>19.86</b>	<b>5.23</b>	<b>0.78</b>
Male	100.00	39.50	38.85	17.60	3.64	0.41
Female	100.00	35.59	33.88	22.34	6.99	1.20

Table 1-9-13 The Sleeping Quality in the Recent Four Weeks (Cont. 1)  
-By My Sleep Makes Me Feel Tired in the Daytime

		September, 2001					Unit : %
		Total	Never	Seldom	Sometimes	Often	Always
Chiayi County		<b>100.00</b>	<b>39.60</b>	<b>39.69</b>	<b>15.40</b>	<b>3.95</b>	<b>1.35</b>
	Male	100.00	43.54	37.85	14.30	3.36	0.95
	Female	100.00	35.43	41.65	16.57	4.57	1.78
Tainan County		<b>100.00</b>	<b>39.24</b>	<b>37.13</b>	<b>17.41</b>	<b>5.41</b>	<b>0.80</b>
	Male	100.00	42.16	36.96	16.18	4.47	0.23
	Female	100.00	36.28	37.31	18.67	6.37	1.37
Kaohsiung County		<b>100.00</b>	<b>38.33</b>	<b>38.87</b>	<b>15.69</b>	<b>5.72</b>	<b>1.41</b>
	Male	100.00	39.68	39.34	15.94	3.85	1.18
	Female	100.00	36.93	38.37	15.42	7.64	1.64
Pingtung County		<b>100.00</b>	<b>38.59</b>	<b>38.26</b>	<b>17.96</b>	<b>4.16</b>	<b>1.03</b>
	Male	100.00	40.87	37.52	16.63	3.92	1.06
	Female	100.00	36.19	39.04	19.35	4.42	1.00
Taitung County		<b>100.00</b>	<b>42.11</b>	<b>37.19</b>	<b>13.46</b>	<b>6.52</b>	<b>0.72</b>
	Male	100.00	44.91	34.45	13.22	6.25	1.16
	Female	100.00	39.26	39.97	13.70	6.79	0.28
Hualien County		<b>100.00</b>	<b>47.95</b>	<b>26.48</b>	<b>17.05</b>	<b>6.78</b>	<b>1.74</b>
	Male	100.00	48.95	27.45	14.65	6.76	2.18
	Female	100.00	46.83	25.38	19.74	6.80	1.24
Penghu County		<b>100.00</b>	<b>40.93</b>	<b>37.67</b>	<b>16.21</b>	<b>4.57</b>	<b>0.63</b>
	Male	100.00	40.45	42.08	14.83	2.51	0.13
	Female	100.00	41.42	33.19	17.60	6.65	1.13
Keelung City		<b>100.00</b>	<b>31.48</b>	<b>35.62</b>	<b>23.23</b>	<b>8.29</b>	<b>1.38</b>
	Male	100.00	32.75	34.95	24.82	6.63	0.85
	Female	100.00	30.24	36.27	21.68	9.92	1.90
Hsinchu City		<b>100.00</b>	<b>34.40</b>	<b>31.71</b>	<b>24.09</b>	<b>7.57</b>	<b>2.23</b>
	Male	100.00	36.81	31.56	23.26	6.31	2.06
	Female	100.00	31.97	31.85	24.93	8.84	2.41
Taichung City		<b>100.00</b>	<b>42.85</b>	<b>28.87</b>	<b>21.48</b>	<b>5.48</b>	<b>1.32</b>
	Male	100.00	44.01	28.36	20.52	5.71	1.39
	Female	100.00	41.78	29.34	22.37	5.26	1.25
Chiayi City		<b>100.00</b>	<b>44.86</b>	<b>34.24</b>	<b>16.41</b>	<b>3.44</b>	<b>1.06</b>
	Male	100.00	46.54	35.78	13.43	3.34	0.91
	Female	100.00	43.28	32.79	19.19	3.54	1.20
Tainan City		<b>100.00</b>	<b>33.27</b>	<b>34.95</b>	<b>23.01</b>	<b>6.61</b>	<b>2.15</b>
	Male	100.00	35.82	34.50	22.02	5.70	1.97
	Female	100.00	30.86	35.39	23.95	7.48	2.33

