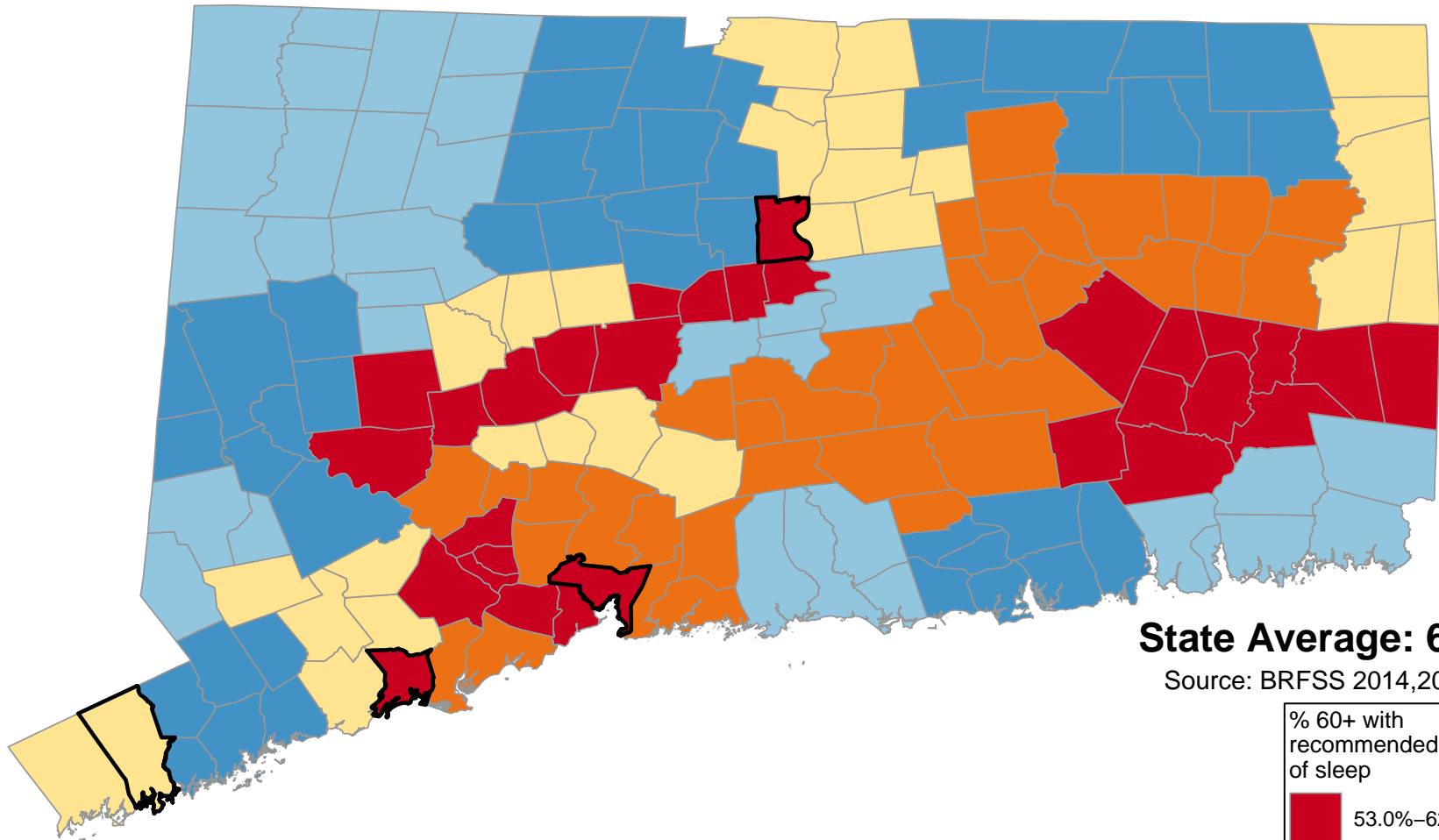
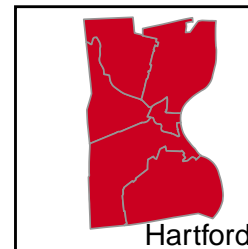
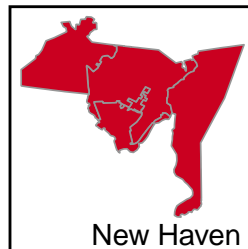
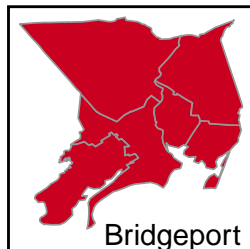
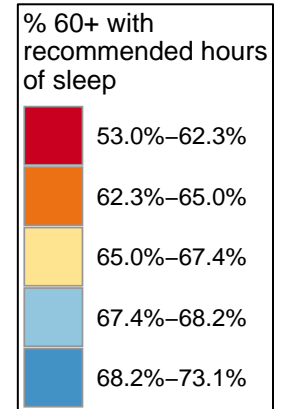


