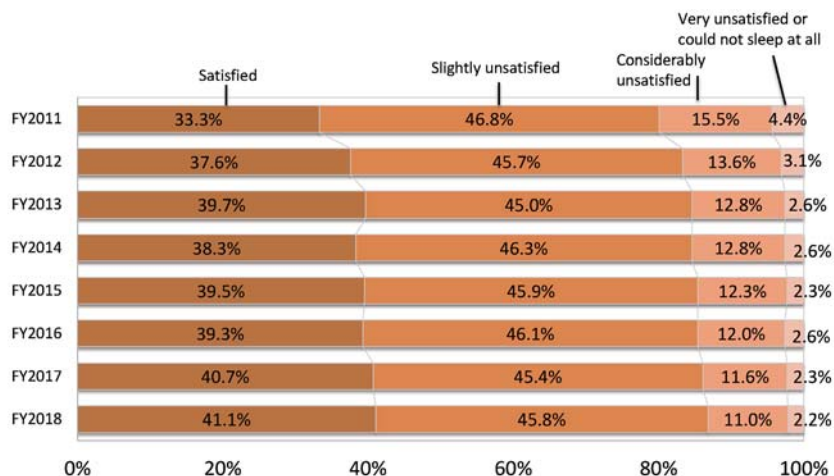


[Levels of satisfaction on sleep during the latest one-month period] Those aged 16 or older



Prepared based on the materials for the 38th 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 approximately 60% of the respondents are still somewhat unsatisfied with their sleep, while the number of those satisfied with their sleep is gradually increasing.

Included in this reference material on March 31, 2016

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