There are 5 strata altogether (ASTRATA1 to ASTRATA5) and the idea is to use the one that's most appropriate for the analysis that you're doing. The way to find this out is to try them in sequence (starting from ASTRATA1) i.e. if ASTRATA1 is "not working" (see below for explanation of what this means), then you can try using ASTRATA2, then ASTRATA3 etc. (up to ASTRATA5).

In SPSS or STATA you will get a warning message if there are strata with single PSUs. If this occurs one way to deal with it is to recode these strata so that they are grouped with adjacent strata (making sure you do this within region). (In SPSS if you don't do this then cases in the single PSU strata will be removed from the analysis.) However, if you're analysing very small subgroups there may be many of these recodes to perform, too many to be practical. In that case you can try the next strata down. In other words "not working" means that there are more than a handful of single PSU strata to deal with.

For example, if you are analysing the whole sample then ASTRATA1 will be fine. But let's say you're analysing a subgroup e.g. aged 65+ then using ASTRATA1 will probably result in a number of single PSU strata. If there are a handful you can recode them appropriately (group them with adjacent strata within region) but if there are more than a few then you can try using ASTRATA2 instead. If there are still too many single PSU strata to recode then you would try ASTRATA3 and so on.