

Table 1-5-6 The Sleeping Quality in the Recent Month
- By Worrying can not sleep well

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	6,990	6,050	3,328	1,507	511
By area						
Northern area	8,043	3,040	2,702	1,460	627	214
Central area	4,581	1,777	1,480	815	382	127
Southern area	5,282	1,948	1,735	984	460	156
Eastern area	479	224	133	69	39	14
By sex and age						
15 - 24	3,464	1,786	1,045	434	148	51
25 - 34	3,760	1,579	1,274	623	217	68
35 - 44	3,786	1,363	1,299	717	301	106
45 - 54	3,382	1,173	1,146	659	306	98
55 - 64	1,807	556	591	391	193	76
65 and over	2,186	532	695	504	343	112
Male	9,280	3,874	3,073	1,506	606	222
15 - 24	1,785	976	524	201	60	24
25 - 34	1,905	865	649	273	84	34
35 - 44	1,914	753	635	341	134	52
45 - 54	1,694	644	594	295	118	42
55 - 64	889	320	302	174	67	26
65 and over	1,092	316	369	221	143	44
Female	9,105	3,116	2,976	1,823	901	289
15 - 24	1,679	810	521	234	87	27
25 - 34	1,855	714	624	350	133	34
35 - 44	1,872	610	664	376	167	55
45 - 54	1,688	529	552	364	188	56
55 - 64	918	237	289	216	126	49
65 and over	1,093	216	326	283	199	69

Table 1-5-6 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	1,150	1,299	876	543	192
Junior high school/primary vocational school	2,547	975	821	468	217	65
Senior high school/senior vocational school	6,207	2,596	1,983	1,063	415	150
University and above	5,572	2,268	1,946	921	332	104
Male	9,280	3,874	3,073	1,506	606	222
Elementary school and beneath	1,618	540	537	314	171	57
Junior high school/primary vocational school	1,453	597	478	243	98	37
Senior high school/senior vocational school	3,239	1,453	1,046	480	186	74
University and above	2,969	1,283	1,012	468	152	54
Female	9,105	3,116	2,976	1,823	901	289
Elementary school and beneath	2,441	610	762	562	372	135
Junior high school/primary vocational school	1,094	378	344	225	119	28
Senior high school/senior vocational school	2,967	1,143	937	583	229	76
University and above	2,603	986	934	453	180	50
By sex and marriage status						
Single	5,875	2,833	1,887	785	269	101
Married or co-habiting	10,930	3,744	3,677	2,184	997	327
Divorced or separated, widow/widower	1,580	413	485	359	240	82
Male	9,280	3,874	3,073	1,506	606	222
Single	3,242	1,657	1,026	382	127	50
Married or co-habiting	5,538	2,051	1,889	1,015	431	152
Divorced or separated, widow/widower	500	165	158	109	48	20
Female	9,105	3,116	2,976	1,823	901	289
Single	2,633	1,176	860	404	142	51
Married or co-habiting	5,391	1,692	1,788	1,169	566	175
Divorced or separated, widow/widower	1,080	248	328	250	192	62
By religious belief						
No	4,173	1,755	1,357	676	285	99
Yes	14,212	5,234	4,692	2,652	1,222	411

Table 1-5-6 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	4,219	3,657	1,867	685	252
By status						
Employer	462	171	154	88	39	10
Privately employed	6,648	2,670	2,282	1,152	408	135
Government employed	1,090	431	395	174	61	29
Self-employed	1,782	692	592	320	121	57
Unpaid family worker	699	256	235	132	55	21
By work time						
Permanently works a day shift duty	8,944	3,589	3,098	1,536	530	191
Permanently works a evening shift duty	376	131	115	78	37	14
Permanently works a graveyard shift duty	136	39	56	24	12	5
Works on both evening and graveyard shifts	67	22	19	13	8	5
Works day and evening shifts in alternate periods	532	203	177	101	37	14
Works on both day and evening shifts	549	205	170	101	54	19
Other	77	31	23	14	6	4
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	153	160	90	32	8
Professionals	879	351	326	134	50	18
Technicians and associate professionals	1,523	597	553	248	96	29
Clerks	1,412	514	494	284	89	32
Service workers and shop and market sales workers	2,377	921	775	425	179	77
Agricultural, animal husbandry, forestry and fishing workers	633	277	193	104	50	10
Prod. & machine operators and related workers	3,413	1,406	1,158	582	189	78
The unemployed	7,704	2,770	2,392	1,461	822	259
Seeking or waiting for job	712	270	210	131	78	23
Pursuing education	2,002	1,104	586	219	74	20
Dealing with family matters	2,382	717	774	529	283	79
Chronic, handicapped, or old-aged	2,036	467	633	473	339	124
Idle or unwilling to work	437	161	139	88	40	10
Other	133	51	50	21	8	3

Table 1-5-6 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	3,223	2,733	1,663	910	293
200,000 - less than 300,000	2,753	1,026	924	511	212	82
300,000 - less than 400,000	2,437	1,025	821	413	137	41
400,000 - less than 600,000	2,399	954	872	389	134	50
600,000 - less than 800,000	1,082	419	379	200	64	21
800,000 - less than 1000,000	490	192	183	75	28	13
1,000,000 and over	401	151	138	78	22	12
By bedtime						
20:00 22:00	2,973	944	960	625	339	104
22:00 24:00	11,494	4,667	3,871	1,952	761	243
00:00 02:00	3,024	1,100	961	571	285	106
02:00 04:00	372	115	108	68	52	29
04:00 06:00	133	42	33	32	18	8
Other	390	121	117	80	51	21
By length of sleeping hours						
Less than 5 hours	615	159	117	110	147	82
6 - 9 hours	17,014	6,558	5,712	3,074	1,271	399
10 hours and over	757	273	221	143	89	31
By constant or regular exercise						
No	11,038	4,263	3,480	1,998	965	333
Yes	7,347	2,727	2,570	1,330	542	178