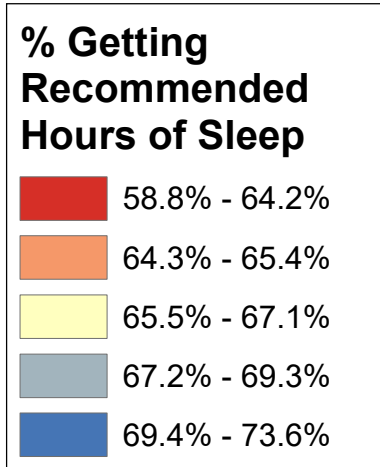
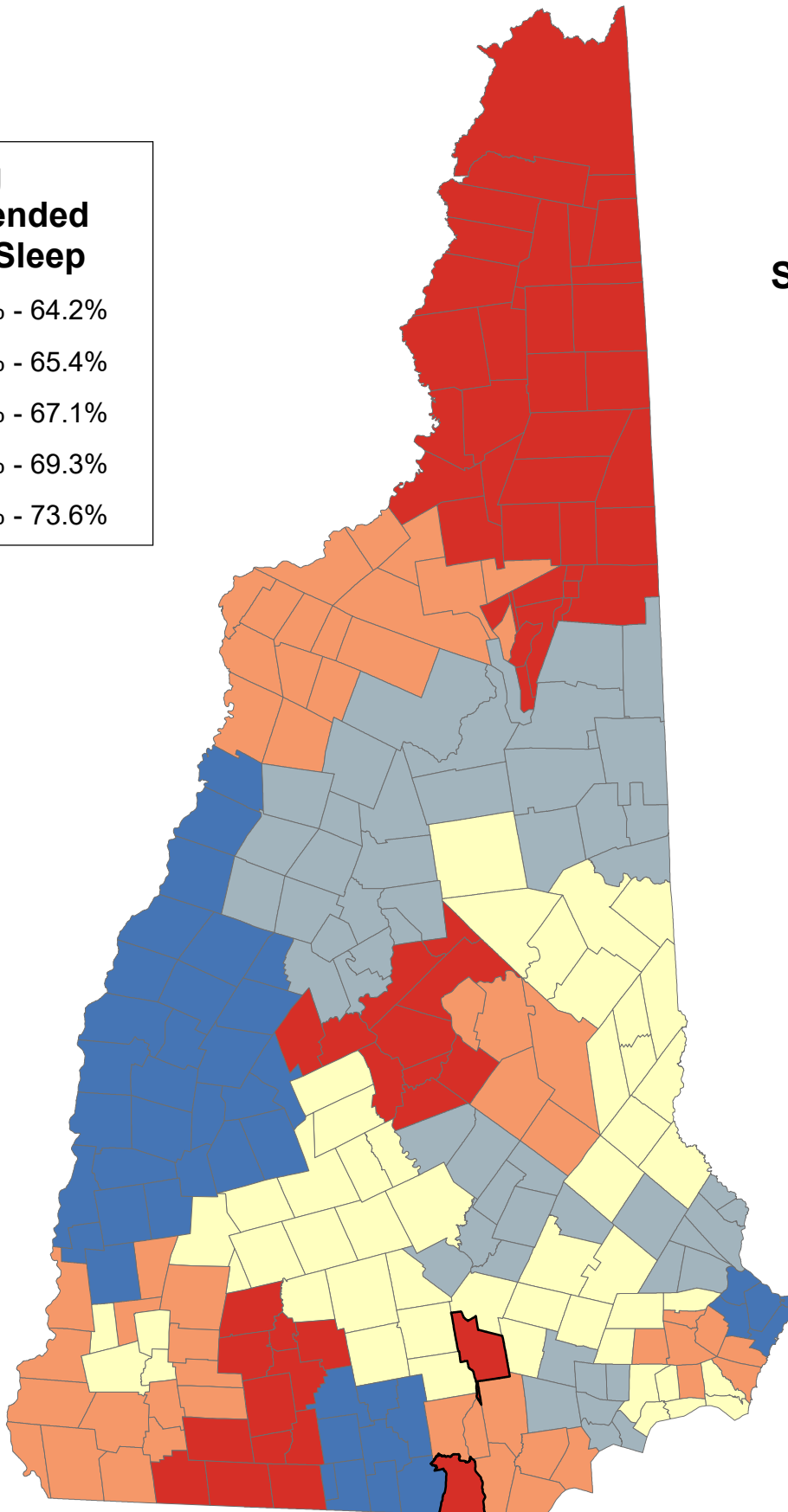


