

Table 1-5-12 The Sleeping Quality in the Recent Month
- By My Sleep Makes Me Feel Tired in the Daytime

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	5,659	6,711	4,172	1,446	396
By area						
Northern area	8,043	2,290	3,020	1,894	665	174
Central area	4,581	1,565	1,576	999	351	90
Southern area	5,282	1,586	1,979	1,200	395	122
Eastern area	479	217	137	80	35	10
By sex and age						
15 - 24	3,464	1,266	1,169	734	231	63
25 - 34	3,760	1,155	1,398	835	281	91
35 - 44	3,786	1,059	1,373	965	311	78
45 - 54	3,382	1,035	1,270	747	270	60
55 - 64	1,807	543	684	404	133	43
65 and over	2,186	600	817	488	220	61
Male	9,280	3,051	3,415	1,998	633	182
15 - 24	1,785	694	594	358	109	31
25 - 34	1,905	611	709	430	113	41
35 - 44	1,914	576	703	455	142	37
45 - 54	1,694	558	645	343	119	30
55 - 64	889	280	353	186	52	19
65 and over	1,092	334	412	226	98	24
Female	9,105	2,607	3,296	2,174	813	214
15 - 24	1,679	573	575	376	123	32
25 - 34	1,855	545	689	404	167	49
35 - 44	1,872	483	669	510	169	41
45 - 54	1,688	477	625	404	151	30
55 - 64	918	263	332	218	80	24
65 and over	1,093	267	405	262	122	37

Table 1-5-12 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	1,194	1,502	875	387	102
Junior high school/primary vocational school	2,547	852	868	581	194	52
Senior high school/senior vocational school	6,207	2,024	2,176	1,387	481	139
University and above	5,572	1,588	2,166	1,330	384	104
Male	9,280	3,051	3,415	1,998	633	182
Elementary school and beneath	1,618	522	604	317	142	33
Junior high school/primary vocational school	1,453	518	488	324	91	32
Senior high school/senior vocational school	3,239	1,132	1,151	674	213	68
University and above	2,969	879	1,172	683	187	49
Female	9,105	2,607	3,296	2,174	813	214
Elementary school and beneath	2,441	672	898	559	244	68
Junior high school/primary vocational school	1,094	334	379	257	103	21
Senior high school/senior vocational school	2,967	892	1,025	712	268	70
University and above	2,603	709	994	647	198	55
By sex and marriage status						
Single	5,875	2,045	2,089	1,239	391	111
Married or co-habiting	10,930	3,195	4,070	2,544	885	236
Divorced or separated, widow/widower	1,580	418	553	389	170	50
Male	9,280	3,051	3,415	1,998	633	182
Single	3,242	1,195	1,142	650	195	59
Married or co-habiting	5,538	1,708	2,086	1,230	398	116
Divorced or separated, widow/widower	500	148	188	118	40	7
Female	9,105	2,607	3,296	2,174	813	214
Single	2,633	850	947	589	196	52
Married or co-habiting	5,391	1,487	1,984	1,314	487	119
Divorced or separated, widow/widower	1,080	271	365	271	130	43
By religious belief						
No	4,173	1,277	1,577	915	316	87
Yes	14,212	4,381	5,134	3,257	1,131	309

Table 1-5-12 The Sleeping Quality in the Recent Month (Cont. 2)
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Item	Total	Never	Seldom	Sometimes	Often	Always
By work						
The employed	10,681	3,270	3,965	2,464	761	220
By status						
Employer	462	133	175	117	25	13
Privately employed	6,648	2,038	2,444	1,560	473	132
Government employed	1,090	315	429	250	76	21
Self-employed	1,782	576	655	379	135	36
Unpaid family worker	699	208	262	158	53	18
By work time						
Permanently works a day shift duty	8,944	2,816	3,392	2,002	575	158
Permanently works a evening shift duty	376	95	117	105	41	17
Permanently works a graveyard shift duty	136	31	47	43	12	4
Works on both evening and graveyard shifts	67	25	14	16	7	5
Works day and evening shifts in alternate periods	532	135	202	134	49	12
Works on both day and evening shifts	549	154	159	147	67	23
Other	77	15	33	16	11	2
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	117	185	110	23	7
Professionals	879	233	349	228	63	8
Technicians and associate professionals	1,523	441	542	391	117	33
Clerks	1,412	355	566	361	101	29
Service workers and shop and market sales workers	2,377	689	837	570	206	74
Agricultural, animal husbandry,forestry and fishing workers	633	265	226	102	32	8
Prod. &machine operators and related workers	3,413	1,170	1,259	703	219	63
The unemployed	7,704	2,388	2,746	1,708	685	176
Seeking or waiting for job	712	195	252	156	85	24
Pursuing education	2,002	764	687	411	112	28
Dealing with family matters	2,382	711	874	555	197	45
Chronic, hamdicapped, or old-aged	2,036	520	734	469	245	67
Idle or unwilling to work	437	148	164	81	35	9
Other	133	49	35	35	11	3

Table 1-5-12 The Sleeping Quality in the Recent Month (Cont. 3)
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Item	Total	Never	Seldom	Sometimes	Often	Always
By individual's annual income						
Less than 200,000	8,822	2,721	3,130	1,984	779	208
200,000 - less than 300,000	2,753	831	977	646	236	64
300,000 - less than 400,000	2,437	820	886	519	160	52
400,000 - less than 600,000	2,399	735	936	547	141	40
600,000 - less than 800,000	1,082	311	418	267	71	15
800,000 - less than 1000,000	490	138	198	106	41	7
1,000,000 and over	401	103	166	103	19	10
By bedtime						
20:00 22:00	2,973	971	1,124	587	228	63
22:00 24:00	11,494	3,845	4,315	2,440	724	171
00:00 02:00	3,024	660	1,019	875	366	103
02:00 04:00	372	55	99	119	69	30
04:00 06:00	133	33	31	42	17	10
Other	390	95	124	109	42	20
By length of sleeping hours						
Less than 5 hours	615	101	112	196	145	61
6 - 9 hours	17,014	5,322	6,368	3,815	1,207	301
10 hours and over	757	235	232	161	94	34
By constant or regular exercise						
No	11,038	3,329	3,902	2,542	985	280
Yes	7,347	2,329	2,810	1,630	461	116