

1-c. 生活習慣・項目別性別年齢階層別有所見者数と有所見率（調査対象期間：2023/4/1～2024/3/31）

現在の睡眠で休養は十分ですか？

有所見者(集計基準):「不十分」

| 項目 | 年齢<br>(歳) | 男性          |              |             | 女性          |              |             | 合計          |              |             |
|----|-----------|-------------|--------------|-------------|-------------|--------------|-------------|-------------|--------------|-------------|
|    |           | 受診者数<br>(人) | 有所見者数<br>(人) | 有所見率<br>(%) | 受診者数<br>(人) | 有所見者数<br>(人) | 有所見率<br>(%) | 受診者数<br>(人) | 有所見者数<br>(人) | 有所見率<br>(%) |
| 睡眠 | ～19       | 4,453       | 1,350        | 30.3        | 2,805       | 1,104        | 39.4        | 7,258       | 2,454        | 33.8        |
|    | 20～24     | 25,738      | 9,316        | 36.2        | 18,782      | 7,813        | 41.6        | 44,520      | 17,129       | 38.5        |
|    | 25～29     | 39,639      | 16,156       | 40.8        | 24,993      | 11,286       | 45.2        | 64,632      | 27,442       | 42.5        |
|    | 30～34     | 39,413      | 16,526       | 41.9        | 19,598      | 9,347        | 47.7        | 59,011      | 25,873       | 43.8        |
|    | 35～39     | 40,974      | 17,867       | 43.6        | 19,110      | 9,459        | 49.5        | 60,084      | 27,326       | 45.5        |
|    | 40～44     | 43,125      | 19,027       | 44.1        | 25,529      | 12,469       | 48.8        | 68,654      | 31,496       | 45.9        |
|    | 45～49     | 49,553      | 21,826       | 44.0        | 29,824      | 15,544       | 52.1        | 79,377      | 37,370       | 47.1        |
|    | 50～54     | 52,430      | 23,091       | 44.0        | 31,301      | 16,680       | 53.3        | 83,731      | 39,771       | 47.5        |
|    | 55～59     | 41,364      | 17,959       | 43.4        | 24,758      | 12,580       | 50.8        | 66,122      | 30,539       | 46.2        |
|    | 60～64     | 28,966      | 11,265       | 38.9        | 17,874      | 7,936        | 44.4        | 46,840      | 19,201       | 41.0        |
|    | 65～69     | 14,023      | 4,549        | 32.4        | 9,246       | 3,216        | 34.8        | 23,269      | 7,765        | 33.4        |
|    | 70～       | 8,959       | 2,237        | 25.0        | 6,007       | 1,696        | 28.2        | 14,966      | 3,933        | 26.3        |
| 合計 |           | 388,637     | 161,169      | 41.5        | 229,827     | 109,130      | 47.5        | 618,464     | 270,299      | 43.7        |

