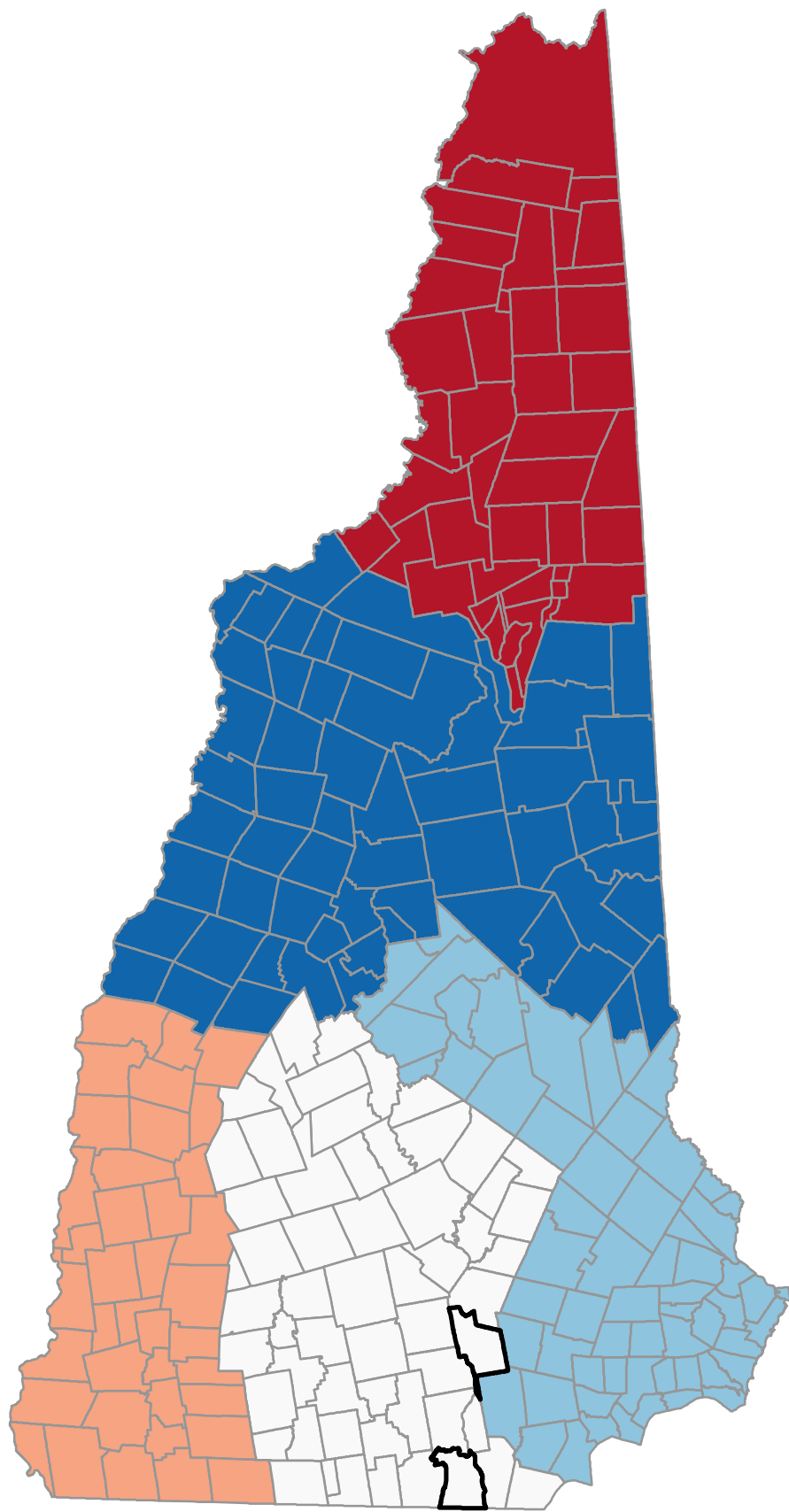
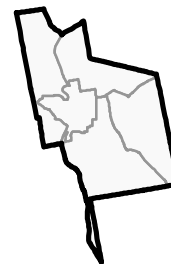


