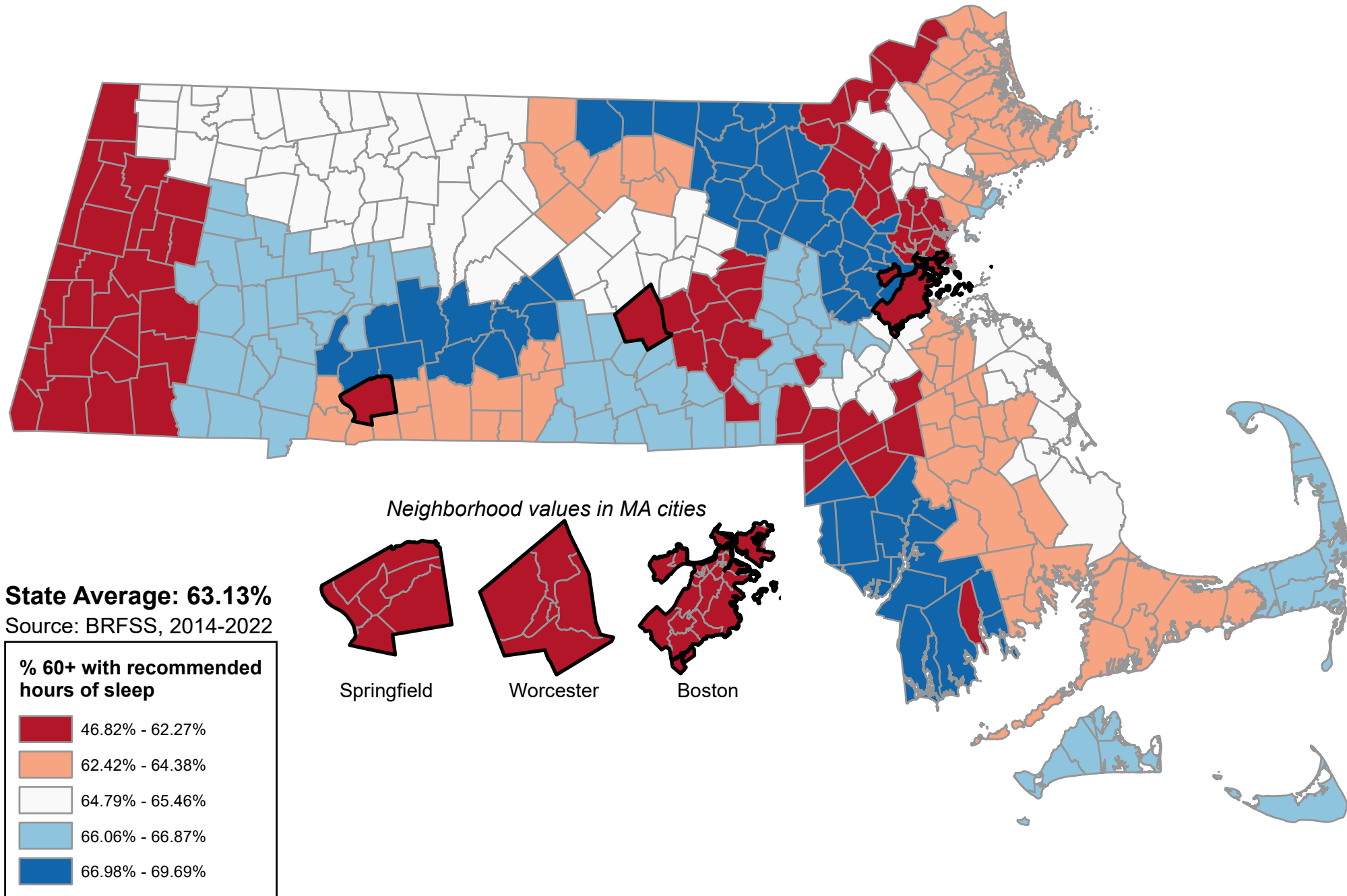


Percentage of Persons Age 60+ Years Getting the Recommended Hours of Sleep



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

| | | | | | | | | | | | | | |
|-------------|--------|------------------|--------|--------------|--------|--------------------|--------|--------------|--------|------------------|--------|-------------------------|--------|
| Abington | 64.30% | Chester | 66.27% | Hadley | 66.27% | Medfield | 66.55% | Peru | 62.27% | Swampscott | 66.48% | Worthington | 66.27% |
| Acton | 69.55% | Chesterfield | 66.27% | Halifax | 64.30% | Medford | 57.42% | Petersham | 64.79% | Swansea | 67.29% | Wrentham | 61.37% |
| Acushnet | 67.61% | Chilcopee | 69.00% | Hamilton | 63.80% | Medway | 66.87% | Phillipston | 64.79% | Taunton | 67.29% | Yarmouth | 63.88% |
| Adams | 64.79% | Chilmark | 66.06% | Hampden | 64.38% | Melrose | 57.42% | Pittsfield | 62.27% | Templeton | 62.42% | | |
| Aqawam | 64.38% | Clarksburg | 64.79% | Hancock | 62.27% | Mendon | 60.73% | Plainfield | 66.27% | Tewksbury | 55.05% | Boston | |
| Alford | 62.27% | Clinton | 65.03% | Hanover | 65.46% | Merrimac | 60.08% | Plainville | 61.37% | Tisbury | 66.06% | Allston | 55.10% |
| Amesbury | 63.80% | Cohasset | 65.46% | Hanson | 64.30% | Methuen | 60.08% | Plymouth | 65.46% | Tolland | 66.27% | Back Bay | 55.10% |
| Amherst | 66.27% | Colrain | 64.79% | Hardwick | 65.03% | Middleborough | 64.30% | Plympton | 65.46% | Topsfield | 63.80% | Beacon Hill | 55.10% |
| Andover | 65.06% | Concord | 69.55% | Harvard | 69.55% | Middlefield | 66.27% | Princeton | 65.03% | Townsend | 69.69% | Brighton | 55.10% |
| Arlington | 69.44% | Conway | 64.79% | Harwich | 66.06% | Middleton | 65.06% | Provincetown | 66.06% | Truro | 66.06% | Charlestown | 55.10% |
| Ashburnham | 69.69% | Cumington | 66.27% | Hatfield | 66.27% | Milford | 66.87% | Quincy | 64.24% | Tyngsborough | 69.69% | Chinatown | 55.10% |
| Ashby | 69.69% | Dalton | 62.27% | Haverhill | 62.27% | Millbury | 66.87% | Randolph | 64.24% | Tyringham | 62.27% | Dorchester | 54.54% |
| Ashfield | 64.79% | Danvers | 65.06% | Hawley | 64.79% | Millis | 61.37% | Raynham | 64.30% | Upton | 60.73% | Downtown | 55.10% |
| Ashland | 66.55% | Dartmouth | 66.98% | Heath | 64.79% | Millville | 66.87% | Reading | 65.06% | Uxbridge | 66.87% | East Boston | 55.10% |
| Athol | 64.79% | Dedham | 65.08% | Hingham | 65.46% | Milton | 65.08% | Rehoboth | 67.29% | Wakefield | 55.05% | Fenway | 55.10% |
