

Table 1-5-10 The Sleeping Quality in the Recent Month
- By Sleep Can Not Make Me Feel Energetic

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	4,753	6,245	4,764	2,020	603
By area						
Northern area	8,043	1,904	2,763	2,180	929	267
Central area	4,581	1,329	1,531	1,116	473	133
Southern area	5,282	1,331	1,805	1,380	580	186
Eastern area	479	190	147	87	38	17
By sex and age						
15 - 24	3,464	1,057	1,066	851	364	126
25 - 34	3,760	961	1,245	970	432	151
35 - 44	3,786	863	1,251	1,086	458	128
45 - 54	3,382	852	1,255	857	335	84
55 - 64	1,807	482	647	459	172	47
65 and over	2,186	538	781	540	258	67
Male	9,280	2,562	3,196	2,334	920	268
15 - 24	1,785	586	543	426	172	59
25 - 34	1,905	508	653	489	189	67
35 - 44	1,914	471	645	529	212	55
45 - 54	1,694	453	647	406	146	42
55 - 64	889	251	318	224	75	20
65 and over	1,092	293	390	259	126	25
Female	9,105	2,191	3,048	2,430	1,100	335
15 - 24	1,679	471	523	425	193	67
25 - 34	1,855	453	592	482	243	85
35 - 44	1,872	392	606	557	246	73
45 - 54	1,688	399	607	451	189	42
55 - 64	918	230	329	235	97	26
65 and over	1,093	246	392	281	133	42

Table 1-5-10 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	1,056	1,419	999	466	119
Junior high school/primary vocational school	2,547	716	886	614	258	73
Senior high school/senior vocational school	6,207	1,641	2,062	1,601	667	235
University and above	5,572	1,340	1,877	1,550	629	176
Male	9,280	2,562	3,196	2,334	920	268
Elementary school and beneath	1,618	458	554	394	175	39
Junior high school/primary vocational school	1,453	424	504	345	140	40
Senior high school/senior vocational school	3,239	933	1,103	791	299	113
University and above	2,969	748	1,035	803	306	77
Female	9,105	2,191	3,048	2,430	1,100	335
Elementary school and beneath	2,441	598	866	605	291	80
Junior high school/primary vocational school	1,094	292	382	268	118	33
Senior high school/senior vocational school	2,967	709	959	809	368	123
University and above	2,603	592	841	747	323	99
By sex and marriage status						
Single	5,875	1,694	1,900	1,474	607	200
Married or co-habiting	10,930	2,697	3,801	2,881	1,205	345
Divorced or separated, widow/widower	1,580	361	544	409	208	58
Male	9,280	2,562	3,196	2,334	920	268
Single	3,242	1,004	1,058	779	304	98
Married or co-habiting	5,538	1,436	1,958	1,427	561	156
Divorced or separated, widow/widower	500	122	180	128	55	15
Female	9,105	2,191	3,048	2,430	1,100	335
Single	2,633	691	842	695	303	102
Married or co-habiting	5,391	1,261	1,842	1,454	645	189
Divorced or separated, widow/widower	1,080	239	364	281	152	44
By religious belief						
No	4,173	1,020	1,432	1,073	480	169
Yes	14,212	3,733	4,813	3,691	1,540	435

Table 1-5-10 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	2,708	3,642	2,827	1,150	355
By status						
Employer	462	110	155	136	46	15
Privately employed	6,648	1,668	2,254	1,788	717	222
Government employed	1,090	281	365	289	117	38
Self-employed	1,782	468	628	430	200	56
Unpaid family worker	699	180	240	184	71	24
By work time						
Permanently works a day shift duty	8,944	2,340	3,104	2,338	902	261
Permanently works a evening shift duty	376	76	118	102	54	25
Permanently works a graveyard shift duty	136	25	48	38	20	6
Works on both evening and graveyard shifts	67	15	17	18	11	5
Works day and evening shifts in alternate periods	532	114	176	163	60	20
Works on both day and evening shifts	549	125	150	150	93	32
Other	77	14	29	18	10	6
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	95	158	136	43	10
Professionals	879	187	300	263	107	21
Technicians and associate professionals	1,523	362	497	414	191	60
Clerks	1,412	306	496	395	164	51
Service workers and shop and market sales workers	2,377	573	760	641	297	107
Agricultural, animal husbandry, forestry and fishing workers	633	236	220	123	40	14
Prod. & machine operators and related workers	3,413	948	1,211	855	308	92
The unemployed	7,704	2,046	2,603	1,937	869	249
Seeking or waiting for job	712	162	242	179	94	36
Pursuing education	2,002	622	628	494	198	61
Dealing with family matters	2,382	620	850	597	251	64
Chronic, hamdicapped, or old-aged	2,036	468	695	532	270	71
Idle or unwilling to work	437	134	150	101	40	12
Other	133	39	39	33	18	5

Table 1-5-10 The Sleeping Quality in the Recent Month (Cont. 3)
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September, 2005

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Item	Total	Never	Seldom	Sometimes	Often	Always
By individual's annual income						
Less than 200,000	8,822	2,351	2,931	2,239	998	304
200,000 - less than 300,000	2,753	660	926	728	339	101
300,000 - less than 400,000	2,437	655	846	621	233	82
400,000 - less than 600,000	2,399	620	861	618	237	64
600,000 - less than 800,000	1,082	260	383	289	123	27
800,000 - less than 1000,000	490	118	165	145	49	14
1,000,000 and over	401	90	133	124	41	12
By bedtime						
20:00 22:00	2,973	866	1,084	680	273	69
22:00 24:00	11,494	3,257	4,045	2,878	1,037	277
00:00 02:00	3,024	488	887	945	524	180
02:00 04:00	372	49	76	104	106	37
04:00 06:00	133	23	31	38	32	9
Other	390	70	121	119	47	32
By length of sleeping hours						
Less than 5 hours	615	72	114	162	179	88
6 - 9 hours	17,014	4,475	5,906	4,411	1,742	480
10 hours and over	757	207	225	191	98	35
By constant or regular exercise						
No	11,038	2,781	3,570	2,914	1,341	432
Yes	7,347	1,972	2,675	1,850	678	172