**Table 1-9-13 The Sleeping Quality in the Recent Four Weeks (Cont. 2)**  
**-By My Sleep Makes Me Feel Tired in the Daytime**

September, 2001

Unit : %

	Total	Never	Seldom	Sometimes	Often	Always
<b>By sex and age</b>						
15 - 24	100.00	42.91	33.88	17.57	4.48	1.17
25 - 34	100.00	36.32	35.43	21.10	5.64	1.51
35 - 44	100.00	36.17	33.97	21.95	6.15	1.76
45 - 54	100.00	36.48	37.24	19.48	5.61	1.20
55 - 64	100.00	37.58	35.70	19.05	6.29	1.37
65 and over	100.00	34.63	35.85	19.31	8.34	1.88
<b>Male</b>	100.00	39.80	34.93	18.89	5.18	1.20
15 - 24	100.00	44.81	33.51	16.35	4.11	1.22
25 - 34	100.00	38.03	35.75	19.96	4.97	1.29
35 - 44	100.00	38.10	33.58	20.97	5.86	1.49
45 - 54	100.00	38.89	36.26	19.13	4.93	0.78
55 - 64	100.00	40.10	36.80	17.81	4.64	0.65
65 and over	100.00	38.01	35.40	18.13	6.95	1.50
<b>Female</b>	100.00	35.45	35.40	20.88	6.55	1.73
15 - 24	100.00	40.99	34.26	18.78	4.84	1.12
25 - 34	100.00	34.62	35.12	22.22	6.32	1.72
35 - 44	100.00	34.20	34.37	22.94	6.45	2.04
45 - 54	100.00	34.04	38.22	19.83	6.30	1.61
55 - 64	100.00	35.28	34.69	20.19	7.80	2.03
65 and over	100.00	30.89	36.35	20.61	9.87	2.29

**Table 1-9-13 The Sleeping Quality in the Recent Four Weeks (Cont. 3)**  
**-By My Sleep Makes Me Feel Tired in the Daytime**

September, 2001

Unit : %

	Total	Never	Seldom	Sometimes	Often	Always
<b>By sex and marriage status</b>						
Single	100.00	41.58	34.46	18.05	4.66	1.24
Married or co-habiting	100.00	36.33	35.58	20.53	6.10	1.46
Divorced or separated	100.00	31.29	33.69	24.10	8.50	2.42
Widow/widower	100.00	32.98	35.33	20.79	8.60	2.30
Male	100.00	39.80	34.93	18.89	5.18	1.20
Single	100.00	43.16	34.62	16.75	4.14	1.32
Married or co-habiting	100.00	38.23	35.08	19.92	5.68	1.09
Divorced or separated	100.00	34.63	35.54	23.28	4.54	2.01
Widow/widower	100.00	37.20	34.93	18.50	7.90	1.47
Female	100.00	35.45	35.40	20.88	6.55	1.73
Single	100.00	39.64	34.27	19.64	5.31	1.15
Married or co-habiting	100.00	34.39	36.10	21.15	6.52	1.84
Divorced or separated	100.00	28.57	32.19	24.77	11.73	2.75
Widow/widower	100.00	31.66	35.46	21.50	8.82	2.56
<b>By sex and education background</b>						
Illiterate and self-educated	100.00	33.83	36.97	18.98	8.39	1.82
Elementary school	100.00	37.42	35.03	19.65	6.34	1.57
Junior high school/primary vocational school	100.00	38.25	35.97	18.94	5.28	1.57
Senior high school/senior vocational school	100.00	39.52	33.97	19.53	5.56	1.43
Junior college and university	100.00	36.38	35.65	21.17	5.50	1.31
Graduate school and above	100.00	33.62	37.27	22.32	5.88	0.90
Male	100.00	39.80	34.93	18.89	5.18	1.20
Illiterate and self-educated	100.00	39.80	34.74	17.41	6.67	1.37
Elementary school	100.00	39.20	34.80	18.73	6.11	1.16
Junior high school/primary vocational school	100.00	40.23	35.29	18.00	5.30	1.18
Senior high school/senior vocational school	100.00	41.19	33.87	18.84	4.73	1.37
Junior college and university	100.00	38.54	35.86	19.77	4.83	1.00
Graduate school and above	100.00	35.35	38.13	19.68	5.83	1.01
Female	100.00	35.45	35.40	20.88	6.55	1.73
Illiterate and self-educated	100.00	31.78	37.74	19.52	8.99	1.98
Elementary school	100.00	35.87	35.22	20.44	6.54	1.93
Junior high school/primary vocational school	100.00	35.70	36.84	20.14	5.25	2.07
Senior high school/senior vocational school	100.00	37.71	34.07	20.27	6.46	1.49
Junior college and university	100.00	33.96	35.40	22.73	6.25	1.66
Graduate school and above	100.00	29.62	35.29	28.43	6.00	0.66

