

Table 1-5-1 The Sleeping Quality in the Recent Month
- By Having Difficulty Falling Asleep

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	5,392	6,200	4,671	1,705	417
By area						
Northern area	8,043	2,357	2,800	2,048	656	182
Central area	4,581	1,383	1,508	1,130	459	102
Southern area	5,282	1,462	1,766	1,398	537	120
Eastern area	479	190	127	96	52	13
By sex and age						
15 - 24	3,464	1,518	1,203	580	135	28
25 - 34	3,760	1,254	1,401	848	217	40
35 - 44	3,786	1,011	1,304	1,074	326	70
45 - 54	3,382	832	1,131	999	337	83
55 - 64	1,807	403	568	534	234	68
65 and over	2,186	373	592	637	456	128
Male	9,280	3,084	3,187	2,106	710	193
15 - 24	1,785	857	594	264	55	15
25 - 34	1,905	711	699	380	89	26
35 - 44	1,914	582	661	480	157	34
45 - 54	1,694	468	600	457	133	36
55 - 64	889	236	310	235	84	25
65 and over	1,092	230	324	290	192	56
Female	9,105	2,308	3,013	2,565	995	224
15 - 24	1,679	661	609	317	80	13
25 - 34	1,855	543	703	468	128	13
35 - 44	1,872	430	643	594	169	36
45 - 54	1,688	364	531	542	205	47
55 - 64	918	168	258	298	150	43
65 and over	1,093	143	268	347	264	71

Table 1-5-1 The Sleeping Quality in the Recent Month (Cont. 1)
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Item	Total	Never	Seldom	Sometimes	Often	Always
By sex and education background						
Elementary school and beneath	4,060	811	1,210	1,164	681	194
Junior high school/primary vocational school	2,547	714	835	689	250	59
Senior high school/senior vocational school	6,207	2,088	2,021	1,547	453	97
University and above	5,572	1,780	2,134	1,271	321	66
Male	9,280	3,084	3,187	2,106	710	193
Elementary school and beneath	1,618	388	529	413	217	71
Junior high school/primary vocational school	1,453	458	483	357	121	34
Senior high school/senior vocational school	3,239	1,217	1,060	695	220	48
University and above	2,969	1,020	1,115	642	152	39
Female	9,105	2,308	3,013	2,565	995	224
Elementary school and beneath	2,441	422	680	752	464	123
Junior high school/primary vocational school	1,094	255	352	332	129	25
Senior high school/senior vocational school	2,967	871	961	853	233	49
University and above	2,603	759	1,019	629	169	27
By sex and marriage status						
Single	5,875	2,352	2,114	1,066	277	66
Married or co-habiting	10,930	2,758	3,645	3,124	1,127	275
Divorced or separated, widow/widower	1,580	282	441	481	301	75
Male	9,280	3,084	3,187	2,106	710	193
Single	3,242	1,417	1,115	538	131	42
Married or co-habiting	5,538	1,551	1,912	1,442	501	133
Divorced or separated, widow/widower	500	116	160	127	78	19
Female	9,105	2,308	3,013	2,565	995	224
Single	2,633	935	999	528	146	25
Married or co-habiting	5,391	1,207	1,733	1,683	626	143
Divorced or separated, widow/widower	1,080	166	280	354	223	56
By religious belief						
No	4,173	1,451	1,440	935	282	64
Yes	14,212	3,941	4,760	3,736	1,422	353

Table 1-5-1 The Sleeping Quality in the Recent Month (Cont. 2)
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September, 2005

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Item	Total	Never	Seldom	Sometimes	Often	Always
By work						
The employed	10,681	3,216	3,866	2,691	745	164
By status						
Employer	462	117	175	115	46	10
Privately employed	6,648	2,076	2,456	1,629	401	86
Government employed	1,090	316	417	278	67	12
Self-employed	1,782	515	596	476	155	40
Unpaid family worker	699	192	223	193	75	15
By work time						
Permanently works a day shift duty	8,944	2,736	3,301	2,219	562	126
Permanently works a evening shift duty	376	105	119	95	44	13
Permanently works a graveyard shift duty	136	45	33	43	12	3
Works on both evening and graveyard shifts	67	18	20	14	11	3
Works day and evening shifts in alternate periods	532	146	200	137	45	4
Works on both day and evening shifts	549	147	166	162	62	12
Other	77	19	27	20	8	3
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	108	178	114	38	5
Professionals	879	245	361	221	43	9
Technicians and associate professionals	1,523	486	571	361	89	17
Clerks	1,412	376	553	366	102	15
Service workers and shop and market sales workers	2,377	683	795	666	190	42
Agricultural, animal husbandry, forestry and fishing workers	633	202	224	133	58	16
Prod. & machine operators and related workers	3,413	1,116	1,183	830	224	61
The unemployed	7,704	2,176	2,334	1,981	960	253
Seeking or waiting for job	712	196	235	187	79	16
Pursuing education	2,002	963	666	301	60	12
Dealing with family matters	2,382	521	722	749	312	77
Chronic, handicapped, or old-aged	2,036	329	516	602	458	131
Idle or unwilling to work	437	116	149	114	44	14
Other	133	50	46	28	6	3

Table 1-5-1 The Sleeping Quality in the Recent Month (Cont. 3)
 - By Having Difficulty Falling Asleep

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
By individual's annual income						
Less than 200,000	8,822	2,498	2,711	2,288	1,053	271
200,000 - less than 300,000	2,753	765	966	730	240	52
300,000 - less than 400,000	2,437	834	883	537	150	34
400,000 - less than 600,000	2,399	749	889	593	134	34
600,000 - less than 800,000	1,082	311	395	289	74	15
800,000 - less than 1000,000	490	130	198	130	26	7
1,000,000 and over	401	105	160	105	27	3
By bedtime						
20:00 22:00	2,973	712	934	807	409	111
22:00 24:00	11,494	3,647	4,020	2,820	825	182
00:00 02:00	3,024	814	1,002	800	327	81
02:00 04:00	372	83	92	102	72	21
04:00 06:00	133	40	34	32	19	8
Other	390	96	117	109	53	14
By length of sleeping hours						
Less than 5 hours	615	120	110	149	165	70
6 - 9 hours	17,014	5,080	5,872	4,320	1,420	321
10 hours and over	757	191	218	202	120	26
By constant or regular exercise						
No	11,038	3,257	3,718	2,726	1,074	263
Yes	7,347	2,135	2,482	1,945	630	154