

Table 1-5-3 The Sleeping Quality in the Recent Month

- By Waking up More Than Three Times in the Night

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	7,784	6,059	2,939	1,299	304
By area						
Northern area	8,043	3,436	2,637	1,283	552	135
Central area	4,581	2,024	1,448	689	349	72
Southern area	5,282	2,102	1,845	889	361	85
Eastern area	479	222	129	78	37	12
By sex and age						
15 - 24	3,464	2,127	1,008	248	75	6
25 - 34	3,760	1,882	1,244	456	143	35
35 - 44	3,786	1,558	1,329	634	221	44
45 - 54	3,382	1,253	1,189	635	247	59
55 - 64	1,807	543	624	400	199	40
65 and over	2,186	419	667	566	414	119
Male	9,280	4,281	3,061	1,310	510	118
15 - 24	1,785	1,138	494	118	32	4
25 - 34	1,905	1,047	620	180	48	11
35 - 44	1,914	881	668	289	65	12
45 - 54	1,694	674	632	273	93	22
55 - 64	889	314	297	183	80	15
65 and over	1,092	227	350	267	193	55
Female	9,105	3,503	2,999	1,629	789	185
15 - 24	1,679	989	514	130	43	2
25 - 34	1,855	835	624	276	95	25
35 - 44	1,872	678	661	346	156	32
45 - 54	1,688	579	556	361	154	37
55 - 64	918	229	327	217	119	25
65 and over	1,093	192	316	299	221	64

Table 1-5-3 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	1,091	1,313	923	580	154
Junior high school/primary vocational school	2,547	1,008	839	477	183	40
Senior high school/senior vocational school	6,207	2,987	1,969	851	331	69
University and above	5,572	2,698	1,939	688	205	42
Male	9,280	4,281	3,061	1,310	510	118
Elementary school and beneath	1,618	486	550	333	196	54
Junior high school/primary vocational school	1,453	626	486	244	79	17
Senior high school/senior vocational school	3,239	1,686	993	393	142	26
University and above	2,969	1,483	1,031	340	94	21
Female	9,105	3,503	2,999	1,629	789	185
Elementary school and beneath	2,441	605	763	589	385	100
Junior high school/primary vocational school	1,094	382	353	233	104	22
Senior high school/senior vocational school	2,967	1,301	976	458	189	43
University and above	2,603	1,215	908	348	111	20
By sex and marriage status						
Single	5,875	3,378	1,800	529	138	29
Married or co-habiting	10,930	3,992	3,770	2,048	916	204
Divorced or separated, widow/widower	1,580	413	489	362	246	71
Male	9,280	4,281	3,061	1,310	510	118
Single	3,242	1,933	954	268	70	16
Married or co-habiting	5,538	2,183	1,941	943	386	85
Divorced or separated, widow/widower	500	164	165	99	54	17
Female	9,105	3,503	2,999	1,629	789	185
Single	2,633	1,445	846	262	68	13
Married or co-habiting	5,391	1,809	1,829	1,105	530	119
Divorced or separated, widow/widower	1,080	249	324	262	191	53
By religious belief						
No	4,173	2,060	1,303	549	210	51
Yes	14,212	5,724	4,756	2,389	1,089	253

Table 1-5-3 The Sleeping Quality in the Recent Month (Cont. 2)

- By Waking up More Than Three Times in the Night

September, 2005

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Item	Total	Never	Seldom	Sometimes	Often	Always
By work						
The employed	10,681	4,829	3,714	1,542	502	95
By status						
Employer	462	190	169	69	28	6
Privately employed	6,648	3,140	2,303	882	276	46
Government employed	1,090	502	380	155	42	11
Self-employed	1,782	727	622	311	101	21
Unpaid family worker	699	270	239	125	54	11
By work time						
Permanently works a day shift duty	8,944	4,085	3,125	1,257	404	74
Permanently works a evening shift duty	376	164	120	68	20	5
Permanently works a graveyard shift duty	136	55	45	31	5	1
Works on both evening and graveyard shifts	67	27	21	9	6	3
Works day and evening shifts in alternate periods	532	236	193	75	25	3
Works on both day and evening shifts	549	233	183	88	38	8
Other	77	30	28	14	5	1
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	175	183	57	25	2
Professionals	879	422	316	111	26	4
Technicians and associate professionals	1,523	727	526	199	56	15
Clerks	1,412	609	517	209	67	10
Service workers and shop and market sales workers	2,377	1,006	828	379	137	26
Agricultural, animal husbandry, forestry and fishing workers	633	272	205	106	45	6
Prod. & machine operators and related workers	3,413	1,620	1,138	481	144	31
The unemployed	7,704	2,954	2,346	1,397	797	209
Seeking or waiting for job	712	310	226	112	50	13
Pursuing education	2,002	1,319	536	130	17	1
Dealing with family matters	2,382	743	790	521	269	60
Chronic, handicapped, or old-aged	2,036	358	611	529	412	127
Idle or unwilling to work	437	159	140	91	41	6
Other	133	67	42	14	8	2

Table 1-5-3 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	3,416	2,758	1,574	856	218
200,000 - less than 300,000	2,753	1,172	924	469	158	30
300,000 - less than 400,000	2,437	1,199	814	301	101	21
400,000 - less than 600,000	2,399	1,115	849	318	95	22
600,000 - less than 800,000	1,082	493	384	149	53	4
800,000 - less than 1000,000	490	210	183	71	21	5
1,000,000 and over	401	178	147	58	15	4
By bedtime						
20:00 22:00	2,973	874	931	650	415	103
22:00 24:00	11,494	5,257	3,753	1,703	654	128
00:00 02:00	3,024	1,305	1,088	437	152	42
02:00 04:00	372	145	110	69	34	14
04:00 06:00	133	50	46	20	14	4
Other	390	153	132	60	31	14
By length of sleeping hours						
Less than 5 hours	615	173	154	125	109	53
6 - 9 hours	17,014	7,379	5,671	2,659	1,093	212
10 hours and over	757	231	235	154	97	39
By constant or regular exercise						
No	11,038	4,756	3,595	1,713	792	182
Yes	7,347	3,027	2,465	1,226	507	122