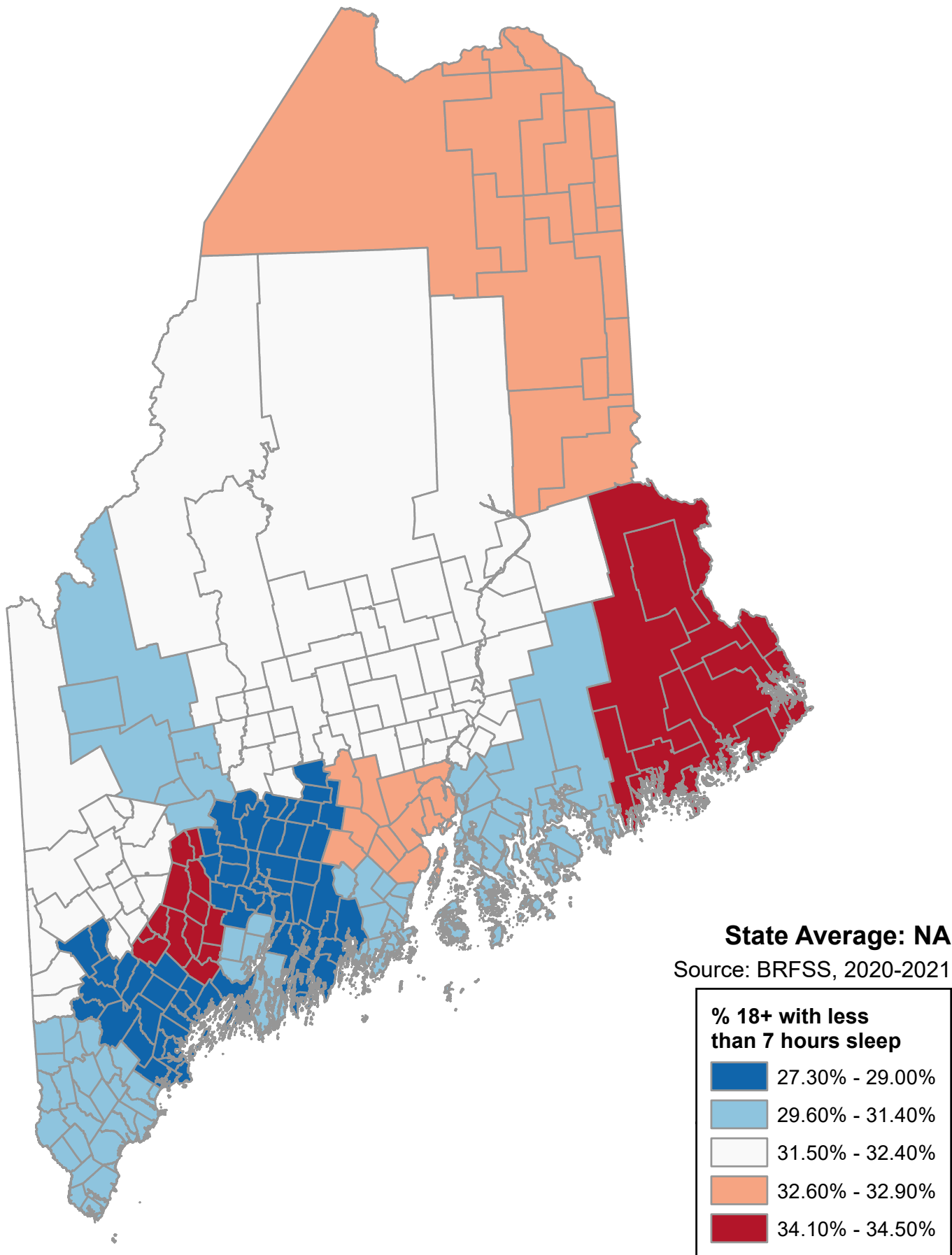


### Percentage of Persons Age 18+ Years with less than 7 Hours Sleep (County)



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

|                 |        |                     |        |                       |        |                         |        |               |        |                 |        |
|-----------------|--------|---------------------|--------|-----------------------|--------|-------------------------|--------|---------------|--------|-----------------|--------|
| Abbot           | 31.50% | Bowdoin             | 31.20% | Chelsea               | 28.70% | East Central Penobscot  | 32.40% | Great Pond    | 29.60% | Kingman         | 32.40% |
| Acton           | 31.40% | Bowdoinham          | 31.20% | Cherryfield           | 34.50% | East Central Washington | 34.50% | Greenbush     | 32.40% | Kingsbury       | 31.50% |
| Addison         | 34.50% | Bowerbank           | 31.50% | Chester               | 32.40% | East Hancock            | 29.60% | Greene        | 34.10% | Kittery         | 31.40% |
| Albion          | 28.70% | Bradford            | 32.40% | Chesterville          | 31.10% | East Machias            | 34.50% | Greenville    | 31.50% | Knox            | 32.60% |
| Alexander       | 34.50% | Bradley             | 32.40% | China                 | 28.70% | East Millinocket        | 32.40% | Greenwood     | 32.30% | Lagrange        | 32.40% |
| Alfred          | 31.40% | Bremen              | 27.30% | Clifton               | 32.40% | Eastbrook               | 29.60% | Guilford      | 31.50% | Lake View       | 31.50% |
| Allagash        | 32.90% | Brewer              | 32.40% | Clinton               | 28.70% | Easton                  | 32.90% | Hallowell     | 28.70% | Lakeville       | 32.40% |
| Alna            | 27.30% | Bridgewater         | 32.90% | Codyville             | 34.50% | Eastport                | 34.50% | Hamlin        | 32.90% | Lamoine         | 29.60% |
| Alton           | 32.40% | Bridgton            | 29.00% | Columbia              | 34.50% | Eddington               | 32.40% | Hammond       | 32.90% | Lebanon         | 31.40% |
| Amherst         | 29.60% | Brighton            | 32.20% | Columbia Falls        | 34.50% | Edgecomb                | 27.30% | Hampden       | 32.40% | Lee             | 32.40% |
| Amity           | 32.90% | Bristol             | 27.30% | Connor                | 32.90% | Edinburg                | 32.40% | Hancock       | 29.60% | Leeds           | 34.10% |
| Andover         | 32.30% | Brooklin            | 29.60% | Cooper                | 34.50% | Eliot                   | 31.40% | Hanover       | 32.30% | Levant          | 32.40% |
| Anson           | 32.20% | Brooks              | 32.60% | Coplin                | 31.10% | Ellsworth               | 29.60% | Harmony       | 32.20% | Lewiston        | 34.10% |
| Appleton        | 29.90% | Brooksville         | 29.60% | Corinna               | 32.40% | Embden                  | 32.20% | Harpowell     | 29.00% | Liberty         | 32.60% |
| Argyle          | 32.40% | Brownfield          | 32.30% | Corinth               | 32.40% | Enfield                 | 32.40% | Harrington    | 34.50% | Limerick        | 31.40% |
| Arrowsic        | 31.20% | Brownville          | 31.50% | Cornish               | 31.40% | Etna                    | 32.40% | Harrison      | 29.00% | Limestone       | 32.90% |
| Arundel         | 31.40% | Brunswick           | 29.00% | Cornville             | 32.20% | Eustis                  | 31.10% | Hartford      | 32.30% | Limington       | 31.40% |
| Ashland         | 32.90% | Buckfield           | 32.30% | Cranberry Isles       | 29.60% | Exeter                  | 32.40% | Hartland      | 32.20% | Lincoln Plan    | 32.30% |
| Athens          | 32.20% | Bucksport           | 29.60% | Crawford              | 34.50% | Fairfield               | 32.20% | Haynesville   | 32.90% | Lincoln Town    | 32.40% |
| Auburn          | 34.10% | Burlington          | 32.40% | Criehaven             | 29.90% | Falmouth                | 29.00% | Hebron        | 32.30% | Lincolntonville | 32.60% |
| Augusta         | 28.70% | Burnham             | 32.60% | Crystal               | 32.90% | Farmingdale             | 28.70% | Hermon        | 32.40% | Linneus         | 32.90% |
| Aurora          | 29.60% | Buxton              | 31.40% | Cumberland            | 29.00% | Farmington              | 31.10% | Hersey        | 32.90% | Lisbon          | 34.10% |
