

**Table 1-5-9 The Sleeping Quality in the Recent Month**  
**- By Feeling Tired after Waking up**

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
<b>Total</b>	18,385	4,268	5,895	5,645	2,029	548
<b>By area</b>						
Northern area	8,043	1,658	2,616	2,534	983	252
Central area	4,581	1,207	1,437	1,352	471	114
Southern area	5,282	1,229	1,702	1,649	534	168
Eastern area	479	173	141	110	41	14
<b>By sex and age</b>						
15 - 24	3,464	900	956	999	475	134
25 - 34	3,760	810	1,156	1,170	480	144
35 - 44	3,786	751	1,140	1,331	454	110
45 - 54	3,382	773	1,180	1,076	283	70
55 - 64	1,807	463	660	522	124	37
65 and over	2,186	571	802	547	213	52
<b>Male</b>	9,280	2,297	3,031	2,776	928	247
15 - 24	1,785	503	491	492	232	66
25 - 34	1,905	433	614	581	212	66
35 - 44	1,914	406	590	657	212	48
45 - 54	1,694	404	609	526	122	33
55 - 64	889	239	329	254	52	15
65 and over	1,092	312	398	266	98	19
<b>Female</b>	9,105	1,970	2,864	2,870	1,101	301
15 - 24	1,679	397	465	507	243	68
25 - 34	1,855	377	542	589	268	79
35 - 44	1,872	345	550	674	241	62
45 - 54	1,688	369	571	550	161	37
55 - 64	918	224	331	269	72	22
65 and over	1,093	259	405	281	115	34

**Table 1-5-9 The Sleeping Quality in the Recent Month (Cont. 1)**  
**- By Feeling Tired after Waking up**

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
<b>By sex and education background</b>						
Elementary school and beneath	4,060	1,047	1,451	1,093	369	100
Junior high school/primary vocational school	2,547	622	877	746	247	56
Senior high school/senior vocational school	6,207	1,429	1,891	1,937	724	226
University and above	5,572	1,170	1,677	1,869	689	167
<b>Male</b>	<b>9,280</b>	<b>2,297</b>	<b>3,031</b>	<b>2,776</b>	<b>928</b>	<b>247</b>
Elementary school and beneath	1,618	456	571	425	136	31
Junior high school/primary vocational school	1,453	361	508	422	132	31
Senior high school/senior vocational school	3,239	825	1,013	968	323	110
University and above	2,969	655	939	962	338	76
<b>Female</b>	<b>9,105</b>	<b>1,970</b>	<b>2,864</b>	<b>2,870</b>	<b>1,101</b>	<b>301</b>
Elementary school and beneath	2,441	590	880	669	233	69
Junior high school/primary vocational school	1,094	261	369	324	116	25
Senior high school/senior vocational school	2,967	604	878	969	401	116
University and above	2,603	515	737	908	351	91
<b>By sex and marriage status</b>						
Single	5,875	1,470	1,745	1,721	741	198
Married or co-habiting	10,930	2,446	3,609	3,466	1,113	295
Divorced or separated, widow/widower	1,580	351	541	458	175	54
<b>Male</b>	<b>9,280</b>	<b>2,297</b>	<b>3,031</b>	<b>2,776</b>	<b>928</b>	<b>247</b>
Single	3,242	885	987	903	367	100
Married or co-habiting	5,538	1,298	1,856	1,730	517	137
Divorced or separated, widow/widower	500	115	188	142	44	11
<b>Female</b>	<b>9,105</b>	<b>1,970</b>	<b>2,864</b>	<b>2,870</b>	<b>1,101</b>	<b>301</b>
Single	2,633	586	758	818	374	99
Married or co-habiting	5,391	1,149	1,753	1,736	596	159
Divorced or separated, widow/widower	1,080	236	353	316	131	43
<b>By religious belief</b>						
No	4,173	875	1,304	1,260	567	167
Yes	14,212	3,393	4,591	4,385	1,462	381

**Table 1-5-9 The Sleeping Quality in the Recent Month (Cont. 2)**  
**- By Feeling Tired after Waking up**

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
<b>By work</b>						
The employed	10,681	2,330	3,422	3,449	1,171	308
By status						
Employer	462	96	155	154	45	12
Privately employed	6,648	1,399	2,085	2,170	798	195
Government employed	1,090	244	340	375	98	33
Self-employed	1,782	431	612	524	168	48
Unpaid family worker	699	161	230	226	62	20
By work time						
Permanently works a day shift duty	8,944	2,021	2,939	2,861	907	216
Permanently works a evening shift duty	376	64	107	124	58	23
Permanently works a graveyard shift duty	136	23	34	50	24	4
Works on both evening and graveyard shifts	67	12	14	26	8	7
Works day and evening shifts in alternate periods	532	93	154	181	82	22
Works on both day and evening shifts	549	105	152	181	81	30
Other	77	12	23	25	11	6
By nature of work or profession						
Legislators, gov. administrators, business executives & managers	443	84	146	163	42	8
Professionals	879	165	264	310	114	26
Technicians and associate professionals	1,523	311	461	499	193	59
Clerks	1,412	244	451	503	180	35
Service workers and shop and market sales workers	2,377	486	746	751	295	98
Agricultural, animal husbandry, forestry and fishing workers	633	220	228	135	37	13
Prod. & machine operators and related workers	3,413	819	1,126	1,088	311	69
The unemployed	7,704	1,937	2,473	2,196	858	240
Seeking or waiting for job	712	161	201	218	100	33
Pursuing education	2,002	539	547	584	255	77
Dealing with family matters	2,382	575	825	707	222	54
Chronic, handicapped, or old-aged	2,036	497	710	539	229	61
Idle or unwilling to work	437	130	157	108	32	11
Other	133	36	33	40	20	4

Table 1-5-9 The Sleeping Quality in the Recent Month (Cont. 3)  
 - By Feeling Tired after Waking up

September, 2005

Unit : One thousand people

Item	Total	Never	Seldom	Sometimes	Often	Always
<b>By individual's annual income</b>						
Less than 200,000	8,822	2,190	2,778	2,571	996	286
200,000 - less than 300,000	2,753	570	882	862	353	86
300,000 - less than 400,000	2,437	566	814	748	243	67
400,000 - less than 600,000	2,399	524	811	777	225	62
600,000 - less than 800,000	1,082	234	349	366	106	28
800,000 - less than 1000,000	490	114	144	163	59	11
1,000,000 and over	401	69	119	157	47	8
<b>By bedtime</b>						
20:00 22:00	2,973	833	1,070	783	228	59
22:00 24:00	11,494	2,888	3,852	3,490	1,036	228
00:00 02:00	3,024	424	776	1,088	557	180
02:00 04:00	372	39	67	119	104	43
04:00 06:00	133	21	30	41	28	13
Other	390	64	99	125	76	26
<b>By length of sleeping hours</b>						
Less than 5 hours	615	78	111	191	149	86
6 - 9 hours	17,014	4,008	5,550	5,248	1,781	427
10 hours and over	757	182	233	207	99	35
<b>By constant or regular exercise</b>						
No	11,038	2,448	3,411	3,374	1,411	393
Yes	7,347	1,819	2,484	2,271	618	155