**Table 1-9-13 The Sleeping Quality in the Recent Four Weeks (Cont. 4)**  
**-By My Sleep Makes Me Feel Tired in the Daytime**

September, 2001

Unit : %

	Total	Never	Seldom	Sometimes	Often	Always
<b>By work</b>						
The employed	100.00	37.57	35.66	20.44	5.05	1.29
By work time						
Daytime	100.00	39.28	36.21	19.05	4.34	1.11
Night time	100.00	30.03	40.44	21.72	6.14	1.67
Shifts between day and night	100.00	35.10	34.59	23.55	5.29	1.47
Both day and night	100.00	33.90	30.94	25.01	8.24	1.90
By Status						
Employer	100.00	32.54	36.50	24.50	5.56	0.90
Privately employed	100.00	38.21	35.35	20.40	4.95	1.08
Government employed	100.00	37.26	35.70	20.68	4.79	1.57
Self-employed	100.00	37.31	35.95	20.08	5.09	1.56
Unpaid family worker	100.00	35.89	37.22	18.80	5.96	2.14
The Unemployed	100.00	37.72	34.51	19.15	6.92	1.70
Seeking or waiting for job	100.00	34.01	33.26	21.54	8.34	2.85
Pursuing education	100.00	43.78	35.26	15.84	4.33	0.79
Dealing with family matters	100.00	35.85	35.17	20.29	7.00	1.70
Chronic, hamdicapped, or old-aged	100.00	34.54	33.21	20.57	9.49	2.18
Idle or unwilling to work	100.00	38.76	35.29	18.31	5.99	1.65
Other	100.00	44.36	34.11	15.96	3.48	2.09
<b>By individual's annual income</b>						
No income	100.00	39.91	32.89	19.13	6.44	1.63
Less than 200,000	100.00	34.07	37.04	19.49	7.38	2.02
200,000 - less than 300,000	100.00	37.88	36.09	19.81	4.98	1.24
300,000 - less than 400,000	100.00	38.53	35.70	19.96	5.12	0.69
400,000 - less than 600,000	100.00	38.09	35.61	20.58	4.16	1.56
600,000 - less than 800,000	100.00	37.15	35.56	21.12	5.24	0.94
800,000 - less than 1000,000	100.00	34.73	37.15	22.34	4.88	0.90
800,000 - less than 1500,000	100.00	33.96	35.90	22.80	5.78	1.56
1,500,000 and over	100.00	27.47	37.99	30.65	3.53	0.35
<b>By bedtime</b>						
20:00~22:00	100.00	40.71	35.47	16.30	5.87	1.66
22:00~24:00	100.00	39.60	36.24	18.71	4.49	0.96
00:00~02:00	100.00	28.16	31.81	28.09	9.60	2.34
02:00~04:00	100.00	24.72	24.90	26.38	16.65	7.35
04:00~06:00	100.00	23.83	32.86	17.63	19.75	5.93
Other	100.00	27.53	28.12	24.01	14.36	5.98