Percentage of Persons Age 60+ Years Getting Recommended Hours of Sleep

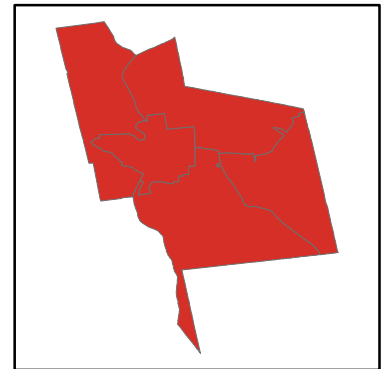


State Average: 66.4%

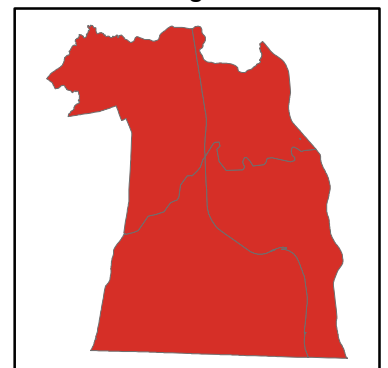
Source: BRFSS, 2013, 2014, 2016



Manchester Neighborhoods



Nashua Neighborhoods



% 60+ Getting Recommended Hours of Sleep

Acworth	70.65%	Dalton	64.82%	Haverhill	64.82%	Nelson	65.37%	South Hampton	66.37%	Manchester	
Albany	68.43%	Danbury	58.84%	Hebron	68.67%	New Boston	66.86%	Springfield	70.65%	Central Manchester	63.99%
Alexandria	68.67%	Danville	67.47%	Henniker	66.76%	New Castle	72.66%	Stark	63.09%	Manchester: West	63.99%
Allenstown	67.17%	Deerfield	66.86%	Hill	58.84%	New Durham	65.73%	Stewartstown	63.09%	Manchester: South	63.99%
Alstead	70.65%	Deering	66.76%	Hillsborough	66.76%	New Hampton	58.84%	Stoddard	65.37%	Manchester: North	63.99%
Alton	65.08%	Derry	67.47%	Hinsdale	65.37%	New Ipswich	63.87%	Strafford	65.73%	Manchester: East	63.99%
Amherst	70.42%	Dorchester	68.67%	Holderness	68.67%	New London	70.65%	Stratford	63.09%		
Andover	66.76%	Dover	69.32%	Hollis	70.42%	Newbury	70.65%	Stratham	65.14%	Nashua	
Antrim	63.87%	Dublin	65.37%	Hooksett	66.86%	Newfields	65.14%	Sugar Hill	64.82%	Nashua: Zip 03060	62.10%
Ashland	68.67%	Dummer	64.24%	Hopkinton	66.76%	Newington	72.66%	Sullivan	66.25%	Nashua: Zip 03062	62.10%
Atkinson	67.47%	Dunbarton	66.76%	Hudson	64.48%	Newmarket	66.37%	Sunapee	70.65%	Nashua: Zip 03063	62.10%
Auburn	66.86%	Durham	69.32%	Jackson	68.43%	Newport	70.65%	Surry	66.25%	Nashua: Zip 03064	62.10%
Barnstead	65.08%	East Kingston	66.37%	Jaffrey	63.87%	Newton	66.37%	Sutton	70.65%		
Barrington	69.32%	Easton	64.82%	Jefferson	63.09%	North Hampton	65.14%	Swanzey	65.37%		
Bartlett	68.43%	Eaton	68.43%	Keene	66.25%	Northfield	58.84%	Tamworth	68.43%		
Bath	64.82%	Effingham	67.02%	Kensington	65.14%	Northumberland	63.09%	Temple	63.87%		
Bedford	66.86%	Ellsworth	68.67%	Kingston	66.37%	Northwood	67.17%	Thornton	68.67%	Unincorporated Places	
Belmont	58.84%	Enfield	73.56%	Laconia	65.08%	Nottingham	66.37%	Tilton	58.84%	<i>Atkinson and Gilmanton Academy Grant</i>	
Bennington	63.87%	Epping	66.37%	Lancaster	63.09%	Orange	73.56%	Troy	65.37%	<i>Bean's Grant</i>	
Benton	64.82%	Epsom	67.17%	Landaff	64.82%	Orford	73.56%	Tuftonboro	67.02%	<i>Bean's Purchase</i>	
Berlin	64.24%	Errol	64.24%	Langdon	70.65%	Ossipee	67.02%	Unity	70.65%	<i>Cambridge</i>	
Bethlehem	64.82%	Exeter	65.14%	Lebanon	73.56%	Pelham	64.48%	Wakefield	67.02%	<i>Chandler's Purchase</i>	
