

% 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%	Neighborhoods	
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%	Neighborhoods	
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%
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Bloomfield	68.19%	Danbury	67.37%	Brooklyn	64.31%	Newington	59.95%		

Questions ? Beth.Dugan@umb.edu

<https://healthyaqingdatareports.org>