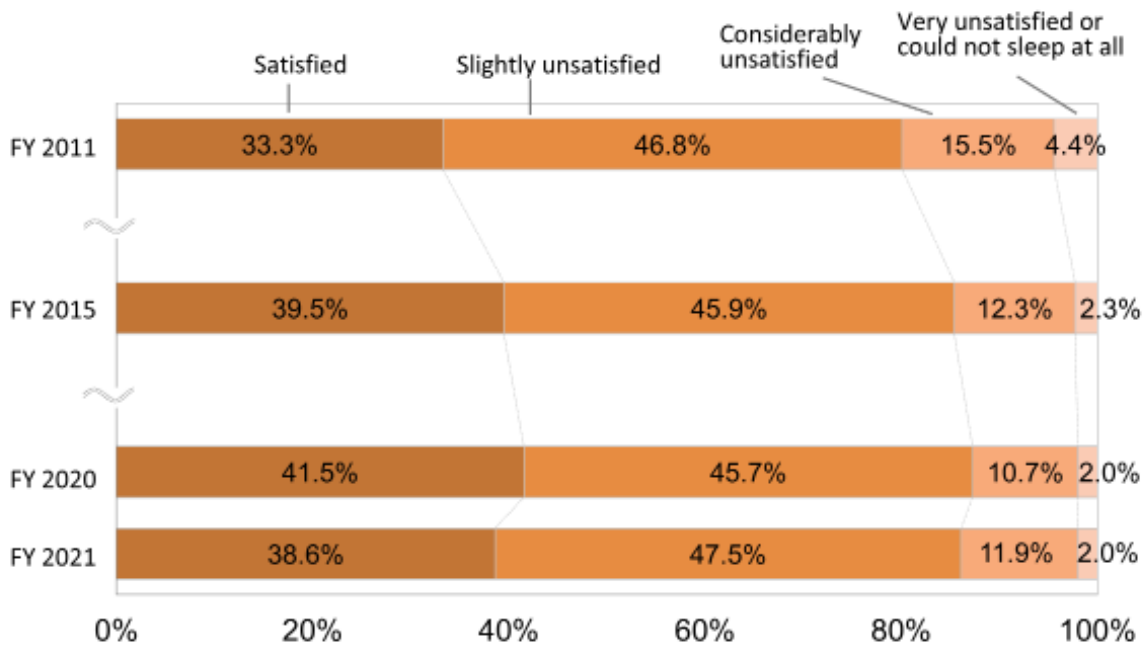


## Mental Health and Lifestyle Survey: What Has Become Clear (3/5)

Latest Survey Results: <https://www.pref.fukushima.lg.jp/site/portal/kenkocoyosa-kentoiinkai.html> (in Japanese)

[Levels of satisfaction on sleep during the latest one-month period] Those aged 16 or older



Prepared based on the materials for the 48th Prefectural Oversight Committee Meetings for Fukushima Health Management Survey

Sleep is a significant factor that exerts influence on various chronic diseases such as high blood pressure or diabetes, as well as affecting people’s mental health.

The figure shows that about 60% of the respondents are still somewhat unsatisfied with their sleep, while the number of those satisfied with their sleep is gradually increasing. The results of the FY2021 survey show a slight decrease in the percentage of those satisfied with their sleep, compared with the results of the FY2020 survey.

Included in this reference material on March 31, 2016

Updated on March 31, 2024