Boscawen	67.09%	Farmington	65.73%	Lee	69.32%	Pembroke	67.17%	Walpole	65.37%	<i>Crawford's Purchase</i>	
Bow	67.17%	Fitzwilliam	63.87%	Lempster	70.65%	Peterborough	63.87%	Warner	66.76%	<i>Cutt's Grant</i>	
Bradford	66.76%	Francestown	63.87%	Lincoln	68.67%	Piermont	73.56%	Warren	68.67%	<i>Dix's Grant</i>	
Brentwood	65.14%	Franconia	64.82%	Lisbon	64.82%	Pittsburg	63.09%	Washington	66.76%	<i>Dixville</i>	
Bridgewater	68.67%	Franklin	58.84%	Litchfield	64.48%	Pittsfield	67.17%	Waterville Valley	68.67%	<i>Erving's Location</i>	
Bristol	68.67%	Freedom	68.43%	Littleton	64.82%	Plainfield	73.56%	Weare	66.76%	<i>Green's Grant</i>	
Brookfield	67.02%	Fremont	66.37%	Londonderry	64.81%	Plaisow	67.47%	Webster	67.09%	<i>Hadley's Purchase</i>	
Brookline	70.42%	Gilford	65.08%	Loudon	67.17%	Plymouth	68.67%	Wentworth	68.67%	<i>Kilkenny</i>	
Campton	68.67%	Gilmanton	65.08%	Lyman	64.82%	Portsmouth	72.66%	Westmoreland	65.37%	<i>Livermore</i>	
Canaan	73.56%	Gilsum	65.37%	Lyme	73.56%	Randolph	63.09%	Whitefield	64.82%	<i>Low and Burbank's Grant</i>	
Candia	66.86%	Goffstown	66.86%	Lyndeborough	70.42%	Raymond	66.37%	Wilmot	70.65%	<i>Martin's Location</i>	
Canterbury	67.17%	Gorham	64.24%	Madbury	69.32%	Richmond	65.37%	Wilton	70.42%	<i>Millsfield</i>	
Carroll	64.82%	Goshen	70.65%	Madison	68.43%	Rindge	63.87%	Winchester	65.37%	<i>Odell</i>	
Center Harbor	58.84%	Grafton	73.56%	Manchester	63.99%	Rochester	65.73%	Windham	64.81%	<i>Pinkham's Grant</i>	
Charlestown	70.65%	Grantham	73.56%	Marlborough	65.37%	Rollinsford	69.32%	Windsor	66.76%	<i>Sargent's Purchase</i>	
Chatham	68.43%	Greenfield	63.87%	Marlow	65.37%	Roxbury	66.25%	Wolfboro	67.02%	<i>Second College Grant</i>	
Chester	67.47%	Greenland	72.66%	Mason	70.42%	Rumney	68.67%	Woodstock	68.67%	<i>Success</i>	
Chesterfield	65.37%	Greenville	70.42%	Meredith	58.84%	Rye	72.66%			<i>Thompson and Meserves Purchase</i>	
Chichester	67.17%	Groton	68.67%	Merrimack	64.48%	Salem	64.81%			<i>Wentworth's Location</i>	
Claremont	70.65%	Hale's Location	68.43%	Middleton	65.73%	Salisbury	66.76%				
Clarksville	63.09%	Hampstead	67.47%	Milan	64.24%	Sanbornton	58.84%				
Colebrook	63.09%	Hampton	65.14%	Milford	70.42%	Sandown	67.47%				
Columbia	63.09%	Hampton Falls	66.37%	Milton	65.73%	Sandwich	67.02%				
Concord	67.09%	Hancock	63.87%	Monroe	64.82%	Seabrook	66.37%				
Conway	68.43%	Hanover	73.56%	Mont Vernon	70.42%	Sharon	63.87%				
Cornish	70.65%	Harrisville	65.37%	Moultonborough	67.02%	Shelburne	64.24%				
Croydon	70.65%	Hart's Location	68.43%	Nashua	62.10%	Somersworth	69.32%				