| Avon            | 31.10% | Byron               | 32.30% | Cushing               | 29.90% | Fayette                 | 28.70% | Hibberts gore | 27.30% | Litchfield      | 28.70% |
| Baileysville    | 34.50% | Calais              | 34.50% | Cutler                | 34.50% | Fort Fairfield          | 32.90% | Highland      | 32.20% | Littleton       | 32.90% |
| Baldwin         | 29.00% | Cambridge           | 32.20% | Cyr                   | 32.90% | Fort Kent               | 32.90% | Hiram         | 32.30% | Livermore       | 34.10% |
| Bancroft        | 32.90% | Camden              | 29.90% | Dallas                | 31.10% | Frankfort               | 32.60% | Hodgdon       | 32.90% | Livermore Falls | 34.10% |
| Bangor          | 32.40% | Canaan              | 32.20% | Damariscotta          | 27.30% | Franklin                | 29.60% | Holden        | 32.40% | Long Island     | 29.00% |
| Bar Harbor      | 29.60% | Canton              | 32.30% | Danforth              | 34.50% | Freedom                 | 32.60% | Hollis        | 31.40% | Louds Island    | 27.30% |
| Baring          | 34.50% | Cape Elizabeth      | 29.00% | Dayton                | 31.40% | Freeport                | 29.00% | Hope          | 29.90% | Lovell          | 32.30% |
| Bath            | 31.20% | Caratunk            | 32.20% | Deblois               | 34.50% | Frenchboro              | 29.60% | Houlton       | 32.90% | Lowell          | 32.40% |
| Beals           | 34.50% | Caribou             | 32.90% | Dedham                | 29.60% | Frenchville             | 32.90% | Howland       | 32.40% | Lubec           | 34.50% |
| Beaver Cove     | 31.50% | Carmel              | 32.40% | Deer Isle             | 29.60% | Friendship              | 29.90% | Hudson        | 32.40% | Ludlow          | 32.90% |
| Beddington      | 34.50% | Carrabassett Valley | 31.10% | Denmark               | 32.30% | Frye Island             | 29.00% | Industry      | 31.10% | Lyman           | 31.40% |
| Belfast         | 32.60% | Carroll             | 32.40% | Dennistown            | 32.20% | Fryeburg                | 32.30% | Island Falls  | 32.90% | Machias         | 34.50% |
| Belgrade        | 28.70% | Carthage            | 31.10% | Dennysville           | 34.50% | Gardiner                | 28.70% | Isle au Haut  | 29.90% | Machiasport     | 34.50% |
| Belmont         | 32.60% | Casco               | 29.00% | Detroit               | 32.20% | Garfield                | 32.90% | Islesboro     | 32.60% | Macwahoc        | 32.90% |
| Benton          | 28.70% | Castine             | 29.60% | Dexter                | 32.40% | Garland                 | 32.40% | Jackman       | 32.20% | Madawaska       | 32.90% |
| Berwick         | 31.40% | Castle Hill         | 32.90% | Dixfield              | 32.30% | Georgetown              | 31.20% | Jackson       | 32.60% | Madison         | 32.20% |
| Bethel          | 32.30% | Caswell             | 32.90% | Dixmont               | 32.40% | Gilead                  | 32.30% | Jay           | 31.10% | Magalloway      | 32.30% |
| Biddeford       | 31.40% | Central Aroostook   | 32.90% | Dover-Foxcroft        | 31.50% | Glenburn                | 32.40% | Jefferson     | 27.30% | Manchester      | 28.70% |
| Bingham         | 32.20% | Central Hancock     | 29.60% | Dresden               | 27.30% | Glenwood                | 32.90% | Jonesboro     | 34.50% | Mapleton        | 32.90% |
| Blaine          | 32.90% | Central Somerset    | 32.20% | Drew                  | 32.40% | Gorham                  | 29.00% | Jonesport     | 34.50% | Mariaville      | 29.60% |
| Blanchard       | 31.50% | Chapman             | 32.90% | Durham                | 34.10% | Gouldsboro              | 29.60% | Kenduskeag    | 32.40% | Mars Hill       | 32.90% |
| Blue Hill       | 29.60% | Charleston          | 32.40% | Dyer Brook            | 32.90% | Grand Isle              | 32.90% | Kennebunk     | 31.40% | Marshall Island | 29.60% |
| Boothbay        | 27.30% | Charlotte           | 34.50% | Eagle Lake            | 32.90% | Grand Lake Stream       | 34.50% | Kennebunkport | 31.40% | Marshfield      | 34.50% |
| Boothbay Harbor | 27.30% | Chebeague Island    | 29.00% | East Central Franklin | 31.10% | Gray                    | 29.00% | Kingfield     | 31.10% | Masardis        | 32.90% |

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

|                      |        |                           |        |                |        |                       |        |                       |        |                 |        |
|----------------------|--------|---------------------------|--------|----------------|--------|-----------------------|--------|-----------------------|--------|-----------------|--------|