# Percentage of Persons Age 60+ Years Getting Recommended Hours of Sleep



**State Average: 65.2%**

Source: BRFSS 2014,2016,2018



Questions or ideas?  
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12/2020

## % 60+ Getting the Recommended Hours of Sleep

|              |        |               |        |                  |        |               |        |                      |        |
|--------------|--------|---------------|--------|------------------|--------|---------------|--------|----------------------|--------|
| Andover      | 64.31% | Durham        | 63.09% | Lyme             | 69.92% | Pomfret       | 69.22% | Warren               | 67.44% |
| Ansonia      | 57.14% | East Granby   | 68.19% | Madison          | 67.79% | Portland      | 63.09% | Washington           | 68.27% |
| Ashford      | 69.22% | East Haddam   | 63.09% | Manchester       | 65.54% | Preston       | 59.49% | Waterbury            | 62.33% |
| Avon         | 68.50% | East Hampton  | 63.09% | Mansfield        | 64.31% | Prospect      | 65.99% | Waterford            | 67.45% |
| Barkhamsted  | 68.19% | East Hartford | 65.54% | Marlborough      | 63.09% | Putnam        | 65.62% | Watertown            | 66.61% |
| Beacon Falls | 64.05% | East Haven    | 64.07% | Meriden          | 64.89% | Redding       | 66.21% | West Hartford        | 68.50% |
| Berlin       | 67.75% | East Lyme     | 69.92% | Middlebury       | 62.33% | Ridgefield    | 67.37% | West Haven           | 58.75% |
| Bethany      | 64.05% | East Windsor  | 66.26% | Middlefield      | 63.09% | Rocky Hill    | 67.75% | Westbrook            | 69.92% |
| Bethel       | 67.37% | Eastford      | 69.22% | Middletown       | 64.89% | Roxbury       | 68.27% | Weston               | 72.96% |
| Bethlehem    | 67.44% | Easton        | 66.21% | Milford          | 64.95% | Salem         | 59.49% | Westport             | 72.96% |
| Bloomfield   | 68.19% | Ellington     | 69.22% | Monroe           | 66.21% | Salisbury     | 67.44% | Wethersfield         | 59.95% |
| Bolton       | 64.31% | Enfield       | 66.26% | Montville        | 59.49% | Scotland      | 64.31% | Willington           | 69.22% |
| Bozrah       | 59.49% | Essex         | 69.92% | Morris           | 67.44% | Seymour       | 57.14% | Wilton               | 72.96% |
| Branford     | 64.07% | Fairfield     | 66.21% | Naugatuck        | 65.99% | Sharon        | 67.44% | Winchester           | 67.44% |
| Bridgeport   | 53.06% | Farmington    | 68.50% | New Britain      | 59.95% | Shelton       | 57.14% | Windham              | 64.31% |
| Bridgewater  | 68.27% | Franklin      | 59.49% | New Canaan       | 72.96% | Sherman       | 68.27% | Windsor              | 66.26% |
| Bristol      | 66.61% | Glastonbury   | 67.75% | New Fairfield    | 68.27% | Simsbury      | 68.19% | Windsor Locks        | 66.26% |
