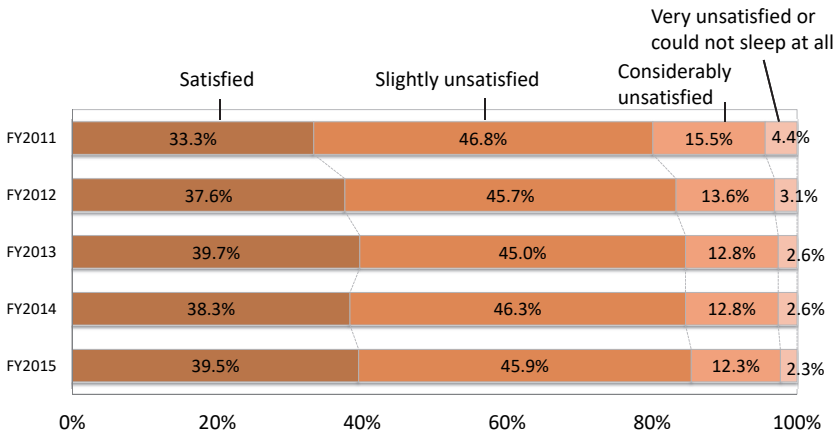


[Levels of satisfaction regarding sleep during the latest one month period] Those aged 16 or older



Prepared based on the materials for the 11th, 15th, 19th, 23rd and 27th 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.

It should be noted that approximately 60% of the respondents are somewhat unsatisfied with their sleep to some degree.

Included in this reference material on March 31, 2016

Updated on December 1, 2017