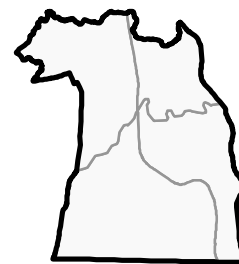
Percentage of Persons Age 18+ Years with less than 7 Hours Sleep (County)



Neighborhood values in NH cities



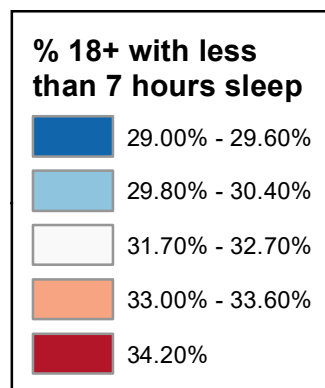
Manchester



Nashua

State Average: NA

Source: BRFSS, 2020-2021



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

Acworth	33.00%	Dalton	34.20%	Haverhill	29.00%	Nelson	33.60%	South Hampton	29.80%	Manchester	
Albany	29.60%	Danbury	31.70%	Hebron	29.00%	New Boston	32.70%	Springfield	33.00%	Central Manchester	32.70%
Alexandria	29.00%	Danville	29.80%	Henniker	31.70%	New Castle	29.80%	Stark	34.20%	Manchester: West	32.70%
Allenstown	31.70%	Deerfield	29.80%	Hill	31.70%	New Durham	30.40%	Stewartstown	34.20%	Manchester: South	32.70%
Alstead	33.60%	Deering	32.70%	Hillsborough	32.70%	New Hampton	30.30%	Stoddard	33.60%	Manchester: North	32.70%
Alton	30.30%	Derry	29.80%	Hinsdale	33.60%	New Ipswich	32.70%	Stratford	30.40%	Manchester: East	32.70%
Amherst	32.70%	Dorchester	29.00%	Holderness	29.00%	New London	31.70%	Stratford	34.20%		
Andover	31.70%	Dover	30.40%	Hollis	32.70%	Newbury	31.70%	Stratham	29.80%	Nashua	
Antrim	32.70%	Dublin	33.60%	Hooksett	31.70%	Newfields	29.80%	Sugar Hill	29.00%	Nashua: Zip 03060	32.70%
Ashland	29.00%	Dummer	34.20%	Hopkinton	31.70%	Newington	29.80%	Sullivan	33.60%	Nashua: Zip 03062	32.70%
Atkinson	29.80%	Dunbarton	31.70%	Hudson	32.70%	Newmarket	29.80%	Sunapee	33.00%	Nashua: Zip 03063	32.70%
Auburn	29.80%	Durham	30.40%	Jackson	29.60%	Newport	33.00%	Surry	33.60%	Nashua: Zip 03064	32.70%
Barnstead	30.30%	East Kingston	29.80%	Jaffrey	33.60%	Newton	29.80%	Sutton	31.70%		
Barrington	30.40%	Easton	29.00%	Jefferson	34.20%	North Hampton	29.80%	Swanzy	33.60%		
Bartlett	29.60%	Eaton	29.60%	Keene	33.60%	Northfield	31.70%	Tamworth	29.60%		
Bath	29.00%	Effingham	29.60%	Kensington	29.80%	Northumberland	34.20%	Temple	32.70%	Unincorporated Places	
Bedford	32.70%	Ellsworth	29.00%	Kingston	29.80%	Northwood	29.80%	Thornton	29.00%	<i>Atkinson and Gilmanton</i>	
Belmont	30.30%	Enfield	29.00%	Laconia	30.30%	Nottingham	29.80%	Tilton	30.30%	<i>Academy Grant</i>	
Bennington	32.70%	Epping	29.80%	Lancaster	34.20%	Orange	29.00%	Troy	33.60%	<i>Bean's Grant</i>	
Benton	29.00%	Epsom	31.70%	Landaff	29.00%	Orford	29.00%	Tuftonboro	29.60%	<i>Bean's Purchase</i>	
Berlin	34.20%	Errol	34.20%	Langdon	33.00%	Ossipee	29.60%	Unity	33.00%	<i>Cambridge</i>	
Bethlehem	29.00%	Exeter	29.80%	Lebanon	29.00%	Pelham	32.70%	Wakefield	29.60%	<i>Chandler's Purchase</i>	