| Brookfield   | 68.27% | Goshen        | 67.44% | New Hartford     | 68.19% | Somers        | 69.22% | Wolcott              | 61.54% |
| Brooklyn     | 64.31% | Granby        | 68.19% | New Haven        | 55.65% | South Windsor | 66.26% | Woodbridge           | 64.05% |
| Burlington   | 68.50% | Greenwich     | 67.24% | New London       | 67.45% | Southbury     | 62.33% | Woodbury             | 62.33% |
| Canaan       | 67.44% | Griswold      | 59.49% | New Milford      | 68.27% | Southington   | 61.54% | Woodstock            | 69.22% |
| Canterbury   | 64.31% | Groton        | 67.45% | Newington        | 59.95% | Sprague       | 59.49% | <b>Neighborhoods</b> |        |
| Canton       | 68.19% | Guilford      | 67.79% | Newtown          | 68.27% | Stafford      | 69.22% | Bridgeport Area1     | 53.06% |
| Chaplin      | 64.31% | Haddam        | 63.09% | Norfolk          | 67.44% | Stamford      | 67.24% | Bridgeport Area2     | 53.06% |
| Cheshire     | 65.99% | Hamden        | 64.05% | North Branford   | 64.07% | Sterling      | 65.62% | Bridgeport Area3     | 53.06% |
| Chester      | 63.09% | Hampton       | 64.31% | North Canaan     | 67.44% | Stonington    | 67.45% | Hartford Area1       | 57.06% |
| Clinton      | 67.79% | Hartford      | 57.06% | North Haven      | 64.07% | Stratford     | 64.95% | Hartford Area2       | 57.06% |
| Colchester   | 63.09% | Hartland      | 68.19% | North Stonington | 67.45% | Suffield      | 66.26% | Hartford Area3       | 57.06% |
| Colebrook    | 67.44% | Harwinton     | 68.50% | Norwalk          | 72.96% | Thomaston     | 66.61% | New Haven Area1      | 55.65% |
| Columbia     | 64.31% | Hebron        | 63.09% | Norwich          | 59.49% | Thompson      | 65.62% | New Haven Area2      | 55.65% |
| Cornwall     | 67.44% | Kent          | 67.44% | Old Lyme         | 69.92% | Tolland       | 64.31% | New Haven Area3      | 55.65% |
| Coventry     | 64.31% | Killingly     | 65.62% | Old Saybrook     | 69.92% | Torrington    | 67.44% | Stamford Area1       | 66.28% |
| Cromwell     | 67.75% | Killingworth  | 67.79% | Orange           | 58.75% | Trumbull      | 66.21% | Stamford Area2       | 66.28% |
| Danbury      | 67.37% | Lebanon       | 59.49% | Oxford           | 64.05% | Union         | 69.22% | Stamford Area3       | 66.28% |
| Darien       | 72.96% | Ledyard       | 67.45% | Plainfield       | 65.62% | Vernon        | 65.54% |                      |        |
| Deep River   | 69.92% | Lisbon        | 59.49% | Plainville       | 61.54% | Voluntown     | 59.49% |                      |        |
| Derby        | 57.14% | Litchfield    | 67.44% | Plymouth         | 66.61% | Wallingford   | 65.99% |                      |        |

