



## Percentage of Persons Age 18+ Years with less than 7 Hours Sleep (County)

Andover	32.30%	Durham	29.00%	Lyme	33.30%	Pomfret	33.80%	Warren	31.80%
Ansonia	35.50%	East Granby	34.50%	Madison	35.50%	Portland	29.00%	Washington	31.80%
Ashford	33.80%	East Haddam	29.00%	Manchester	34.50%	Preston	33.30%	Waterbury	35.50%
Avon	34.50%	East Hampton	29.00%	Mansfield	32.30%	Prospect	35.50%	Waterford	33.30%
Barkhamsted	31.80%	East Hartford	34.50%	Marlborough	34.50%	Putnam	33.80%	Watertown	31.80%
Beacon Falls	35.50%	East Haven	35.50%	Meriden	35.50%	Redding	30.90%	West Hartford	34.50%
Berlin	34.50%	East Lyme	33.30%	Middlebury	35.50%	Ridgefield	30.90%	West Haven	35.50%
Bethany	35.50%	East Windsor	34.50%	Middlefield	29.00%	Rocky Hill	34.50%	Westbrook	29.00%
Bethel	30.90%	Eastford	33.80%	Middletown	29.00%	Roxbury	31.80%	Weston	30.90%
Bethlehem	31.80%	Easton	30.90%	Milford	35.50%	Salem	33.30%	Westport	30.90%
Bloomfield	34.50%	Ellington	32.30%	Monroe	30.90%	Salisbury	31.80%	Wethersfield	34.50%
Bolton	32.30%	Enfield	34.50%	Montville	33.30%	Scotland	33.80%	Willington	32.30%
Bozrah	33.30%	Essex	29.00%	Morris	31.80%	Seymour	35.50%	Wilton	30.90%
Branford	35.50%	Fairfield	30.90%	Naugatuck	35.50%	Sharon	31.80%	Winchester	31.80%
Bridgeport	30.90%	Farmington	34.50%	New Britain	34.50%	Shelton	30.90%	Windham	33.80%
Bridgewater	31.80%	Franklin	33.30%	New Canaan	30.90%	Sherman	30.90%	Windsor	34.50%
Bristol	34.50%	Glastonbury	34.50%	New Fairfield	30.90%	Simsbury	34.50%	Windsor Locks	34.50%
Brookfield	30.90%	Goshen	31.80%	New Hartford	31.80%	Somers	32.30%	Wolcott	35.50%
Brooklyn	33.80%	Granby	34.50%	New Haven	35.50%	South Windsor	34.50%	Woodbridge	35.50%
Burlington	34.50%	Greenwich	30.90%	New London	33.30%	Southbury	35.50%	Woodbury	31.80%
Canaan	31.80%	Griswold	33.30%	New Milford	31.80%	Southington	34.50%	Woodstock	33.80%
Canterbury	33.80%	Groton	33.30%	Newington	34.50%	Sprague	33.30%	<b>Neighborhoods</b>	
Canton	34.50%	Guilford	35.50%	Newtown	30.90%	Stafford	32.30%	Bridgeport Area1	30.90%
Chaplin	33.80%	Haddam	29.00%	Norfolk	31.80%	Stamford	30.90%	Bridgeport Area2	30.90%
Cheshire	35.50%	Hamden	35.50%	North Branford	35.50%	Sterling	33.80%	Bridgeport Area3	30.90%
Chester	29.00%	Hampton	33.80%	North Canaan	31.80%	Stonington	33.30%	Hartford Area1	34.50%
Clinton	29.00%	Hartford	34.50%	North Haven	35.50%	Stratford	30.90%	Hartford Area2	34.50%
Colchester	33.30%	Hartland	34.50%	North Stonington	33.30%	Suffield	34.50%	Hartford Area3	34.50%
Colebrook	31.80%	Harwinton	31.80%	Norwalk	30.90%	Thomaston	31.80%	New Haven Area1	35.50%
Columbia	32.30%	Hebron	32.30%	Norwich	33.30%	Thompson	33.80%	New Haven Area2	35.50%
Cornwall	31.80%	Kent	31.80%	Old Lyme	33.30%	Tolland	32.30%	New Haven Area3	35.50%
Coventry	32.30%	Killingly	33.80%	Old Saybrook	29.00%	Torrington	31.80%	Stamford Area1	30.90%
Cromwell	29.00%	Killingworth	29.00%	Orange	35.50%	Trumbull	30.90%	Stamford Area2	30.90%
Danbury	30.90%	Lebanon	33.30%	Oxford	35.50%	Union	32.30%	Stamford Area3	30.90%
Darien	30.90%	Ledyard	33.30%	Plainfield	33.80%	Vernon	32.30%		
Deep River	29.00%	Lisbon	33.30%	Plainville	34.50%	Voluntown	33.30%		
Derby	35.50%	Litchfield	31.80%	Plymouth	31.80%	Wallingford	35.50%		