| Matinicus Isle       | 29.90% | North Berwick             | 31.40% | Peru           | 32.30% | Shirley               | 31.50% | Thorndike             | 32.60% | Weston          | 32.90% |
| Mattawamkeag         | 32.40% | North Franklin            | 31.10% | Phillips       | 31.10% | Sidney                | 28.70% | Topsfield             | 34.50% | Westport Island | 27.30% |
| Maxfield             | 32.40% | North Haven               | 29.90% | Phippsburg     | 31.20% | Skowhegan             | 32.20% | Topsham               | 31.20% | Whitefield      | 27.30% |
| Mechanic Falls       | 34.10% | North Oxford              | 32.30% | Pittsfield     | 32.20% | Smithfield            | 32.20% | Tremont               | 29.60% | Whiting         | 34.50% |
| Meddybemps           | 34.50% | North Penobscot           | 32.40% | Pittston       | 28.70% | Smyrna                | 32.90% | Trenton               | 29.60% | Whitney         | 32.40% |
| Medford              | 31.50% | North Washington          | 34.50% | Pleasant Ridge | 32.20% | Solon                 | 32.20% | Troy                  | 32.60% | Whitneyville    | 34.50% |
| Medway               | 32.40% | North Yarmouth            | 29.00% | Plymouth       | 32.40% | Somerville            | 27.30% | Turner                | 34.10% | Willimantic     | 31.50% |
| Mercer               | 32.20% | Northeast Piscataquis     | 31.50% | Poland         | 34.10% | Sorrento              | 29.60% | Twombly Ridge         | 32.40% | Wilton          | 31.10% |
| Merrill              | 32.90% | Northeast Somerset        | 32.20% | Portage Lake   | 32.90% | South Aroostook       | 32.90% | Union                 | 29.90% | Windham         | 29.00% |
| Mexico               | 32.30% | Northfield                | 34.50% | Porter         | 32.30% | South Berwick         | 31.40% | Unity Town            | 32.60% | Windsor         | 28.70% |
| Milbridge            | 34.50% | Northport                 | 32.60% | Portland       | 29.00% | South Bristol         | 27.30% | Unity UT              | 28.70% | Winn            | 32.40% |
| Milford              | 32.40% | Northwest Aroostook       | 32.90% | Pownal         | 29.00% | South Franklin        | 31.10% | Upton                 | 32.30% | Winslow         | 28.70% |
| Millinocket          | 32.40% | Northwest Hancock         | 29.60% | Prentiss       | 32.40% | South Oxford          | 32.30% | Van Buren             | 32.90% | Winter Harbor   | 29.60% |
| Milo                 | 31.50% | Northwest Piscataquis     | 31.50% | Presque Isle   | 32.90% | South Portland        | 29.00% | Vanceboro             | 34.50% | Winterport      | 32.60% |
| Milton               | 32.30% | Northwest Somerset        | 32.20% | Princeton      | 34.50% | South Thomaston       | 29.90% | Vassalboro            | 28.70% | Winterville     | 32.90% |
| Minot                | 34.10% | Norway                    | 32.30% | Prospect       | 32.60% | Southeast Piscataquis | 31.50% | Veazie                | 32.40% | Winthrop        | 28.70% |
| Monhegan             | 27.30% | Oakfield                  | 32.90% | Randolph       | 28.70% | Southport             | 27.30% | Verona Island         | 29.60% | Wiscasset       | 27.30% |
| Monmouth             | 28.70% | Oakland                   | 28.70% | Rangeley       | 31.10% | Southwest Harbor      | 29.60% | Vienna                | 28.70% | Woodland        | 32.90% |
| Monroe               | 32.60% | Ogunquit                  | 31.40% | Rangeley Pla   | 31.10% | Springfield           | 32.40% | Vinalhaven            | 29.90% | Woodstock       | 32.30% |
| Monson               | 31.50% | Old Orchard Beach         | 31.40% | Raymond        | 29.00% | Square Lake           | 32.90% | Wade                  | 32.90% | Woodville       | 32.40% |
| Monticello           | 32.90% | Old Town                  | 32.40% | Readfield      | 28.70% | St. Agatha            | 32.90% | Waite                 | 34.50% | Woolwich        | 31.20% |
| Montville            | 32.60% | Orient                    | 32.90% | Reed           | 32.90% | St. Albans            | 32.20% | Waldo                 | 32.60% | Wyman           | 31.10% |
| Moose River          | 32.20% | Orland                    | 29.60% | Richmond       | 31.20% | St. Francis           | 32.90% | Waldoboro             | 27.30% | Yarmouth        | 29.00% |
| Moro                 | 32.90% | Orono                     | 32.40% | Ripley         | 32.20% | St. George            | 29.90% | Wales                 | 34.10% | York            | 31.40% |
