

Table 1-5 The Sleeping Quality in the Recent Month

		September, 2005		Unit : One thousand people
Item	Total	No insomnia	Insomnia	
Total	18,385	13,901	4,484	
By area				
Northern area	8,043	6,080	1,962	
Central area	4,581	3,482	1,099	
Southern area	5,282	3,965	1,317	
Eastern area	479	373	106	
By sex and age				
15 - 24	3,464	2,744	720	
25 - 34	3,760	2,980	780	
35 - 44	3,786	2,904	882	
45 - 54	3,382	2,632	751	
55 - 64	1,807	1,328	479	
65 and over	2,186	1,314	871	
Male	9,280	7,287	1,993	
15 - 24	1,785	1,441	344	
25 - 34	1,905	1,568	337	
35 - 44	1,914	1,512	402	
45 - 54	1,694	1,377	317	
55 - 64	889	690	200	
65 and over	1,092	699	393	
Female	9,105	6,614	2,490	
15 - 24	1,679	1,303	375	
25 - 34	1,855	1,412	444	
35 - 44	1,872	1,392	480	
45 - 54	1,688	1,254	434	
55 - 64	918	638	279	
65 and over	1,093	615	478	

Table 1-5 The Sleeping Quality in the Recent Month (Cont. 1)

Item	September, 2005		Unit : One thousand people
	Total	No insomnia	Insomnia
By sex and education background			
Elementary school and beneath	4,060	2,710	1,349
Junior high school/primary vocational school	2,547	1,946	601
Senior high school/senior vocational school	6,207	4,795	1,412
University and above	5,572	4,450	1,122
Male	9,280	7,287	1,993
Elementary school and beneath	1,618	1,135	484
Junior high school/primary vocational school	1,453	1,138	315
Senior high school/senior vocational school	3,239	2,588	651
University and above	2,969	2,426	543
Female	9,105	6,614	2,490
Elementary school and beneath	2,441	1,575	866
Junior high school/primary vocational school	1,094	808	285
Senior high school/senior vocational school	2,967	2,207	761
University and above	2,603	2,024	579
By sex and marriage status			
Single	5,875	4,711	1,165
Married or co-habiting	10,930	8,203	2,727
Divorced or separated, widow/widower	1,580	988	592
Male	9,280	7,287	1,993
Single	3,242	2,655	587
Married or co-habiting	5,538	4,285	1,254
Divorced or separated, widow/widower	500	348	152
Female	9,105	6,614	2,490
Single	2,633	2,056	577
Married or co-habiting	5,391	3,918	1,473
Divorced or separated, widow/widower	1,080	640	440
By religious belief			
No	4,173	3,170	1,003
Yes	14,212	10,731	3,481

Table 1-5 The Sleeping Quality in the Recent Month (Cont. 2)

Item	September, 2005		Unit : One thousand people
	Total	No insomnia	Insomnia
By work			
The employed	10,681	8,454	2,227
By status			
Employer	462	361	101
Privately employed	6,648	5,282	1,366
Government employed	1,090	897	194
Self-employed	1,782	1,375	407
Unpaid family worker	699	539	160
By work time			
Permanently works a day shift duty	8,944	7,197	1,748
Permanently works a evening shift duty	376	267	109
Permanently works a graveyard shift duty	136	96	40
Works on both evening and graveyard shifts	67	45	22
Works day and evening shifts in alternate periods	532	404	128
Works on both day and evening shifts	549	395	155
Other	77	51	26
By nature of work or profession			
Legislators, gov. administrators, business executives & managers	443	362	80
Professionals	879	722	157
Technicians and associate professionals	1,523	1,201	322
Clerks	1,412	1,110	302
Service workers and shop and market sales workers	2,377	1,790	587
Agricultural, animal husbandry, forestry and fishing workers	633	506	127
Prod. & machine operators and related workers	3,413	2,762	652
The unemployed	7,704	5,448	2,256
Seeking or waiting for job	712	508	204
Pursuing education	2,002	1,616	386
Dealing with family matters	2,382	1,722	660
Chronic, handicapped, or old-aged	2,036	1,170	867
Idle or unwilling to work	437	332	105
Other	133	100	34

Table 1-5 The Sleeping Quality in the Recent Month (Cont. 3)

Item	September, 2005		Unit : One thousand people
	Total	No insomnia	Insomnia
By individual's annual income			
Less than 200,000	8,822	6,287	2,535
200,000 - less than 300,000	2,753	2,072	682
300,000 - less than 400,000	2,437	1,985	452
400,000 - less than 600,000	2,399	1,955	444
600,000 - less than 800,000	1,082	875	208
800,000 - less than 1000,000	490	404	87
1,000,000 and over	401	324	77
By bedtime			
20:00 22:00	2,973	2,085	888
22:00 24:00	11,494	9,276	2,219
00:00 02:00	3,024	2,025	998
02:00 04:00	372	182	190
04:00 06:00	133	75	58
Other	390	258	131
By length of sleeping hours			
Less than 5 hours	615	224	390
6 - 9 hours	17,014	13,186	3,828
10 hours and over	757	491	265
By constant or regular exercise			
No	11,038	8,171	2,867
Yes	7,347	5,731	1,616