

Table 1-5-11 The Sleeping Quality in the Recent Month
 - By Being Unable to Get Sufficient Sleep Despite Having Lain in Bed for A Long Time

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	5,701	6,452	3,900	1,821	511
By area						
Northern area	8,043	2,329	2,905	1,774	811	225
Central area	4,581	1,541	1,543	942	430	125
Southern area	5,282	1,614	1,875	1,105	542	146
Eastern area	479	218	130	79	38	15
By sex and age						
15 - 24	3,464	1,279	1,145	667	290	83
25 - 34	3,760	1,177	1,299	809	366	110
35 - 44	3,786	1,079	1,322	884	393	108
45 - 54	3,382	1,029	1,261	678	321	93
55 - 64	1,807	550	658	381	172	46
65 and over	2,186	587	767	480	281	71
Male	9,280	3,079	3,329	1,874	786	212
15 - 24	1,785	698	589	322	140	36
25 - 34	1,905	614	680	420	144	46
35 - 44	1,914	591	687	422	169	45
45 - 54	1,694	554	648	314	137	42
55 - 64	889	298	327	177	68	19
65 and over	1,092	324	396	220	128	24
Female	9,105	2,622	3,124	2,026	1,035	298
15 - 24	1,679	581	555	345	150	47
25 - 34	1,855	563	618	389	221	64
35 - 44	1,872	488	635	462	224	63
45 - 54	1,688	476	613	364	184	51
55 - 64	918	252	331	205	103	27
65 and over	1,093	262	371	261	153	47

Table 1-5-11 The Sleeping Quality in the Recent Month (Cont. 1)

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September, 2005

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Item	Total	Never	Seldom	Sometimes	Often	Always
By sex and education background						
Elementary school and beneath	4,060	1,182	1,406	851	494	126
Junior high school/primary vocational school	2,547	837	868	521	246	74
Senior high school/senior vocational school	6,207	2,011	2,123	1,325	574	173
University and above	5,572	1,671	2,055	1,203	506	137
Male	9,280	3,079	3,329	1,874	786	212
Elementary school and beneath	1,618	516	573	317	175	37
Junior high school/primary vocational school	1,453	497	497	296	127	36
Senior high school/senior vocational school	3,239	1,120	1,131	657	249	82
University and above	2,969	946	1,127	605	234	57
Female	9,105	2,622	3,124	2,026	1,035	298
Elementary school and beneath	2,441	666	833	535	319	89
Junior high school/primary vocational school	1,094	340	371	225	119	39
Senior high school/senior vocational school	2,967	891	992	668	325	91
University and above	2,603	725	927	598	272	80
By sex and marriage status						
Single	5,875	2,037	2,030	1,184	493	132
Married or co-habiting	10,930	3,262	3,885	2,355	1,119	310
Divorced or separated, widow/widower	1,580	403	538	361	210	69
Male	9,280	3,079	3,329	1,874	786	212
Single	3,242	1,200	1,126	613	240	63
Married or co-habiting	5,538	1,737	2,018	1,146	500	138
Divorced or separated, widow/widower	500	142	185	115	46	12
Female	9,105	2,622	3,124	2,026	1,035	298
Single	2,633	837	904	571	253	70
Married or co-habiting	5,391	1,524	1,867	1,210	619	172
Divorced or separated, widow/widower	1,080	261	353	246	164	57
By religious belief						
No	4,173	1,276	1,522	879	377	118
Yes	14,212	4,424	4,930	3,020	1,444	393

Table 1-5-11 The Sleeping Quality in the Recent Month (Cont. 2)

- By Being Unable to Get Sufficient Sleep Despite Having Lain in Bed for A Long Time

September, 2005

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Item	Total	Never	Seldom	Sometimes	Often	Always
By work						
The employed	10,681	3,288	3,829	2,298	982	283
By status						
Employer	462	142	164	103	38	15
Privately employed	6,648	2,024	2,374	1,467	612	170
Government employed	1,090	345	392	226	96	31
Self-employed	1,782	572	642	355	168	46
Unpaid family worker	699	205	258	146	68	22
By work time						
Permanently works a day shift duty	8,944	2,823	3,267	1,878	771	206
Permanently works a evening shift duty	376	100	115	88	56	17
Permanently works a graveyard shift duty	136	39	39	39	14	6
Works on both evening and graveyard shifts	67	17	18	18	8	6
Works day and evening shifts in alternate periods	532	137	194	132	52	17
Works on both day and evening shifts	549	155	169	127	72	28
Other	77	18	28	16	10	4
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	132	173	96	33	8
Professionals	879	241	331	212	82	14
Technicians and associate professionals	1,523	440	556	336	141	50
Clerks	1,412	388	512	324	147	40
Service workers and shop and market sales workers	2,377	680	828	526	258	84
Agricultural, animal husbandry, forestry and fishing workers	633	260	222	103	41	7
Prod. & machine operators and related workers	3,413	1,147	1,205	701	280	80
The unemployed	7,704	2,413	2,623	1,602	839	227
Seeking or waiting for job	712	198	230	158	91	35
Pursuing education	2,002	782	681	366	138	36
Dealing with family matters	2,382	723	815	523	257	64
Chronic, hamdicapped, or old-aged	2,036	507	704	445	299	80
Idle or unwilling to work	437	155	150	88	35	9
Other	133	47	42	22	19	3

Table 1-5-11 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	2,735	3,009	1,849	969	260
200,000 - less than 300,000	2,753	807	933	629	302	84
300,000 - less than 400,000	2,437	809	862	501	198	68
400,000 - less than 600,000	2,399	755	892	503	195	55
600,000 - less than 800,000	1,082	323	420	230	87	23
800,000 - less than 1000,000	490	148	190	101	42	10
1,000,000 and over	401	125	148	89	29	11
By bedtime						
20:00 22:00	2,973	958	1,069	593	283	71
22:00 24:00	11,494	3,880	4,120	2,288	969	237
00:00 02:00	3,024	676	1,019	774	419	137
02:00 04:00	372	57	97	103	79	35
04:00 06:00	133	34	31	41	20	7
Other	390	96	117	101	52	24
By length of sleeping hours						
Less than 5 hours	615	103	127	148	153	83
6 - 9 hours	17,014	5,364	6,104	3,593	1,562	391
10 hours and over	757	233	222	158	106	37
By constant or regular exercise						
No	11,038	3,349	3,744	2,382	1,217	346
Yes	7,347	2,352	2,708	1,518	605	165