

Table 1-5-4 The Sleeping Quality in the Recent Month
- By Spending A Long Time Falling Asleep Again after Waking up

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	7,415	6,399	3,041	1,211	318
By area						
Northern area	8,043	3,247	2,882	1,297	498	119
Central area	4,581	1,894	1,544	730	321	92
Southern area	5,282	2,037	1,844	949	357	96
Eastern area	479	237	129	65	36	11
By sex and age						
15 - 24	3,464	2,078	1,047	267	55	16
25 - 34	3,760	1,835	1,325	454	118	27
35 - 44	3,786	1,453	1,408	664	209	52
45 - 54	3,382	1,128	1,274	662	260	59
55 - 64	1,807	495	661	420	177	54
65 and over	2,186	427	684	573	392	110
Male	9,280	4,121	3,175	1,355	485	143
15 - 24	1,785	1,115	521	111	28	11
25 - 34	1,905	1,016	609	214	53	14
35 - 44	1,914	825	665	315	83	25
45 - 54	1,694	631	663	272	102	26
55 - 64	889	282	346	185	56	20
65 and over	1,092	253	372	257	164	47
Female	9,105	3,294	3,224	1,687	726	175
15 - 24	1,679	963	526	157	27	5
25 - 34	1,855	820	717	240	65	14
35 - 44	1,872	627	744	349	126	26
45 - 54	1,688	497	610	390	158	33
55 - 64	918	212	315	235	121	34
65 and over	1,093	175	311	317	228	63

Table 1-5-4 The Sleeping Quality in the Recent Month (Cont. 1)

- By Spending A Long Time Falling Asleep Again after Waking up

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
By sex and education background						
Elementary school and beneath	4,060	1,028	1,374	927	572	158
Junior high school/primary vocational school	2,547	961	883	474	183	45
Senior high school/senior vocational school	6,207	2,889	2,044	912	286	75
University and above	5,572	2,537	2,097	729	170	39
Male	9,280	4,121	3,175	1,355	485	143
Elementary school and beneath	1,618	481	587	316	178	57
Junior high school/primary vocational school	1,453	600	498	246	83	26
Senior high school/senior vocational school	3,239	1,629	1,020	417	134	40
University and above	2,969	1,411	1,071	377	90	20
Female	9,105	3,294	3,224	1,687	726	175
Elementary school and beneath	2,441	547	787	611	395	102
Junior high school/primary vocational school	1,094	361	386	228	100	20
Senior high school/senior vocational school	2,967	1,260	1,025	496	152	35
University and above	2,603	1,126	1,026	352	80	19
By sex and marriage status						
Single	5,875	3,250	1,890	559	136	39
Married or co-habiting	10,930	3,788	4,001	2,088	838	214
Divorced or separated, widow/widower	1,580	377	507	395	237	64
Male	9,280	4,121	3,175	1,355	485	143
Single	3,242	1,869	993	282	74	24
Married or co-habiting	5,538	2,100	2,010	966	358	105
Divorced or separated, widow/widower	500	152	173	108	54	14
Female	9,105	3,294	3,224	1,687	726	175
Single	2,633	1,381	898	277	62	15
Married or co-habiting	5,391	1,688	1,991	1,122	480	109
Divorced or separated, widow/widower	1,080	225	335	287	183	50
By religious belief						
No	4,173	1,967	1,390	583	182	51
Yes	14,212	5,449	5,009	2,458	1,029	267

Table 1-5-4 The Sleeping Quality in the Recent Month (Cont. 2)

- By Spending A Long Time Falling Asleep Again after Waking up

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
By work						
The employed	10,681	4,572	3,912	1,605	479	112
By status						
Employer	462	183	160	84	31	5
Privately employed	6,648	2,971	2,431	935	253	57
Government employed	1,090	455	426	161	38	11
Self-employed	1,782	706	646	297	107	26
Unpaid family worker	699	258	250	128	49	14
By work time						
Permanently works a day shift duty	8,944	3,870	3,289	1,326	375	84
Permanently works a evening shift duty	376	149	135	57	23	12
Permanently works a graveyard shift duty	136	52	56	17	11	1
Works on both evening and graveyard shifts	67	25	20	14	6	3
Works day and evening shifts in alternate periods	532	217	206	81	24	3
Works on both day and evening shifts	549	225	180	97	38	10
Other	77	34	28	12	3	1
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	153	183	79	23	5
Professionals	879	381	339	125	30	4
Technicians and associate professionals	1,523	692	563	209	50	10
Clerks	1,412	552	576	222	50	13
Service workers and shop and market sales workers	2,377	997	860	367	116	36
Agricultural, animal husbandry, forestry and fishing workers	633	266	195	113	48	10
Prod. & machine operators and related workers	3,413	1,531	1,198	488	162	34
The unemployed	7,704	2,843	2,487	1,437	732	206
Seeking or waiting for job	712	289	234	124	48	16
Pursuing education	2,002	1,284	567	126	18	7
Dealing with family matters	2,382	688	847	547	246	54
Chronic, hamdicapped, or old-aged	2,036	377	628	533	382	117
Idle or unwilling to work	437	142	161	93	34	8
Other	133	63	49	15	4	2

Table 1-5-4 The Sleeping Quality in the Recent Month (Cont. 3)

- By Spending A Long Time Falling Asleep Again after Waking up

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
By individual's annual income						
Less than 200,000	8,822	3,314	2,853	1,640	790	225
200,000 - less than 300,000	2,753	1,147	977	438	158	34
300,000 - less than 400,000	2,437	1,107	899	325	85	22
400,000 - less than 600,000	2,399	1,051	911	318	100	19
600,000 - less than 800,000	1,082	457	406	168	43	9
800,000 - less than 1000,000	490	192	199	77	18	4
1,000,000 and over	401	147	154	75	18	6
By bedtime						
20:00 22:00	2,973	857	980	666	365	105
22:00 24:00	11,494	4,947	4,054	1,754	611	128
00:00 02:00	3,024	1,286	1,057	472	151	57
02:00 04:00	372	136	123	64	35	15
04:00 06:00	133	51	45	22	12	2
Other	390	138	139	64	37	12
By length of sleeping hours						
Less than 5 hours	615	162	162	115	121	55
6 - 9 hours	17,014	7,003	5,998	2,771	1,005	236
10 hours and over	757	250	239	156	85	26
By constant or regular exercise						
No	11,038	4,573	3,723	1,788	745	209
Yes	7,347	2,843	2,676	1,254	466	109