| Atleboro | 67.29% | Deerfield | 64.79% | Hinsdale | 62.27% | Monroe | 64.79% | Revere | 46.82% | Wales | 64.38% | Hyde Park | 60.36% |
| Auburn | 66.87% | Dennis | 66.06% | Holbrook | 64.24% | Monson | 64.38% | Richmond | 62.27% | Walpole | 65.08% | Jamaica Plain | 60.36% |
| Avon | 63.53% | Dighton | 67.29% | Holden | 65.03% | Montague | 64.79% | Rochester | 64.30% | Waltham | 69.44% | Longwood | 55.10% |
| Ayer | 69.69% | Douglas | 66.87% | Holland | 64.38% | Monterey | 62.27% | Rockland | 64.30% | Ware | 69.00% | Mattapan | 54.54% |
| Barnstable | 63.88% | Dover | 66.55% | Holliston | 66.55% | Montgomery | 66.27% | Rockport | 63.80% | Wareham | 64.30% | Mission Hill | 54.54% |
| Barre | 65.03% | Dracut | 60.08% | Holyoke | 60.08% | Mount Washington | 62.27% | Rowe | 64.79% | Warren | 69.00% | North End | 55.10% |
| Becket | 62.27% | Dudley | 66.87% | Hopedale | 66.87% | Nahant | 66.48% | Rowley | 63.80% | Warwick | 64.79% | Roslindale | 60.36% |
| Bedford | 69.55% | Dunstable | 69.69% | Hopkinton | 60.73% | Nantucket | 66.06% | Royalston | 64.79% | Washington | 62.27% | Roxbury | 54.54% |
| Belchertown | 69.00% | Duxbury | 65.46% | Hubbardston | 62.42% | Natick | 66.55% | Russell | 66.27% | Watertown | 69.44% | South Boston | 55.01% |
| Bellingham | 66.87% | East Bridgewater | 64.30% | Hudson | 60.73% | Needham | 68.66% | Rutland | 65.03% | Wayland | 66.55% | South Boston Waterfront | 55.01% |
| Belmont | 69.44% | East Brookfield | 64.38% | Hull | 65.46% | New Ashford | 62.27% | Salem | 62.92% | Webster | 66.87% | South End | 55.01% |
| Berkley | 67.29% | East Longmeadow | 64.38% | Huntington | 66.27% | New Bedford | 53.43% | Salisbury | 63.80% | Wellesley | 68.66% | West End | 55.10% |
| Berlin | 65.03% | Eastham | 66.06% | Ipswich | 63.80% | New Braintree | 69.00% | Sandisfield | 62.27% | Wellfleet | 66.06% | West Roxbury | 60.36% |
| Bernardston | 64.79% | Easthampton | 66.27% | Kingston | 65.46% | New Marlborough | 62.27% | Sandwich | 63.88% | Wendell | 64.79% | | |
| Beverly | 63.80% | Easton | 61.37% | Lakeville | 64.30% | New Salem | 64.79% | Sauquois | 57.42% | Wenham | 63.80% | Springfield | |
| Billerica | 55.05% | Edgartown | 66.06% | Lancaster | 65.03% | Newbury | 63.80% | Savoy | 64.79% | West Boylston | 65.03% | Bay, McKnight, Old, | 55.13% |
| Blackstone | 66.87% | Egremont | 62.27% | Lanesborough | 62.27% | Newburyport | 63.80% | Scituate | 65.46% | West Bridgewater | 64.30% | Upper Hill | |