% 60+ Getting Recommended Hours of Sleep (Ranked)

Canaan	73.56%	Alexandria	68.67%	Effingham	67.02%	Gilsum	65.37%	Errol	64.24%	Manchester	
Enfield	73.56%	Ashland	68.67%	Moultonborough	67.02%	Harrisville	65.37%	Gorham	64.24%	Central Manchester	63.99%
Grafton	73.56%	Bridgewater	68.67%	Ossipee	67.02%	Hinsdale	65.37%	Milan	64.24%	Manchester: West	63.99%
Grantham	73.56%	Bristol	68.67%	Sandwich	67.02%	Marlborough	65.37%	Shelburne	64.24%	Manchester: South	63.99%
Hanover	73.56%	Campton	68.67%	Tuftonboro	67.02%	Marlow	65.37%	Manchester	63.99%	Manchester: North	63.99%
Lebanon	73.56%	Dorchester	68.67%	Wakefield	67.02%	Nelson	65.37%	Antrim	63.87%	Manchester: East	63.99%
Lyme	73.56%	Ellsworth	68.67%	Wolfeboro	67.02%	Richmond	65.37%	Bennington	63.87%		
Orange	73.56%	Groton	68.67%	Auburn	66.86%	Stoddard	65.37%	Fitzwilliam	63.87%	Nashua	
Orford	73.56%	Hebron	68.67%	Bedford	66.86%	Swanzy	65.37%	Francestown	63.87%	Nashua: Zip 03060	62.10%
Piermont	73.56%	Holderness	68.67%	Candia	66.86%	Troy	65.37%	Greenfield	63.87%	Nashua: Zip 03062	62.10%
Plainfield	73.56%	Lincoln	68.67%	Deerfield	66.86%	Walpole	65.37%	Hancock	63.87%	Nashua: Zip 03063	62.10%
Greenland	72.66%	Plymouth	68.67%	Goffstown	66.86%	Westmoreland	65.37%	Jaffrey	63.87%	Nashua: Zip 03064	62.10%
New Castle	72.66%	Rumney	68.67%	Hooksett	66.86%	Winchester	65.37%	New Ipswich	63.87%		
Newington	72.66%	Thornton	68.67%	New Boston	66.86%	Brentwood	65.14%	Peterborough	63.87%		
Portsmouth	72.66%	Warren	68.67%	Andover	66.76%	Exeter	65.14%	Rindge	63.87%		
Rye	72.66%	Waterville Valley	68.67%	Bradford	66.76%	Hampton	65.14%	Sharon	63.87%		
Acworth	70.65%	Wentworth	68.67%	Deering	66.76%	Kensington	65.14%	Temple	63.87%	Unincorporated Places	
Alstead	70.65%	Woodstock	68.67%	Dunbarton	66.76%	Newfields	65.14%	Clarksville	63.09%	<i>Atkinson and Gilmanton Academy Grant</i>	
Charlestown	70.65%	Albany	68.43%	Henniker	66.76%	North Hampton	65.14%	Colebrook	63.09%	<i>Bean's Grant</i>	
Claremont	70.65%	Bartlett	68.43%	Hillsborough	66.76%	Stratham	65.14%	Columbia	63.09%	<i>Bean's Purchase</i>	
Cornish	70.65%	Chatham	68.43%	Hopkinton	66.76%	Alton	65.08%	Jefferson	63.09%	<i>Cambridge</i>	
Croydon	70.65%	Conway	68.43%	Salisbury	66.76%	Barnstead	65.08%	Lancaster	63.09%	<i>Chandler's Purchase</i>	
Goshen	70.65%	Eaton	68.43%	Warner	66.76%	Gilford	65.08%	Franklin	63.09%	<i>Crawford's Purchase</i>	