Boscawen	31.70%	Farmington	30.40%	Lee	30.40%	Pembroke	31.70%	Walpole	33.60%	<i>Crawford's Purchase</i>	
Bow	31.70%	Fitzwilliam	33.60%	Lempster	33.00%	Peterborough	32.70%	Warner	31.70%	<i>Cutt's Grant</i>	
Bradford	31.70%	Francestown	32.70%	Lincoln	29.00%	Piermont	29.00%	Warren	29.00%	<i>Dix's Grant</i>	
Brentwood	29.80%	Franconia	29.00%	Lisbon	29.00%	Pittsburg	34.20%	Washington	33.00%	<i>Dixville</i>	
Bridgewater	29.00%	Franklin	31.70%	Litchfield	32.70%	Pittsfield	31.70%	Waterville Valley	29.00%	<i>Erving's Location</i>	
Bristol	29.00%	Freedom	29.60%	Littleton	29.00%	Plainfield	33.00%	Weare	32.70%	<i>Green's Grant</i>	
Brookfield	29.60%	Fremont	29.80%	Londonderry	29.80%	Plaislow	29.80%	Webster	31.70%	<i>Hadley's Purchase</i>	
Brookline	32.70%	Gilford	30.30%	Loudon	31.70%	Plymouth	29.00%	Wentworth	29.00%	<i>Kilkenny</i>	
Campton	29.00%	Gilmanton	30.30%	Lyman	29.00%	Portsmouth	29.80%	Westmoreland	33.60%	<i>Livermore</i>	
Canaan	29.00%	Gilsom	33.60%	Lyme	29.00%	Randolph	34.20%	Whitefield	34.20%	<i>Low and Burbank's Grant</i>	
Candia	29.80%	Goffstown	32.70%	Lyndeborough	32.70%	Raymond	29.80%	Wilton	31.70%	<i>Martin's Location</i>	
Canterbury	31.70%	Gorham	34.20%	Madbury	30.40%	Richmond	33.60%	Wilton	32.70%	<i>Millsfield</i>	
Carroll	34.20%	Goshen	33.00%	Madison	29.60%	Rindge	33.60%	Winchester	33.60%	<i>Odell</i>	
Center Harbor	30.30%	Grafton	29.00%	Manchester	32.70%	Rochester	30.40%	Windham	29.80%	<i>Pinkham's Grant</i>	
Charlestown	33.00%	Grantham	33.00%	Marlborough	33.60%	Rollinsford	30.40%	Windsor	32.70%	<i>Sargent's Purchase</i>	
Chatham	29.60%	Greenfield	32.70%	Marlow	33.60%	Roxbury	33.60%	Wolfeboro	29.60%	<i>Second College Grant</i>	
Chester	29.80%	Greenland	29.80%	Mason	32.70%	Rumney	29.00%	Woodstock	29.00%	<i>Success</i>	
Chesterfield	33.60%	Greenville	32.70%	Meredith	30.30%	Rye	29.80%			<i>Thompson and Meserves</i>	
Chichester	31.70%	Groton	29.00%	Merrimack	32.70%	Salem	29.80%			<i>Purchase</i>	
Claremont	33.00%	Hale's Location	29.60%	Middleton	30.40%	Salisbury	31.70%			<i>Wentworth's Location</i>	
Clarksville	34.20%	Hampstead	29.80%	Milan	34.20%	Sanbornton	30.30%				
Colebrook	34.20%	Hampton	29.80%	Milford	32.70%	Sandown	29.80%				
Columbia	34.20%	Hampton Falls	29.80%	Milton	30.40%	Sandwich	29.60%				
Concord	31.70%	Hancock	32.70%	Monroe	29.00%	Seabrook	29.80%				
Conway	29.60%	Hanover	29.00%	Mont Vernon	32.70%	Sharon	32.70%				
Cornish	33.00%	Harrisville	33.60%	Moultonborough	29.60%	Shelburne	34.20%				
Croydon	33.00%	Hart's Location	29.60%	Nashua	32.70%	Somersworth	30.40%				