| Blandford | 66.27% | Erving | 64.79% | Lawrence | 60.08% | Newton | 68.66% | Seekonk | 67.29% | West Brookfield | 69.00% | 6 Cor Memo Metro | 55.13% |
| Bolton | 65.03% | Essex | 63.80% | Lee | 62.27% | Norfolk | 65.08% | Sharon | 65.08% | West Newbury | 63.80% | Brightwood S | |
| Boston | 56.12% | Everett | 57.42% | Leicester | 66.87% | North Adams | 64.79% | Sheffield | 62.27% | West Springfield | 64.38% | E Springfield Indian | 55.13% |
| Bourne | 63.88% | Fairhaven | 67.61% | Lenox | 62.27% | North Andover | 65.06% | Shelburne | 64.79% | West Stockbridge | 62.27% | Liberty | |
| Boxborough | 69.55% | Fall River | 67.29% | Leominster | 62.42% | North Attleborough | 61.37% | Sherborn | 66.55% | West Tisbury | 66.06% | Pine Point Boston | 55.13% |
| Boxford | 63.80% | Falmouth | 63.88% | Leverett | 64.79% | North Brookfield | 69.00% | Shirley | 69.69% | Westborough | 60.73% | Rd | |
| Boylston | 65.03% | Fitchburg | 62.42% | Lexington | 69.55% | North Reading | 65.06% | Shrewsbury | 60.73% | Westfield | 66.27% | E Forest Park 16 | 55.13% |
| Braintree | 64.24% | Florida | 64.79% | Leyden | 64.79% | Northampton | 66.27% | Shutesbury | 64.79% | Westford | 69.69% | Acres | |
| Brewster | 66.06% | Foxborough | 61.37% | Lincoln | 69.55% | Northborough | 60.73% | Somerset | 67.29% | Westhampton | 66.27% | Forest Park | 55.13% |
| Bridgewater | 64.30% | Framingham | 66.55% | Littleton | 69.69% | Northbridge | 66.87% | Somerville | 57.42% | Westminster | 62.42% | | |
| Brimfield | 64.38% | Franklin | 61.37% | Longmeadow | 64.38% | Northfield | 64.79% | South Hadley | 66.27% | Weston | 68.66% | | |
| Brockton | 63.53% | Freetown | 67.29% | Lowell | 61.04% | Norton | 61.37% | Southampton | 66.27% | Westport | 66.98% | Worcester | |
| Brookfield | 64.38% | Gardner | 62.42% | Ludlow | 69.00% | Norwell | 65.46% | Southborough | 60.73% | Westwood | 66.55% | Downtown | 58.92% |
| Brookline | 68.66% | Aquinnah | 66.06% | Lunenburg | 62.42% | Norwood | 65.08% | Southbridge | 66.87% | Weymouth | 64.24% | Central City | 58.92% |
| Buckland | 64.79% | Georgetown | 63.80% | Lynn | 62.92% | Oak Bluffs | 66.06% | Southwick | 66.27% | Whately | 64.79% | East Worcester | 58.92% |
| Burlington | 55.05% | Gill | 64.79% | Lynnfield | 65.06% | Oakham | 69.00% | Spencer | 66.87% | Whitman | 64.30% | North Worcester | 58.92% |