| Morrill              | 32.60% | Orrington                 | 32.40% | Robbinston     | 34.50% | St. John              | 32.90% | Wallagrass            | 32.90% |                 |        |
| Moscow               | 32.20% | Osborn                    | 29.60% | Rockland       | 29.90% | Stacyville            | 32.40% | Waltham               | 29.60% |                 |        |
| Mount Chase          | 32.40% | Otis                      | 29.60% | Rockport       | 29.90% | Standish              | 29.00% | Warren                | 29.90% |                 |        |
| Mount Desert         | 29.60% | Otisfield                 | 32.30% | Rome           | 28.70% | Starks                | 32.20% | Washburn              | 32.90% |                 |        |
| Mount Vernon         | 28.70% | Owls Head                 | 29.90% | Roque Bluffs   | 34.50% | Stetson               | 32.40% | Washington            | 29.90% |                 |        |
| Muscle Ridge Islands | 29.90% | Oxford                    | 32.30% | Roxbury        | 32.30% | Steuben               | 34.50% | Waterboro             | 31.40% |                 |        |
| Naples               | 29.00% | Palermo                   | 32.60% | Rumford        | 32.30% | Stockholm             | 32.90% | Waterford             | 32.30% |                 |        |
| Nashville            | 32.90% | Palmyra                   | 32.20% | Sabattus       | 34.10% | Stockton Springs      | 32.60% | Waterville            | 28.70% |                 |        |
| New Canada           | 32.90% | Paris                     | 32.30% | Saco           | 31.40% | Stoneham              | 32.30% | Wayne                 | 28.70% |                 |        |
| New Gloucester       | 29.00% | Parkman                   | 31.50% | Sandy River    | 31.10% | Stonington            | 29.60% | Webster               | 32.40% |                 |        |
| New Limerick         | 32.90% | Parsonsfeld               | 31.40% | Sanford        | 31.40% | Stow                  | 32.30% | Weld                  | 31.10% |                 |        |
| New Portland         | 32.20% | Passadumkeag              | 32.40% | Sangerville    | 31.50% | Strong                | 31.10% | Wellington            | 31.50% |                 |        |
| New Sharon           | 31.10% | Passamaquoddy Indian R    | 34.50% | Scarborough    | 29.00% | Sullivan              | 29.60% | Wells                 | 31.40% |                 |        |
| New Sweden           | 32.90% | Passamaquoddy Ple Pt R    | 34.50% | Searsmont      | 32.60% | Sumner                | 32.30% | Wesley                | 34.50% |                 |        |
| New Vineyard         | 31.10% | Patten                    | 32.40% | Searsport      | 32.60% | Surry                 | 29.60% | West Bath             | 31.20% |                 |        |
| Newburgh             | 32.40% | Pembroke                  | 34.50% | Sebago         | 29.00% | Swans Island          | 29.60% | West Central Franklin | 31.10% |                 |        |
| Newcastle            | 27.30% | Penobscot                 | 29.60% | Sebec          | 31.50% | Swanville             | 32.60% | West Forks            | 32.20% |                 |        |
| Newfield             | 31.40% | Penobscot Indian Island R | 32.90% | Seboeis        | 32.40% | Sweden                | 32.30% | West Gardiner         | 28.70% |                 |        |
| Newport              | 32.40% | Penobscot Indian Island R | 32.40% | Seboomook Lake | 32.20% | Talmadge              | 34.50% | West Paris            | 32.30% |                 |        |
| Newry                | 32.30% | Perham                    | 32.90% | Sedgwick       | 29.60% | Temple                | 31.10% | Westbrook             | 29.00% |                 |        |
| Nobleboro            | 27.30% | Perkins                   | 31.20% | Shapleigh      | 31.40% | The Forks             | 32.20% | Westfield             | 32.90% |                 |        |
| Norridgewock         | 32.20% | Perry                     | 34.50% | Sherman        | 32.90% | Thomaston             | 29.90% | Westmanland           | 32.90% |                 |        |



**Point32Health**  
Foundation

In partnership with  
  
 a Point32Health company

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

|                         |        |                   |        |                           |        |                        |        |                           |        |                  |        |
