

Table 1-5-8 The Sleeping Quality in the Recent Month
- By Having Difficulty Getting up in the Morning

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
Total	18,385	5,792	6,621	4,273	1,348	352
By area						
Northern area	8,043	2,352	2,969	1,895	661	166
Central area	4,581	1,597	1,579	1,025	303	78
Southern area	5,282	1,636	1,919	1,268	358	101
Eastern area	479	208	154	85	25	7
By sex and age						
15 - 24	3,464	913	980	979	466	127
25 - 34	3,760	1,006	1,268	1,053	338	96
35 - 44	3,786	1,131	1,385	969	242	59
45 - 54	3,382	1,171	1,335	691	150	35
55 - 64	1,807	697	773	258	67	12
65 and over	2,186	875	880	324	84	23
Male	9,280	3,084	3,313	2,074	638	171
15 - 24	1,785	495	492	493	245	60
25 - 34	1,905	544	649	506	155	51
35 - 44	1,914	591	707	469	118	28
45 - 54	1,694	619	668	334	57	17
55 - 64	889	367	367	121	28	6
65 and over	1,092	468	429	151	34	10
Female	9,105	2,708	3,308	2,199	710	181
15 - 24	1,679	417	488	485	221	67
25 - 34	1,855	462	619	547	183	45
35 - 44	1,872	540	678	500	124	31
45 - 54	1,688	553	667	357	93	18
55 - 64	918	329	406	137	39	6
65 and over	1,093	407	450	173	50	14

Table 1-5-8 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	1,527	1,677	658	160	38
Junior high school/primary vocational school	2,547	896	920	542	152	36
Senior high school/senior vocational school	6,207	1,824	2,103	1,594	522	164
University and above	5,572	1,545	1,920	1,479	513	115
Male	9,280	3,084	3,313	2,074	638	171
Elementary school and beneath	1,618	652	646	253	53	15
Junior high school/primary vocational school	1,453	531	513	304	84	21
Senior high school/senior vocational school	3,239	1,016	1,104	783	249	88
University and above	2,969	886	1,050	734	252	48
Female	9,105	2,708	3,308	2,199	710	181
Elementary school and beneath	2,441	875	1,031	405	107	23
Junior high school/primary vocational school	1,094	365	408	237	68	15
Senior high school/senior vocational school	2,967	808	999	811	273	76
University and above	2,603	659	870	746	261	67
By sex and marriage status						
Single	5,875	1,593	1,812	1,644	654	172
Married or co-habiting	10,930	3,640	4,202	2,327	601	160
Divorced or separated, widow/widower	1,580	559	607	303	92	20
Male	9,280	3,084	3,313	2,074	638	171
Single	3,242	945	1,000	866	343	88
Married or co-habiting	5,538	1,967	2,115	1,103	275	78
Divorced or separated, widow/widower	500	172	198	105	20	6
Female	9,105	2,708	3,308	2,199	710	181
Single	2,633	648	812	777	312	84
Married or co-habiting	5,391	1,672	2,087	1,223	327	82
Divorced or separated, widow/widower	1,080	387	409	198	71	14
By religious belief						
No	4,173	1,131	1,427	1,035	457	123
Yes	14,212	4,661	5,194	3,238	890	229

Table 1-5-8 The Sleeping Quality in the Recent Month (Cont. 2)
 - By Having Difficulty Getting up in the Morning

September, 2005

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Item	Total	Never	Seldom	Sometimes	Often	Always
By work						
The employed	10,681	3,281	3,865	2,614	718	202
By status						
Employer	462	155	164	110	23	10
Privately employed	6,648	1,899	2,375	1,755	482	136
Government employed	1,090	359	421	235	62	14
Self-employed	1,782	648	641	358	109	27
Unpaid family worker	699	219	264	157	42	16
By work time						
Permanently works a day shift duty	8,944	2,798	3,298	2,157	554	138
Permanently works a evening shift duty	376	100	107	104	48	15
Permanently works a graveyard shift duty	136	38	54	30	8	6
Works on both evening and graveyard shifts	67	21	21	15	4	6
Works day and evening shifts in alternate periods	532	143	187	148	41	12
Works on both day and evening shifts	549	161	174	144	50	20
Other	77	19	23	16	13	5
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	129	184	99	25	5
Professionals	879	252	325	218	70	14
Technicians and associate professionals	1,523	421	550	388	139	26
Clerks	1,412	366	514	407	102	24
Service workers and shop and market sales workers	2,377	695	802	626	185	69
Agricultural, animal husbandry, forestry and fishing workers	633	292	231	89	17	5
Prod. & machine operators and related workers	3,413	1,127	1,259	788	181	59
The unemployed	7,704	2,511	2,755	1,659	629	150
Seeking or waiting for job	712	199	231	178	83	21
Pursuing education	2,002	530	541	582	284	66
Dealing with family matters	2,382	809	963	472	117	21
Chronic, handicapped, or old-aged	2,036	752	807	335	111	32
Idle or unwilling to work	437	179	177	60	15	6
Other	133	42	36	31	19	4

Table 1-5-8 The Sleeping Quality in the Recent Month (Cont. 3)
 - By Having Difficulty Getting up in the Morning

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
By individual's annual income						
Less than 200,000	8,822	2,867	3,107	1,948	711	190
200,000 - less than 300,000	2,753	811	979	701	196	67
300,000 - less than 400,000	2,437	761	845	628	163	40
400,000 - less than 600,000	2,399	722	934	556	153	36
600,000 - less than 800,000	1,082	346	419	237	68	13
800,000 - less than 1000,000	490	162	181	114	27	6
1,000,000 and over	401	124	156	90	29	0
By bedtime						
20:00 22:00	2,973	1,198	1,163	501	93	18
22:00 24:00	11,494	3,816	4,297	2,609	628	144
00:00 02:00	3,024	589	906	933	477	120
02:00 04:00	372	50	90	95	96	39
04:00 06:00	133	31	34	33	20	16
Other	390	108	131	101	34	15
By length of sleeping hours						
Less than 5 hours	615	157	179	147	93	38
6 - 9 hours	17,014	5,399	6,208	3,951	1,171	284
10 hours and over	757	236	233	174	84	30
By constant or regular exercise						
No	11,038	3,271	3,878	2,742	891	256
Yes	7,347	2,521	2,743	1,531	457	96