Point32Health
Foundation

In partnership with
Harvard Pilgrim
Health Care
a Point32Health company

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

Berlin	34.20%	Grantham	33.00%	Dunbarton	31.70%	Derry	29.80%	Alexandria	29.00%	Manchester	
Carroll	34.20%	Langdon	33.00%	Epsom	31.70%	East Kingston	29.80%	Ashland	29.00%	Central Manchester	32.70%
Clarksville	34.20%	Lempster	33.00%	Franklin	31.70%	Epping	29.80%	Bath	29.00%	Manchester: West	32.70%
Colebrook	34.20%	Newport	33.00%	Henniker	31.70%	Exeter	29.80%	Benton	29.00%	Manchester: South	32.70%
Columbia	34.20%	Plainfield	33.00%	Hill	31.70%	Fremont	29.80%	Bethlehem	29.00%	Manchester: North	32.70%
Dalton	34.20%	Springfield	33.00%	Hooksett	31.70%	Greenland	29.80%	Bridgewater	29.00%	Manchester: East	32.70%
Dummer	34.20%	Sunapee	33.00%	Hopkinton	31.70%	Hampstead	29.80%	Bristol	29.00%		
Errol	34.20%	Unity	33.00%	Loudon	31.70%	Hampton	29.80%	Campton	29.00%	Nashua	
Gorham	34.20%	Washington	33.00%	New London	31.70%	Hampton Falls	29.80%	Canaan	29.00%	Nashua: Zip 03060	32.70%
Jefferson	34.20%	Amherst	32.70%	Newbury	31.70%	Kensington	29.80%	Dorchester	29.00%	Nashua: Zip 03062	32.70%
Lancaster	34.20%	Antrim	32.70%	Northfield	31.70%	Kingston	29.80%	Easton	29.00%	Nashua: Zip 03063	32.70%
Milan	34.20%	Bedford	32.70%	Pembroke	31.70%	Londonderry	29.80%	Ellsworth	29.00%	Nashua: Zip 03064	32.70%
Northumberland	34.20%	Bennington	32.70%	Pittsfield	31.70%	New Castle	29.80%	Enfield	29.00%		
Pittsburg	34.20%	Brookline	32.70%	Salisbury	31.70%	Newfields	29.80%	Franconia	29.00%		
Randolph	34.20%	Deering	32.70%	Sutton	31.70%	Newington	29.80%	Grafton	29.00%		
Shelburne	34.20%	Fracestown	32.70%	Warner	31.70%	Newmarket	29.80%	Groton	29.00%		
Stark	34.20%	Goffstown	32.70%	Webster	31.70%	Newton	29.80%	Hanover	29.00%	Unincorporated Places	
Stewartstown	34.20%	Greenfield	32.70%	Wilmot	31.70%	North Hampton	29.80%	Haverhill	29.00%	<i>Atkinson and Gilmanton</i>	
Stratford	34.20%	Greenville	32.70%	Barrington	30.40%	Northwood	29.80%	Hebron	29.00%	<i>Academy Grant</i>	
Whitefield	34.20%	Hancock	32.70%	Dover	30.40%	Nottingham	29.80%	Holderness	29.00%	<i>Bean's Grant</i>	
Alstead	33.60%	Hillsborough	32.70%	Durham	30.40%	Plaistow	29.80%	Landaff	29.00%	<i>Bean's Purchase</i>	
Chesterfield	33.60%	Hollis	32.70%	Farmington	30.40%	Portsmouth	29.80%	Lebanon	29.00%	<i>Cambridge</i>	
Dublin	33.60%	Hudson	32.70%	Lee	30.40%	Raymond	29.80%	Rumney	29.00%	<i>Chandler's Purchase</i>	