## % 60+ Getting the Recommended Hours of Sleep (Ranked)

|               |        |                  |        |               |        |                |        |                      |        |
|---------------|--------|------------------|--------|---------------|--------|----------------|--------|----------------------|--------|
| Darien        | 72.96% | Canton           | 68.19% | Ridgefield    | 67.37% | Canterbury     | 64.31% | Wethersfield         | 59.95% |
| New Canaan    | 72.96% | East Granby      | 68.19% | Greenwich     | 67.24% | Chaplin        | 64.31% | Bozrah               | 59.49% |
| Norwalk       | 72.96% | Granby           | 68.19% | Stamford      | 67.24% | Columbia       | 64.31% | Franklin             | 59.49% |
| Weston        | 72.96% | Hartland         | 68.19% | Bristol       | 66.61% | Coventry       | 64.31% | Griswold             | 59.49% |
| Westport      | 72.96% | New Hartford     | 68.19% | Plymouth      | 66.61% | Hampton        | 64.31% | Lebanon              | 59.49% |
| Wilton        | 72.96% | Simsbury         | 68.19% | Thomaston     | 66.61% | Mansfield      | 64.31% | Lisbon               | 59.49% |
| Deep River    | 69.92% | Clinton          | 67.79% | Watertown     | 66.61% | Scotland       | 64.31% | Montville            | 59.49% |
| East Lyme     | 69.92% | Guilford         | 67.79% | East Windsor  | 66.26% | Tolland        | 64.31% | Norwich              | 59.49% |
| Essex         | 69.92% | Killingworth     | 67.79% | Enfield       | 66.26% | Windham        | 64.31% | Preston              | 59.49% |
| Lyme          | 69.92% | Madison          | 67.79% | South Windsor | 66.26% | Branford       | 64.07% | Salem                | 59.49% |
| Old Lyme      | 69.92% | Berlin           | 67.75% | Suffield      | 66.26% | East Haven     | 64.07% | Sprague              | 59.49% |
| Old Saybrook  | 69.92% | Cromwell         | 67.75% | Windsor       | 66.26% | North Branford | 64.07% | Voluntown            | 59.49% |
| Westbrook     | 69.92% | Glastonbury      | 67.75% | Windsor Locks | 66.26% | North Haven    | 64.07% | Orange               | 58.75% |
| Ashford       | 69.22% | Rocky Hill       | 67.75% | Easton        | 66.21% | Beacon Falls   | 64.05% | West Haven           | 58.75% |
| Eastford      | 69.22% | Groton           | 67.45% | Fairfield     | 66.21% | Bethany        | 64.05% | Ansonia              | 57.14% |
| Ellington     | 69.22% | Ledyard          | 67.45% | Monroe        | 66.21% | Hamden         | 64.05% | Derby                | 57.14% |
| Pomfret       | 69.22% | New London       | 67.45% | Redding       | 66.21% | Oxford         | 64.05% | Seymour              | 57.14% |
| Somers        | 69.22% | North Stonington | 67.45% | Trumbull      | 66.21% | Woodbridge     | 64.05% | Shelton              | 57.14% |
| Stafford      | 69.22% | Stonington       | 67.45% | Cheshire      | 65.99% | Chester        | 63.09% | Hartford             | 57.06% |
| Union         | 69.22% | Waterford        | 67.45% | Naugatuck     | 65.99% | Colchester     | 63.09% | New Haven            | 55.65% |
| Willington    | 69.22% | Bethlehem        | 67.44% | Prospect      | 65.99% | Durham         | 63.09% | Bridgeport           | 53.06% |
| Woodstock     | 69.22% | Canaan           | 67.44% | Wallingford   | 65.99% | East Haddam    | 63.09% |                      |        |
| Avon          | 68.50% | Colebrook        | 67.44% | Killingly     | 65.62% | East Hampton   | 63.09% | <b>Neighborhoods</b> |        |
| Burlington    | 68.50% | Cornwall         | 67.44% | Plainfield    | 65.62% | Haddam         | 63.09% | Stamford Area1       | 66.28% |
| Farmington    | 68.50% | Goshen           | 67.44% | Putnam        | 65.62% | Hebron         | 63.09% | Stamford Area2       | 66.28% |
| Harwinton     | 68.50% | Kent             | 67.44% | Sterling      | 65.62% | Marlborough    | 63.09% | Stamford Area3       | 66.28% |
| West Hartford | 68.50% | Litchfield       | 67.44% | Thompson      | 65.62% | Middlefield    | 63.09% | Hartford Area1       | 57.06% |
| Bridgewater   | 68.27% | Morris           | 67.44% | East Hartford | 65.54% | Portland       | 63.09% | Hartford Area2       | 57.06% |
| Brookfield    | 68.27% | Norfolk          | 67.44% | Manchester    | 65.54% | Middlebury     | 62.33% | Hartford Area3       | 57.06% |
| New Fairfield | 68.27% | North Canaan     | 67.44% | Vernon        | 65.54% | Southbury      | 62.33% | New Haven Area1      | 55.65% |
| New Milford   | 68.27% | Salisbury        | 67.44% | Milford       | 64.95% | Waterbury      | 62.33% | New Haven Area2      | 55.65% |
| Newtown       | 68.27% | Sharon           | 67.44% | Stratford     | 64.95% | Woodbury       | 62.33% | New Haven Area3      | 55.65% |
| Roxbury       | 68.27% | Torrington       | 67.44% | Meriden       | 64.89% | Plainville     | 61.54% | Bridgeport Area1     | 53.06% |
| Sherman       | 68.27% | Warren           | 67.44% | Middletown    | 64.89% | Southington    | 61.54% | Bridgeport Area2     | 53.06% |
| Washington    | 68.27% | Winchester       | 67.44% | Andover       | 64.31% | Wolcott        | 61.54% | Bridgeport Area3     | 53.06% |
| Barkhamsted   | 68.19% | Bethel           | 67.37% | Bolton        | 64.31% | New Britain    | 59.95% |                      |        |
| Bloomfield    | 68.19% | Danbury          | 67.37% | Brooklyn      | 64.31% | Newington      | 59.95% |                      |        |

Questions ? Beth.Dugan@umb.edu

<https://healthyaqingdatareports.org>