| Cambridge | 69.44% | Gloucester | 63.80% | Malden | 57.42% | Orange | 64.79% | Springfield | 55.13% | Wilbraham | 64.38% | South Worcester | 58.92% |
| Canton | 65.08% | Goshen | 66.27% | Manchester | 63.80% | Orleans | 66.06% | Sterling | 65.03% | Williamsburg | 66.27% | West Worcester | 58.92% |
| Carlsle | 69.55% | Gosnold | 63.88% | Mansfield | 61.37% | Otis | 62.27% | Stockbridge | 62.27% | Williamstown | 62.27% | | |
| Carver | 64.30% | Grafton | 60.73% | Marblehead | 66.48% | Oxford | 66.87% | Stoneham | 55.05% | Wilmington | 55.05% | | |
| Charlemont | 64.79% | Granby | 69.00% | Marion | 63.88% | Palmer | 69.00% | Stoughton | 61.37% | Winchendon | 62.42% | | |
| Charlton | 66.87% | Granville | 66.27% | Marlborough | 60.73% | Paxton | 65.03% | Stow | 69.55% | Winchester | 69.55% | | |
| Chatham | 66.06% | Great Barrington | 62.27% | Marshfield | 65.46% | Peabody | 62.92% | Sturbridge | 64.38% | Windsor | 62.27% | | |
| Chelmsford | 69.69% | Greenfield | 64.79% | Mashpee | 63.88% | Pelham | 66.27% | Sudbury | 66.55% | Winthrop | 46.82% | | |
| Chelsea | 46.82% | Groton | 69.69% | Mattapoisett | 63.88% | Pembroke | 64.30% | Sunderland | 64.79% | Woburn | 55.05% | | |
| Cheshire | 62.27% | Groveland | 63.80% | Maynard | 69.55% | Pepperell | 69.69% | Sutton | 66.87% | Worcester | 58.92% | | |

Percentage of Persons Age 60+ Years Getting the Recommended Hours of Sleep (Ranked)

| | | | | | | | | | | | | | |
|------------------|--------|--------------|--------|---------------|--------|------------------|--------|------------------|--------|--------------------|--------|-------------------------|--------|
| Ashburnham | 69.69% | Westport | 66.98% | Brewster | 66.06% | Buckland | 64.79% | Whitman | 64.30% | Mount Washington | 62.27% | Chelsea | 46.82% |
| Ashby | 69.69% | Auburn | 66.87% | Chatham | 66.06% | Charlemont | 64.79% | Braintree | 64.24% | New Ashford | 62.27% | Revere | 46.82% |
| Ayer | 69.69% | Bellingham | 66.87% | Chilmark | 66.06% | Clarksburg | 64.79% | Holbrook | 64.24% | New Marlborough | 62.27% | Winthrop | 46.82% |
| Chelmsford | 69.69% | Blackstone | 66.87% | Dennis | 66.06% | Colrain | 64.79% | Quincy | 64.24% | Otis | 62.27% | | |
| Dunstable | 69.69% | Charlton | 66.87% | Eastham | 66.06% | Conway | 64.79% | Randolph | 64.24% | Peru | 62.27% | Boston | |
| Groton | 69.69% | Douglas | 66.87% | Edgartown | 66.06% | Deerfield | 64.79% | Weymouth | 64.24% | Pittsfield | 62.27% | Hyde Park | 60.36% |