Langdon	70.65%	Freedom	68.43%	Washington	66.76%	Gilmanton	65.08%	Pittsburg	63.09%	<i>Cutt's Grant</i>	
Lempster	70.65%	Hale's Location	68.43%	Weare	66.76%	Laconia	65.08%	Randolph	63.09%	<i>Dix's Grant</i>	
New London	70.65%	Hart's Location	68.43%	Windsor	66.76%	Bath	64.82%	Stark	63.09%	<i>Dixville</i>	
Newbury	70.65%	Jackson	68.43%	East Kingston	66.37%	Benton	64.82%	Stewartstown	63.09%	<i>Erving's Location</i>	
Newport	70.65%	Madison	68.43%	Epping	66.37%	Bethlehem	64.82%	Stratford	63.09%	<i>Green's Grant</i>	
Springfield	70.65%	Tamworth	68.43%	Fremont	66.37%	Carroll	64.82%	Nashua	62.10%	<i>Hadley's Purchase</i>	
Sunapee	70.65%	Atkinson	67.47%	Hampton Falls	66.37%	Dalton	64.82%	Belmont	58.84%	<i>Kilkenny</i>	
Sutton	70.65%	Chester	67.47%	Kingston	66.37%	Easton	64.82%	Center Harbor	58.84%	<i>Livermore</i>	
Unity	70.65%	Danville	67.47%	Newmarket	66.37%	Franconia	64.82%	Danbury	58.84%	<i>Low and Burbank's Grant</i>	
Wilmot	70.65%	Derry	67.47%	Newton	66.37%	Haverhill	64.82%	Franklin	58.84%	<i>Martin's Location</i>	
Amherst	70.42%	Hampstead	67.47%	Nottingham	66.37%	Landaff	64.82%	Hill	58.84%	<i>Millsfield</i>	
Brookline	70.42%	Plaistow	67.47%	Raymond	66.37%	Lisbon	64.82%	Meredith	58.84%	<i>Odell</i>	
Greenville	70.42%	Sandown	67.47%	Seabrook	66.37%	Littleton	64.82%	New Hampton	58.84%	<i>Pinkham's Grant</i>	
Hollis	70.42%	Allenstown	67.17%	South Hampton	66.37%	Lyman	64.82%	Northfield	58.84%	<i>Sargent's Purchase</i>	
Lyndeborough	70.42%	Bow	67.17%	Keene	66.25%	Monroe	64.82%	Sanbornton	58.84%	<i>Second College Grant</i>	
Mason	70.42%	Canterbury	67.17%	Roxbury	66.25%	Sugar Hill	64.82%	Tilton	58.84%	<i>Success</i>	
Milford	70.42%	Chichester	67.17%	Sullivan	66.25%	Whitefield	64.82%			<i>Thompson and Meserves Purchase</i>	
Mont Vernon	70.42%	Epsom	67.17%	Surry	66.25%	Londonderry	64.81%			<i>Wentworth's Location</i>	
Wilton	70.42%	Loudon	67.17%	Farmington	65.73%	Salem	64.81%				
Barrington	69.32%	Northwood	67.17%	Middleton	65.73%	Windham	64.81%				
Dover	69.32%	Pembroke	67.17%	Milton	65.73%	Hudson	64.48%				
Durham	69.32%	Pittsfield	67.17%	New Durham	65.73%	Litchfield	64.48%				
Lee	69.32%	Boscawen	67.09%	Rochester	65.73%	Merrimack	64.48%				
Madbury	69.32%	Concord	67.09%	Strafford	65.73%	Pelham	64.48%				
Rollinsford	69.32%	Webster	67.09%	Chesterfield	65.37%	Berlin	64.24%				
Somersworth	69.32%	Brookfield	67.02%	Dublin	65.37%	Dummer	64.24%				