|-------------------------|--------|-------------------|--------|---------------------------|--------|------------------------|--------|---------------------------|--------|------------------|--------|
| Addison                 | 34.50% | Whiting           | 34.50% | Limestone                 | 32.90% | Freedom                | 32.60% | Glenburn                  | 32.40% | Byron            | 32.30% |
| Alexander               | 34.50% | Whitneyville      | 34.50% | Linneus                   | 32.90% | Islesboro              | 32.60% | Greenbush                 | 32.40% | Canton           | 32.30% |
| Baileyville             | 34.50% | Auburn            | 34.10% | Littleton                 | 32.90% | Jackson                | 32.60% | Hampden                   | 32.40% | Denmark          | 32.30% |
| Baring                  | 34.50% | Durham            | 34.10% | Ludlow                    | 32.90% | Knox                   | 32.60% | Herron                    | 32.40% | Dixfield         | 32.30% |
| Beals                   | 34.50% | Greene            | 34.10% | Macwahoc                  | 32.90% | Liberty                | 32.60% | Holden                    | 32.40% | Fryeburg         | 32.30% |
| Beddington              | 34.50% | Leeds             | 34.10% | Madawaska                 | 32.90% | Lincolnville           | 32.60% | Howland                   | 32.40% | Gilead           | 32.30% |
| Calais                  | 34.50% | Lewiston          | 34.10% | Mapleton                  | 32.90% | Monroe                 | 32.60% | Hudson                    | 32.40% | Greenwood        | 32.30% |
| Charlotte               | 34.50% | Lisbon            | 34.10% | Mars Hill                 | 32.90% | Montville              | 32.60% | Kenduskeag                | 32.40% | Hanover          | 32.30% |
| Cherryfield             | 34.50% | Livermore         | 34.10% | Masardis                  | 32.90% | Morrill                | 32.60% | Kingman                   | 32.40% | Hartford         | 32.30% |
| Codyville               | 34.50% | Livermore Falls   | 34.10% | Merrill                   | 32.90% | Northport              | 32.60% | Lagrange                  | 32.40% | Hebron           | 32.30% |
| Columbia                | 34.50% | Mechanic Falls    | 34.10% | Monticello                | 32.90% | Palermo                | 32.60% | Lakeville                 | 32.40% | Hiram            | 32.30% |
| Columbia Falls          | 34.50% | Minot             | 34.10% | Moro                      | 32.90% | Prospect               | 32.60% | Lee                       | 32.40% | Lincoln Plan     | 32.30% |
| Cooper                  | 34.50% | Poland            | 34.10% | Nashville                 | 32.90% | Searsmont              | 32.60% | Levant                    | 32.40% | Lovell           | 32.30% |
| Crawford                | 34.50% | Sabattus          | 34.10% | New Canada                | 32.90% | Searsport              | 32.60% | Lincoln Town              | 32.40% | Magalloway       | 32.30% |
| Cutler                  | 34.50% | Turner            | 34.10% | New Limerick              | 32.90% | Stockton Springs       | 32.60% | Lowell                    | 32.40% | Mexico           | 32.30% |
| Danforth                | 34.50% | Wales             | 34.10% | New Sweden                | 32.90% | Swanville              | 32.60% | Mattawamkeag              | 32.40% | Milton           | 32.30% |
| Deblois                 | 34.50% | Allagash          | 32.90% | Northwest Aroostook       | 32.90% | Thorndike              | 32.60% | Maxfield                  | 32.40% | Newry            | 32.30% |
| Dennysville             | 34.50% | Amity             | 32.90% | Oakfield                  | 32.90% | Troy                   | 32.60% | Medway                    | 32.40% | North Oxford     | 32.30% |
| East Central Washington | 34.50% | Ashland           | 32.90% | Orient                    | 32.90% | Unity Town             | 32.60% | Milford                   | 32.40% | Norway           | 32.30% |
| East Machias            | 34.50% | Bancroft          | 32.90% | Penobscot Indian Island R | 32.90% | Waldo                  | 32.60% | Millinocket               | 32.40% | Otisfield        | 32.30% |
| Eastport                | 34.50% | Blaine            | 32.90% | Perham                    | 32.90% | Winterport             | 32.60% | Mount Chase               | 32.40% | Oxford           | 32.30% |
| Grand Lake Stream       | 34.50% | Bridgewater       | 32.90% | Portage Lake              | 32.90% | Alton                  | 32.40% | Newburgh                  | 32.40% | Paris            | 32.30% |