## Percentage of Persons Age 18+ Years with less than 7 Hours Sleep (County) (Ranked)

Ansonia	35.50%	Farmington	34.50%	Franklin	33.30%	Goshen	31.80%	Stamford	30.90%
Beacon Falls	35.50%	Glastonbury	34.50%	Griswold	33.30%	Harwinton	31.80%	Stratford	30.90%
Bethany	35.50%	Granby	34.50%	Groton	33.30%	Kent	31.80%	Trumbull	30.90%
Branford	35.50%	Hartford	34.50%	Lebanon	33.30%	Litchfield	31.80%	Weston	30.90%
Cheshire	35.50%	Hartland	34.50%	Ledyard	33.30%	Morris	31.80%	Westport	30.90%
Derby	35.50%	Manchester	34.50%	Lisbon	33.30%	New Hartford	31.80%	Wilton	30.90%
East Haven	35.50%	Marlborough	34.50%	Lyme	33.30%	New Milford	31.80%	Chester	29.00%
Guilford	35.50%	New Britain	34.50%	Montville	33.30%	Norfolk	31.80%	Clinton	29.00%
Hamden	35.50%	Newington	34.50%	New London	33.30%	North Canaan	31.80%	Cromwell	29.00%
Madison	35.50%	Plainville	34.50%	North Stonington	33.30%	Plymouth	31.80%	Deep River	29.00%
Meriden	35.50%	Rocky Hill	34.50%	Norwich	33.30%	Roxbury	31.80%	Durham	29.00%
Middlebury	35.50%	Simsbury	34.50%	Old Lyme	33.30%	Salisbury	31.80%	East Haddam	29.00%
Milford	35.50%	South Windsor	34.50%	Preston	33.30%	Sharon	31.80%	East Hampton	29.00%
Naugatuck	35.50%	Southington	34.50%	Salem	33.30%	Thomaston	31.80%	Essex	29.00%
New Haven	35.50%	Suffield	34.50%	Sprague	33.30%	Torrington	31.80%	Haddam	29.00%
North Branford	35.50%	West Hartford	34.50%	Stonington	33.30%	Warren	31.80%	Killingworth	29.00%
North Haven	35.50%	Wethersfield	34.50%	Voluntown	33.30%	Washington	31.80%	Middlefield	29.00%
Orange	35.50%	Windsor	34.50%	Waterford	33.30%	Watertown	31.80%	Middletown	29.00%
Oxford	35.50%	Windsor Locks	34.50%	Andover	32.30%	Winchester	31.80%	Old Saybrook	29.00%
Prospect	35.50%	Ashford	33.80%	Bolton	32.30%	Woodbury	31.80%	Portland	29.00%
Seymour	35.50%	Brooklyn	33.80%	Columbia	32.30%	Bethel	30.90%	Westbrook	29.00%
Southbury	35.50%	Canterbury	33.80%	Coventry	32.30%	Bridgeport	30.90%	<b>Neighborhoods</b>	
Wallingford	35.50%	Chaplin	33.80%	Ellington	32.30%	Brookfield	30.90%	A1 New Haven	35.50%
Waterbury	35.50%	Eastford	33.80%	Hebron	32.30%	Danbury	30.90%	A2 New Haven	35.50%
West Haven	35.50%	Hampton	33.80%	Mansfield	32.30%	Darien	30.90%	A3 New Haven	35.50%
Wolcott	35.50%	Killingly	33.80%	Somers	32.30%	Easton	30.90%	A1 Hartford	34.50%
Woodbridge	35.50%	Plainfield	33.80%	Stafford	32.30%	Fairfield	30.90%	A2 Hartford	34.50%
Avon	34.50%	Pomfret	33.80%	Tolland	32.30%	Greenwich	30.90%	A3 Hartford	34.50%
Berlin	34.50%	Putnam	33.80%	Union	32.30%	Monroe	30.90%	A1 Bridgeport	30.90%
Bloomfield	34.50%	Scotland	33.80%	Vernon	32.30%	New Canaan	30.90%	A2 Bridgeport	30.90%
Bristol	34.50%	Sterling	33.80%	Willington	32.30%	New Fairfield	30.90%	A3 Bridgeport	30.90%
Burlington	34.50%	Thompson	33.80%	Barkhamsted	31.80%	Newtown	30.90%	A1 Stamford	30.90%
Canton	34.50%	Windham	33.80%	Bethlehem	31.80%	Norwalk	30.90%	A2 Stamford	30.90%
East Granby	34.50%	Woodstock	33.80%	Bridgewater	31.80%	Redding	30.90%	A3 Stamford	30.90%
East Hartford	34.50%	Bozrah	33.30%	Canaan	31.80%	Ridgefield	30.90%		
East Windsor	34.50%	Colchester	33.30%	Colebrook	31.80%	Shelton	30.90%		
Enfield	34.50%	East Lyme	33.30%	Cornwall	31.80%	Sherman	30.90%	Questions ? Beth.Dugan@umb.edu	