| Littleton | 69.69% | Dudley | 66.87% | Aquinnah | 66.06% | Erving | 64.79% | Barnstable | 63.88% | Richmond | 62.27% | Jamaica Plain | 60.36% |
| Pepperell | 69.69% | Hopedale | 66.87% | Harwich | 66.06% | Florida | 64.79% | Bourne | 63.88% | Sandisfield | 62.27% | Roslindale | 60.36% |
| Shirley | 69.69% | Leicester | 66.87% | Nantucket | 66.06% | Gill | 64.79% | Falmouth | 63.88% | Sheffield | 62.27% | West Roxbury | 60.36% |
| Townsend | 69.69% | Medway | 66.87% | Oak Bluffs | 66.06% | Greenfield | 64.79% | Gosnold | 63.88% | Stockbridge | 62.27% | Allston | 55.10% |
| Tyngsborough | 69.69% | Millford | 66.87% | Orleans | 66.06% | Hawley | 64.79% | Marion | 63.88% | Tyringham | 62.27% | Back Bay | 55.10% |
| Westford | 69.69% | Millbury | 66.87% | Provincetown | 66.06% | Heath | 64.79% | Mashpee | 63.88% | Washington | 62.27% | Beacon Hill | 55.10% |
| Acton | 69.55% | Millville | 66.87% | Tisbury | 66.06% | Leverett | 64.79% | Mattapoisett | 63.88% | West Stockbridge | 62.27% | Brighton | 55.10% |
| Bedford | 69.55% | Northbridge | 66.87% | Truro | 66.06% | Leyden | 64.79% | Sandwich | 63.88% | Williamstown | 62.27% | Charlestown | 55.10% |
| Boxborough | 69.55% | Oxford | 66.87% | Wellfleet | 66.06% | Monroe | 64.79% | Yarmouth | 63.88% | Windsor | 62.27% | Chinatown | 55.10% |
| Carlisle | 69.55% | Southbridge | 66.87% | West Tisbury | 66.06% | Montague | 64.79% | Amesbury | 63.80% | Easton | 61.37% | Downtown | 55.10% |
| Concord | 69.55% | Spencer | 66.87% | Cohasset | 65.46% | New Salem | 64.79% | Beverly | 63.80% | Foxborough | 61.37% | East Boston | 55.10% |
| Harvard | 69.55% | Sutton | 66.87% | Duxbury | 65.46% | North Adams | 64.79% | Boxford | 63.80% | Franklin | 61.37% | Fenway | 55.10% |
| Lexington | 69.55% | Uxbridge | 66.87% | Hanover | 65.46% | Northfield | 64.79% | Essex | 63.80% | Mansfield | 61.37% | Longwood | 55.10% |
| Lincoln | 69.55% | Webster | 66.87% | Hingham | 65.46% | Orange | 64.79% | Georgetown | 63.80% | Millis | 61.37% | North End | 55.10% |
| Maynard | 69.55% | Ashland | 66.55% | Hull | 65.46% | Petersham | 64.79% | Gloucester | 63.80% | North Attleborough | 61.37% | West End | 55.10% |
| Stow | 69.55% | Dover | 66.55% | Kingston | 65.46% | Phillipston | 64.79% | Groveland | 63.80% | Norton | 61.37% | South Boston | 55.01% |
| Winchester | 69.55% | Framingham | 66.55% | Marshfield | 65.46% | Rowe | 64.79% | Hamilton | 63.80% | Plainville | 61.37% | South Boston Waterfront | 55.01% |