| Harrington              | 34.50% | Caribou           | 32.90% | Presque Isle              | 32.90% | Argyle                 | 32.40% | Newport                   | 32.40% | Peru             | 32.30% |
| Jonesboro               | 34.50% | Castle Hill       | 32.90% | Reed                      | 32.90% | Bangor                 | 32.40% | North Penobscot           | 32.40% | Porter           | 32.30% |
| Jonesport               | 34.50% | Caswell           | 32.90% | Sherman                   | 32.90% | Bradford               | 32.40% | Old Town                  | 32.40% | Roxbury          | 32.30% |
| Lubec                   | 34.50% | Central Aroostook | 32.90% | Smyrna                    | 32.90% | Bradley                | 32.40% | Orono                     | 32.40% | Rumford          | 32.30% |
| Machias                 | 34.50% | Chapman           | 32.90% | South Aroostook           | 32.90% | Brewer                 | 32.40% | Orrington                 | 32.40% | South Oxford     | 32.30% |
| Machiasport             | 34.50% | Connor            | 32.90% | Square Lake               | 32.90% | Burlington             | 32.40% | Passadumkeag              | 32.40% | Stoneham         | 32.30% |
| Marshfield              | 34.50% | Crystal           | 32.90% | St. Agatha                | 32.90% | Carmel                 | 32.40% | Patten                    | 32.40% | Stow             | 32.30% |
| Meddybemps              | 34.50% | Cyr               | 32.90% | St. Francis               | 32.90% | Carroll                | 32.40% | Penobscot Indian Island R | 32.40% | Sumner           | 32.30% |
| Milbridge               | 34.50% | Dyer Brook        | 32.90% | St. John                  | 32.90% | Charleston             | 32.40% | Plymouth                  | 32.40% | Sweden           | 32.30% |
| North Washington        | 34.50% | Eagle Lake        | 32.90% | Stockholm                 | 32.90% | Chester                | 32.40% | Prentiss                  | 32.40% | Upton            | 32.30% |
| Northfield              | 34.50% | Easton            | 32.90% | Van Buren                 | 32.90% | Clifton                | 32.40% | Seboeis                   | 32.40% | Waterford        | 32.30% |
| Passamaquoddy Indian R  | 34.50% | Fort Fairfield    | 32.90% | Wade                      | 32.90% | Corinna                | 32.40% | Springfield               | 32.40% | West Paris       | 32.30% |
| Passamaquoddy Ple Pt R  | 34.50% | Fort Kent         | 32.90% | Wallagrass                | 32.90% | Corinth                | 32.40% | Stacyville                | 32.40% | Woodstock        | 32.30% |
| Pembroke                | 34.50% | Frenchville       | 32.90% | Washburn                  | 32.90% | Dexter                 | 32.40% | Stetson                   | 32.40% | Anson            | 32.20% |
| Perry                   | 34.50% | Garfield          | 32.90% | Westfield                 | 32.90% | Dixmont                | 32.40% | Twombly Ridge             | 32.40% | Athens           | 32.20% |
| Princeton               | 34.50% | Glenwood          | 32.90% | Westmanland               | 32.90% | Drew                   | 32.40% | Veazie                    | 32.40% | Bingham          | 32.20% |
| Robbinston              | 34.50% | Grand Isle        | 32.90% | Weston                    | 32.90% | East Central Penobscot | 32.40% | Webster                   | 32.40% | Brighton         | 32.20% |
| Roque Bluffs            | 34.50% | Hamlin            | 32.90% | Winterville               | 32.90% | East Millinocket       | 32.40% | Whitney                   | 32.40% | Cambridge        | 32.20% |
| Steuben                 | 34.50% | Hammond           | 32.90% | Woodland                  | 32.90% | Eddington              | 32.40% | Winn                      | 32.40% | Canaan           | 32.20% |
| Talmadge                | 34.50% | Haynesville       | 32.90% | Belfast                   | 32.60% | Edinburg               | 32.40% | Woodville                 | 32.40% | Caratunk         | 32.20% |
| Topsfield               | 34.50% | Hersey            | 32.90% | Belmont                   | 32.60% | Enfield                | 32.40% | Andover                   | 32.30% | Central Somerset | 32.20% |
| Vanceboro               | 34.50% | Hodgdon           | 32.90% | Brooks                    | 32.60% | Etna                   | 32.40% | Bethel                    | 32.30% | Cornville        | 32.20% |