Fitzwilliam	33.60%	Litchfield	32.70%	Madbury	30.40%	Rye	29.80%	Lisbon	29.00%	<i>Crawford's Purchase</i>	
Gilsum	33.60%	Lyndeborough	32.70%	Middleton	30.40%	Salem	29.80%	Littleton	29.00%	<i>Cutt's Grant</i>	
Harrisville	33.60%	Manchester	32.70%	Milton	30.40%	Sandown	29.80%	Lyman	29.00%	<i>Dix's Grant</i>	
Hinsdale	33.60%	Mason	32.70%	New Durham	30.40%	Seabrook	29.80%	Lyme	29.00%	<i>Dixville</i>	
Jaffrey	33.60%	Merrimack	32.70%	Rochester	30.40%	South Hampton	29.80%	Monroe	29.00%	<i>Erving's Location</i>	
Keene	33.60%	Milford	32.70%	Rollinsford	30.40%	Stratham	29.80%	Orange	29.00%	<i>Green's Grant</i>	
Marlborough	33.60%	Mont Vernon	32.70%	Somersworth	30.40%	Windham	29.80%	Orford	29.00%	<i>Hadley's Purchase</i>	
Marlow	33.60%	Nashua	32.70%	Strafford	30.40%	Albany	29.60%	Piermont	29.00%	<i>Kilkenny</i>	
Nelson	33.60%	New Boston	32.70%	Alton	30.30%	Bartlett	29.60%	Plymouth	29.00%	<i>Livermore</i>	
Richmond	33.60%	New Ipswich	32.70%	Barnstead	30.30%	Brookfield	29.60%	Rumney	29.00%	<i>Low and Burbank's Grant</i>	
Rindge	33.60%	Pelham	32.70%	Belmont	30.30%	Chatham	29.60%	Sugar Hill	29.00%	<i>Martin's Location</i>	
Roxbury	33.60%	Peterborough	32.70%	Center Harbor	30.30%	Conway	29.60%	Thornton	29.00%	<i>Millsfield</i>	
Stoddard	33.60%	Sharon	32.70%	Gilford	30.30%	Eaton	29.60%	Warren	29.00%	<i>Odell</i>	
Sullivan	33.60%	Temple	32.70%	Gilmanton	30.30%	Effingham	29.60%	Waterville Valley	29.00%	<i>Pinkham's Grant</i>	
Surry	33.60%	Weare	32.70%	Laconia	30.30%	Freedom	29.60%	Wentworth	29.00%	<i>Sargent's Purchase</i>	
Swanzey	33.60%	Wilton	32.70%	Meredith	30.30%	Hale's Location	29.60%	Woodstock	29.00%	<i>Second College Grant</i>	
Troy	33.60%	Windsor	32.70%	New Hampton	30.30%	Hart's Location	29.60%			<i>Success</i>	
Walpole	33.60%	Allenstown	31.70%	Sanbornton	30.30%	Jackson	29.60%			<i>Thompson and Meserves</i>	
Westmoreland	33.60%	Andover	31.70%	Tilton	30.30%	Madison	29.60%			<i>Purchase</i>	
Winchester	33.60%	Boscawen	31.70%	Atkinson	29.80%	Moultonborough	29.60%			<i>Wentworth's Location</i>	
Acworth	33.00%	Bow	31.70%	Auburn	29.80%	Ossipee	29.60%				
Charlestown	33.00%	Bradford	31.70%	Brentwood	29.80%	Sandwich	29.60%				
Claremont	33.00%	Canterbury	31.70%	Candia	29.80%	Tamworth	29.60%				
Cornish	33.00%	Chichester	31.70%	Chester	29.80%	Tuftonboro	29.60%				
Croydon	33.00%	Concord	31.70%	Danville	29.80%	Wakefield	29.60%				
Goshen	33.00%	Danbury	31.70%	Deerfield	29.80%	Wolfeboro	29.60%				