

Table 1-5-2 The Sleeping Quality in the Recent Month
- By Taking One Hour and More to Fall Asleep

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	6,467	6,388	3,582	1,522	426
By area						
Northern area	8,043	2,829	2,894	1,520	625	174
Central area	4,581	1,664	1,536	881	390	110
Southern area	5,282	1,758	1,830	1,094	470	131
Eastern area	479	215	128	86	38	12
By sex and age						
15 - 24	3,464	1,726	1,157	425	127	29
25 - 34	3,760	1,516	1,356	650	196	43
35 - 44	3,786	1,266	1,359	803	288	71
45 - 54	3,382	1,039	1,201	742	318	83
55 - 64	1,807	485	619	423	208	72
65 and over	2,186	436	696	540	385	129
Male	9,280	3,611	3,188	1,650	643	187
15 - 24	1,785	942	568	201	60	14
25 - 34	1,905	838	661	297	83	26
35 - 44	1,914	697	668	373	141	34
45 - 54	1,694	579	610	345	127	33
55 - 64	889	291	310	191	71	26
65 and over	1,092	264	371	243	161	54
Female	9,105	2,856	3,200	1,932	879	239
15 - 24	1,679	783	590	224	67	15
25 - 34	1,855	678	695	352	113	17
35 - 44	1,872	569	690	430	147	37
45 - 54	1,688	460	591	396	191	50
55 - 64	918	194	309	232	137	46
65 and over	1,093	172	325	297	224	75

Table 1-5-2 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	988	1,342	941	594	195
Junior high school/primary vocational school	2,547	850	865	537	233	62
Senior high school/senior vocational school	6,207	2,496	2,050	1,125	431	105
University and above	5,572	2,133	2,131	978	264	65
Male	9,280	3,611	3,188	1,650	643	187
Elementary school and beneath	1,618	482	547	339	185	65
Junior high school/primary vocational school	1,453	543	488	268	118	36
Senior high school/senior vocational school	3,239	1,410	1,029	542	206	53
University and above	2,969	1,176	1,124	501	134	34
Female	9,105	2,856	3,200	1,932	879	239
Elementary school and beneath	2,441	505	795	602	409	130
Junior high school/primary vocational school	1,094	307	377	269	115	26
Senior high school/senior vocational school	2,967	1,086	1,021	583	225	52
University and above	2,603	957	1,007	477	130	32
By sex and marriage status						
Single	5,875	2,695	2,050	811	248	71
Married or co-habiting	10,930	3,434	3,828	2,381	1,017	270
Divorced or separated, widow/widower	1,580	338	510	391	257	85
Male	9,280	3,611	3,188	1,650	643	187
Single	3,242	1,583	1,076	415	130	38
Married or co-habiting	5,538	1,889	1,957	1,120	446	126
Divorced or separated, widow/widower	500	139	155	115	67	23
Female	9,105	2,856	3,200	1,932	879	239
Single	2,633	1,112	974	396	119	33
Married or co-habiting	5,391	1,545	1,871	1,260	571	144
Divorced or separated, widow/widower	1,080	198	355	276	189	62
By religious belief						
No	4,173	1,661	1,502	680	254	76
Yes	14,212	4,806	4,885	2,902	1,268	350

Table 1-5-2 The Sleeping Quality in the Recent Month (Cont. 2)
- By Taking One Hour and More to Fall Asleep

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
By work						
The employed	10,681	3,959	3,866	2,025	672	158
By status						
Employer	462	158	156	103	38	7
Privately employed	6,648	2,532	2,441	1,227	365	82
Government employed	1,090	402	425	190	63	10
Self-employed	1,782	642	600	355	147	38
Unpaid family worker	699	226	244	150	59	21
By work time						
Permanently works a day shift duty	8,944	3,375	3,289	1,665	492	122
Permanently works a evening shift duty	376	122	120	78	44	11
Permanently works a graveyard shift duty	136	49	41	30	15	1
Works on both evening and graveyard shifts	67	22	18	15	9	4
Works day and evening shifts in alternate periods	532	182	190	108	44	7
Works on both day and evening shifts	549	183	183	113	59	11
Other	77	26	25	16	8	2
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	149	162	99	29	4
Professionals	879	314	359	158	39	9
Technicians and associate professionals	1,523	599	554	289	66	16
Clerks	1,412	483	566	261	87	15
Service workers and shop and market sales workers	2,377	827	822	493	188	47
Agricultural, animal husbandry, forestry and fishing workers	633	248	203	115	53	15
Prod. & machine operators and related workers	3,413	1,340	1,201	610	210	53
The unemployed	7,704	2,507	2,521	1,557	850	268
Seeking or waiting for job	712	237	234	143	78	20
Pursuing education	2,002	1,075	649	215	53	10
Dealing with family matters	2,382	625	815	572	285	86
Chronic, handicapped, or old-aged	2,036	379	619	520	384	133
Idle or unwilling to work	437	141	153	85	43	16
Other	133	51	51	22	7	3

Table 1-5-2 The Sleeping Quality in the Recent Month (Cont. 3)
 - By Taking One Hour and More to Fall 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	2,920	2,867	1,807	940	289
200,000 - less than 300,000	2,753	963	967	551	217	55
300,000 - less than 400,000	2,437	983	879	413	131	31
400,000 - less than 600,000	2,399	917	891	439	121	31
600,000 - less than 800,000	1,082	387	411	208	64	13
800,000 - less than 1000,000	490	159	209	94	25	3
1,000,000 and over	401	138	164	71	24	3
By bedtime						
20:00 22:00	2,973	827	1,013	664	363	106
22:00 24:00	11,494	4,390	4,074	2,121	721	189
00:00 02:00	3,024	993	1,035	602	311	82
02:00 04:00	372	97	106	80	64	26
04:00 06:00	133	47	37	21	21	7
Other	390	113	124	94	43	16
By length of sleeping hours						
Less than 5 hours	615	144	129	127	141	73
6 - 9 hours	17,014	6,101	6,026	3,291	1,274	322
10 hours and over	757	222	233	163	107	32
By constant or regular exercise						
No	11,038	3,921	3,771	2,126	939	281
Yes	7,347	2,546	2,617	1,456	584	145