| Waite                   | 34.50% | Houlton           | 32.90% | Burnham                   | 32.60% | Exeter                 | 32.40% | Brownfield                | 32.30% | Dennistown       | 32.20% |
| Wesley                  | 34.50% | Island Falls      | 32.90% | Frankfort                 | 32.60% | Garland                | 32.40% | Buckfield                 | 32.30% | Detroit          | 32.20% |

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

|                       |        |                     |        |                       |        |                   |        |                |        |                 |        |
|-----------------------|--------|---------------------|--------|-----------------------|--------|-------------------|--------|----------------|--------|-----------------|--------|
| Embden                | 32.20% | Wellington          | 31.50% | Coplin                | 31.10% | Brooklin          | 29.60% | Frye Island    | 29.00% | Windsor         | 28.70% |
| Fairfield             | 32.20% | Willimantic         | 31.50% | Dallas                | 31.10% | Brooksville       | 29.60% | Gorham         | 29.00% | Winslow         | 28.70% |
| Harmony               | 32.20% | Acton               | 31.40% | East Central Franklin | 31.10% | Bucksport         | 29.60% | Gray           | 29.00% | Winthrop        | 28.70% |
| Hartland              | 32.20% | Alfred              | 31.40% | Eustis                | 31.10% | Castine           | 29.60% | Harpswell      | 29.00% | Alna            | 27.30% |
| Highland              | 32.20% | Arundel             | 31.40% | Farmington            | 31.10% | Central Hancock   | 29.60% | Harrison       | 29.00% | Boothbay        | 27.30% |
| Jackman               | 32.20% | Berwick             | 31.40% | Industry              | 31.10% | Cranberry Isles   | 29.60% | Long Island    | 29.00% | Boothbay Harbor | 27.30% |
| Madison               | 32.20% | Biddeford           | 31.40% | Jay                   | 31.10% | Dedham            | 29.60% | Naples         | 29.00% | Bremen          | 27.30% |
| Mercer                | 32.20% | Buxton              | 31.40% | Kingfield             | 31.10% | Deer Isle         | 29.60% | New Gloucester | 29.00% | Bristol         | 27.30% |
| Moose River           | 32.20% | Cornish             | 31.40% | New Sharon            | 31.10% | East Hancock      | 29.60% | North Yarmouth | 29.00% | Damariscotta    | 27.30% |
| Moscow                | 32.20% | Dayton              | 31.40% | New Vineyard          | 31.10% | Eastbrook         | 29.60% | Portland       | 29.00% | Dresden         | 27.30% |
| New Portland          | 32.20% | Eliot               | 31.40% | North Franklin        | 31.10% | Ellsworth         | 29.60% | Pownal         | 29.00% | Edgecomb        | 27.30% |
| Norridgewock          | 32.20% | Hollis              | 31.40% | Phillips              | 31.10% | Franklin          | 29.60% | Raymond        | 29.00% | Hibberts gore   | 27.30% |
| Northeast Somerset    | 32.20% | Kennebunk           | 31.40% | Rangeley              | 31.10% | Frenchboro        | 29.60% | Scarborough    | 29.00% | Jefferson       | 27.30% |
| Northwest Somerset    | 32.20% | Kennebunkport       | 31.40% | Rangeley Pla          | 31.10% | Gouldsboro        | 29.60% | Sebago         | 29.00% | Louds Island    | 27.30% |
| Palmyra               | 32.20% | Kittery             | 31.40% | Sandy River           | 31.10% | Great Pond        | 29.60% | South Portland | 29.00% | Monhegan        | 27.30% |
| Pittsfield            | 32.20% | Lebanon             | 31.40% | South Franklin        | 31.10% | Hancock           | 29.60% | Standish       | 29.00% | Newcastle       | 27.30% |
| Pleasant Ridge        | 32.20% | Limerick            | 31.40% | Strong                | 31.10% | Lamoine           | 29.60% | Westbrook      | 29.00% | Nobleboro       | 27.30% |
| Ripley                | 32.20% | Limington           | 31.40% | Temple                | 31.10% | Mariaville        | 29.60% | Windham        | 29.00% | Somerville      | 27.30% |
| Seboomook Lake        | 32.20% | Lyman               | 31.40% | Weld                  | 31.10% | Marshall Island   | 29.60% | Yarmouth       | 29.00% | South Bristol   | 27.30% |
| Skowhegan             | 32.20% | Newfield            | 31.40% | West Central Franklin | 31.10% | Mount Desert      | 29.60% | Albion         | 28.70% | Southport       | 27.30% |
| Smithfield            | 32.20% | North Berwick       | 31.40% | Wilton                | 31.10% | Northwest Hancock | 29.60% | Augusta        | 28.70% | Waldoboro       | 27.30% |