| Arlington | 69.44% | Holliston | 66.55% | Norwell | 65.46% | Royalston | 64.79% | Ipswich | 63.80% | Stoughton | 61.37% | South End | 55.01% |
| Belmont | 69.44% | Medfield | 66.55% | Plymouth | 65.46% | Savoy | 64.79% | Manchester | 63.80% | Wrentham | 61.37% | Dorchester | 54.54% |
| Cambridge | 69.44% | Natick | 66.55% | Plympton | 65.46% | Shelburne | 64.79% | Newbury | 63.80% | Lowell | 61.04% | Mattapan | 54.54% |
| Waltham | 69.44% | Sherborn | 66.55% | Scituate | 65.46% | Shutesbury | 64.79% | Newburyport | 63.80% | Grafton | 60.73% | Mission Hill | 54.54% |
| Watertown | 69.44% | Sudbury | 66.55% | Canton | 65.08% | Sunderland | 64.79% | Rockport | 63.80% | Hopkinton | 60.73% | Roxbury | 54.54% |
| Belchertown | 69.00% | Wayland | 66.55% | Dedham | 65.08% | Warwick | 64.79% | Rowley | 63.80% | Hudson | 60.73% | | |
| Chicopee | 69.00% | Westwood | 66.55% | Milton | 65.08% | Wendell | 64.79% | Salisbury | 63.80% | Marlborough | 60.73% | Springfield | |
| Granby | 69.00% | Marblehead | 66.48% | Norfolk | 65.08% | Whately | 64.79% | Topsfield | 63.80% | Mendon | 60.73% | Bay, McKnight, Old, | 55.13% |
| Holyoke | 69.00% | Nahant | 66.48% | Norwood | 65.08% | Aqawam | 64.38% | Wenham | 63.80% | Northborough | 60.73% | Upper Hill | |
| Ludlow | 69.00% | Swampscott | 66.48% | Sharon | 65.08% | Brimfield | 64.38% | West Newbury | 63.80% | Shrewsbury | 60.73% | 6 Cor Memo Metro | |
| New Braintree | 69.00% | Amherst | 66.27% | Walpole | 65.08% | Brookfield | 64.38% | Avon | 63.53% | Southborough | 60.73% | Brightwood So | 55.13% |
| North Brookfield | 69.00% | Blandford | 66.27% | Andover | 65.06% | East Brookfield | 64.38% | Brockton | 63.53% | Upton | 60.73% | E Springfield Indian | |
| Oakham | 69.00% | Chester | 66.27% | Danvers | 65.06% | East Longmeadow | 64.38% | Lynn | 62.92% | Westborough | 60.73% | Liberty | 55.13% |
| Palmer | 69.00% | Chesterfield | 66.27% | Lynnfield | 65.06% | Hampden | 64.38% | Peabody | 62.92% | Dracut | 60.08% | Pine Point Boston | |
| Ware | 69.00% | Cummington | 66.27% | Middleton | 65.06% | Holland | 64.38% | Salem | 62.92% | Haverhill | 60.08% | Rd | 55.13% |
| Warren | 69.00% | Easthampton | 66.27% | North Andover | 65.06% | Longmeadow | 64.38% | Fitchburg | 62.42% | Lawrence | 60.08% | E Forest Park 16 | |
| West Brookfield | 69.00% | Goshen | 66.27% | North Reading | 65.06% | Monson | 64.38% | Gardner | 62.42% | Merrimac | 60.08% | Acre | 55.13% |
