

Table 1-5-5 The Sleeping Quality in the Recent Month
- By Waking up in the Early Morning

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	5,930	6,426	3,660	1,773	596
By area						
Northern area	8,043	2,618	2,858	1,598	711	257
Central area	4,581	1,551	1,548	872	465	145
Southern area	5,282	1,566	1,891	1,112	543	171
Eastern area	479	195	129	78	53	23
By sex and age						
15 - 24	3,464	1,631	1,188	462	136	47
25 - 34	3,760	1,457	1,446	630	172	55
35 - 44	3,786	1,171	1,347	839	316	113
45 - 54	3,382	905	1,220	776	350	132
55 - 64	1,807	410	613	423	280	81
65 and over	2,186	356	612	530	519	168
Male	9,280	3,127	3,259	1,802	815	276
15 - 24	1,785	840	606	242	70	27
25 - 34	1,905	761	736	298	83	27
35 - 44	1,914	634	676	421	133	50
45 - 54	1,694	474	617	378	161	64
55 - 64	889	222	301	208	123	36
65 and over	1,092	196	324	256	245	72
Female	9,105	2,803	3,166	1,858	958	320
15 - 24	1,679	791	582	220	66	20
25 - 34	1,855	696	710	332	89	27
35 - 44	1,872	537	671	418	183	63
45 - 54	1,688	431	603	398	189	68
55 - 64	918	188	313	215	157	45
65 and over	1,093	160	288	275	274	97

Table 1-5-5 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	882	1,256	925	746	250
Junior high school/primary vocational school	2,547	763	851	574	272	87
Senior high school/senior vocational school	6,207	2,271	2,160	1,135	472	169
University and above	5,572	2,014	2,160	1,026	283	90
Male	9,280	3,127	3,259	1,802	815	276
Elementary school and beneath	1,618	397	499	360	272	91
Junior high school/primary vocational school	1,453	465	481	314	148	45
Senior high school/senior vocational school	3,239	1,214	1,137	559	241	88
University and above	2,969	1,051	1,143	570	154	51
Female	9,105	2,803	3,166	1,858	958	320
Elementary school and beneath	2,441	486	757	565	474	159
Junior high school/primary vocational school	1,094	298	370	260	124	42
Senior high school/senior vocational school	2,967	1,057	1,023	576	231	81
University and above	2,603	962	1,017	456	129	38
By sex and marriage status						
Single	5,875	2,605	2,087	869	236	78
Married or co-habiting	10,930	3,001	3,874	2,408	1,240	407
Divorced or separated, widow/widower	1,580	325	464	383	297	111
Male	9,280	3,127	3,259	1,802	815	276
Single	3,242	1,441	1,154	468	132	47
Married or co-habiting	5,538	1,555	1,948	1,223	607	205
Divorced or separated, widow/widower	500	131	158	111	76	24
Female	9,105	2,803	3,166	1,858	958	320
Single	2,633	1,165	933	401	104	31
Married or co-habiting	5,391	1,446	1,927	1,185	633	202
Divorced or separated, widow/widower	1,080	193	306	272	221	88
By religious belief						
No	4,173	1,551	1,508	743	257	114
Yes	14,212	4,379	4,918	2,916	1,516	482

Table 1-5-5 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	3,585	3,944	2,064	807	281
By status						
Employer	462	152	167	103	27	13
Privately employed	6,648	2,351	2,465	1,270	427	134
Government employed	1,090	341	424	212	85	29
Self-employed	1,782	535	642	340	192	74
Unpaid family worker	699	207	246	139	76	31
By work time						
Permanently works a day shift duty	8,944	2,995	3,323	1,708	684	234
Permanently works a evening shift duty	376	149	121	72	28	6
Permanently works a graveyard shift duty	136	51	51	23	9	3
Works on both evening and graveyard shifts	67	20	21	11	9	5
Works day and evening shifts in alternate periods	532	170	206	113	32	10
Works on both day and evening shifts	549	179	194	117	39	20
Other	77	21	29	19	5	2
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	118	171	111	31	12
Professionals	879	307	348	158	52	14
Technicians and associate professionals	1,523	516	594	280	99	35
Clerks	1,412	473	554	276	88	22
Service workers and shop and market sales workers	2,377	791	848	443	201	94
Agricultural, animal husbandry, forestry and fishing workers	633	206	197	114	93	23
Prod. & machine operators and related workers	3,413	1,173	1,233	682	243	83
The unemployed	7,704	2,345	2,482	1,596	966	315
Seeking or waiting for job	712	247	237	159	56	14
Pursuing education	2,002	992	663	243	73	31
Dealing with family matters	2,382	606	817	557	305	96
Chronic, handicapped, or old-aged	2,036	326	586	507	462	156
Idle or unwilling to work	437	127	125	108	63	15
Other	133	48	53	22	8	3

Table 1-5-5 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	2,729	2,823	1,819	1,092	359
200,000 - less than 300,000	2,753	878	980	568	245	82
300,000 - less than 400,000	2,437	888	918	446	135	50
400,000 - less than 600,000	2,399	833	931	416	158	61
600,000 - less than 800,000	1,082	357	402	226	74	24
800,000 - less than 1000,000	490	149	198	97	37	10
1,000,000 and over	401	97	173	89	32	10
By bedtime						
20:00 22:00	2,973	696	878	660	542	198
22:00 24:00	11,494	3,872	4,070	2,277	975	300
00:00 02:00	3,024	1,052	1,167	552	187	65
02:00 04:00	372	133	137	62	26	13
04:00 06:00	133	53	43	23	11	3
Other	390	124	130	87	32	17
By length of sleeping hours						
Less than 5 hours	615	117	125	122	164	87
6 - 9 hours	17,014	5,586	6,050	3,381	1,509	487
10 hours and over	757	227	251	158	99	22
By constant or regular exercise						
No	11,038	3,772	3,817	2,106	1,004	339
Yes	7,347	2,159	2,608	1,554	769	256