| Solon                 | 32.20% | Ogunquit            | 31.40% | Wyman                 | 31.10% | Orland            | 29.60% | Belgrade       | 28.70% | Westport Island | 27.30% |
| St. Albans            | 32.20% | Old Orchard Beach   | 31.40% | Appleton              | 29.90% | Osborn            | 29.60% | Benton         | 28.70% | Whitefield      | 27.30% |
| Starks                | 32.20% | Parsonsfeld         | 31.40% | Camden                | 29.90% | Otis              | 29.60% | Chelsea        | 28.70% | Wiscasset       | 27.30% |
| The Forks             | 32.20% | Saco                | 31.40% | Criehaven             | 29.90% | Penobscot         | 29.60% | China          | 28.70% |                 |        |
| West Forks            | 32.20% | Sanford             | 31.40% | Cushing               | 29.90% | Sedgwick          | 29.60% | Clinton        | 28.70% |                 |        |
| Abbot                 | 31.50% | Shapleigh           | 31.40% | Friendship            | 29.90% | Sorrento          | 29.60% | Farmingdale    | 28.70% |                 |        |
| Beaver Cove           | 31.50% | South Berwick       | 31.40% | Hope                  | 29.90% | Southwest Harbor  | 29.60% | Fayette        | 28.70% |                 |        |
| Blanchard             | 31.50% | Waterboro           | 31.40% | Isle au Haut          | 29.90% | Stonington        | 29.60% | Gardiner       | 28.70% |                 |        |
| Bowerbank             | 31.50% | Wells               | 31.40% | Matinicus Isle        | 29.90% | Sullivan          | 29.60% | Hallowell      | 28.70% |                 |        |
| Brownville            | 31.50% | York                | 31.40% | Muscle Ridge Islands  | 29.90% | Surry             | 29.60% | Litchfield     | 28.70% |                 |        |
| Dover-Foxcroft        | 31.50% | Arrowsic            | 31.20% | North Haven           | 29.90% | Swans Island      | 29.60% | Manchester     | 28.70% |                 |        |
| Greenville            | 31.50% | Bath                | 31.20% | Owls Head             | 29.90% | Tremont           | 29.60% | Monmouth       | 28.70% |                 |        |
| Guilford              | 31.50% | Bowdoin             | 31.20% | Rockland              | 29.90% | Trenton           | 29.60% | Mount Vernon   | 28.70% |                 |        |
| Kingsbury             | 31.50% | Bowdoinham          | 31.20% | Rockport              | 29.90% | Verona Island     | 29.60% | Oakland        | 28.70% |                 |        |
| Lake View             | 31.50% | Georgetown          | 31.20% | South Thomaston       | 29.90% | Waltham           | 29.60% | Pittston       | 28.70% |                 |        |
| Medford               | 31.50% | Perkins             | 31.20% | St. George            | 29.90% | Winter Harbor     | 29.60% | Randolph       | 28.70% |                 |        |
| Milo                  | 31.50% | Phippsburg          | 31.20% | Thomaston             | 29.90% | Baldwin           | 29.00% | Readfield      | 28.70% |                 |        |
| Monson                | 31.50% | Richmond            | 31.20% | Union                 | 29.90% | Bridgton          | 29.00% | Rome           | 28.70% |                 |        |
| Northeast Piscataquis | 31.50% | Topsham             | 31.20% | Vinalhaven            | 29.90% | Brunswick         | 29.00% | Sidney         | 28.70% |                 |        |
| Northwest Piscataquis | 31.50% | West Bath           | 31.20% | Warren                | 29.90% | Cape Elizabeth    | 29.00% | Unity UT       | 28.70% |                 |        |
| Parkman               | 31.50% | Woolwich            | 31.20% | Washington            | 29.90% | Casco             | 29.00% | Vassalboro     | 28.70% |                 |        |
| Sangerville           | 31.50% | Avon                | 31.10% | Amherst               | 29.60% | Chebeague Island  | 29.00% | Vienna         | 28.70% |                 |        |
| Sebec                 | 31.50% | Carrabassett Valley | 31.10% | Aurora                | 29.60% | Cumberland        | 29.00% | Waterville     | 28.70% |                 |        |
| Shirley               | 31.50% | Carthage            | 31.10% | Bar Harbor            | 29.60% | Falmouth          | 29.00% | Wayne          | 28.70% |                 |        |
| Southeast Piscataquis | 31.50% | Chesterville        | 31.10% | Blue Hill             | 29.60% | Freeport          | 29.00% | West Gardiner  | 28.70% |                 |        |

Questions ?  
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