| Brookline | 68.66% | Granville | 66.27% | Reading | 65.06% | Sturbridge | 64.38% | Hubbardston | 62.42% | Methuen | 60.08% | Forest Park | |
| Needham | 68.66% | Hadley | 66.27% | Barre | 65.03% | Wales | 64.38% | Leominster | 62.42% | Worcester | 58.92% | | |
| Newton | 68.66% | Hatfield | 66.27% | Berlin | 65.03% | West Springfield | 64.38% | Lunenburg | 62.42% | Everett | 57.42% | | |
| Wellesley | 68.66% | Huntington | 66.27% | Bolton | 65.03% | Wilbraham | 64.38% | Templeton | 62.42% | Malden | 57.42% | Worcester | |
| Weston | 68.66% | Middlefield | 66.27% | Boylston | 65.03% | Abington | 64.30% | Westminster | 62.42% | Medford | 57.42% | Downtown | 58.92% |
| Acushnet | 67.61% | Montgomery | 66.27% | Clinton | 65.03% | Bridgewater | 64.30% | Winchendon | 62.42% | Melrose | 57.42% | Central City | 58.92% |
| Fairhaven | 67.61% | Northampton | 66.27% | Hardwick | 65.03% | Carver | 64.30% | Alford | 62.27% | Saugus | 57.42% | East Worcester | 58.92% |
| Attleboro | 67.29% | Pelham | 66.27% | Holden | 65.03% | East Bridgewater | 64.30% | Becket | 62.27% | Somerville | 57.42% | North Worcester | 58.92% |
| Berkley | 67.29% | Plainfield | 66.27% | Lancaster | 65.03% | Halifax | 64.30% | Cheshire | 62.27% | Boston | 56.12% | South Worcester | 58.92% |
| Dighton | 67.29% | Russell | 66.27% | Paxton | 65.03% | Hanson | 64.30% | Dalton | 62.27% | Springfield | 55.13% | West Worcester | 58.92% |
| Fall River | 67.29% | South Hadley | 66.27% | Princeton | 65.03% | Lakeville | 64.30% | Egremont | 62.27% | Billerica | 55.05% | | |
| Freetown | 67.29% | Southampton | 66.27% | Rutland | 65.03% | Middleborough | 64.30% | Great Barrington | 62.27% | Burlington | 55.05% | | |
| Rehoboth | 67.29% | Southwick | 66.27% | Sterling | 65.03% | Pembroke | 64.30% | Hancock | 62.27% | Stoneham | 55.05% | | |
| Seekonk | 67.29% | Tolland | 66.27% | West Boylston | 65.03% | Raynham | 64.30% | Hinsdale | 62.27% | Tewksbury | 55.05% | | |
| Somerset | 67.29% | Westfield | 66.27% | Adams | 64.79% | Rochester | 64.30% | Lanesborough | 62.27% | Wakefield | 55.05% | | |
| Swansea | 67.29% | Westhampton | 66.27% | Ashfield | 64.79% | Rockland | 64.30% | Lee | 62.27% | Wilmington | 55.05% | | |
| Taunton | 67.29% | Williamsburg | 66.27% | Athol | 64.79% | Wareham | 64.30% | Lenox | 62.27% | Woburn | 55.05% | | |
| Dartmouth | 66.98% | Worthington | 66.27% | Bernardston | 64.79% | West Bridgewater | 64.30% | Monterey | 62.27% | New Bedford | 53.43% | | |