Citizens who reported usually sleeping for 7 hours or more each night

Unit : %

	Year 2020
Province	
New Brunswick	**59.1**
Health zones	
Zone 1 - Moncton and South-East Area	**57.7**
Zone 2 - Fundy Shore and Saint John Area	**57.6**
Zone 3 - Fredericton and River Valley Area	**60.2**
Zone 4 - Madawaska and North-West Area	**57.3**
Zone 5 - Restigouche Area	**55.5**
Zone 6 - Bathurst and Acadian Peninsula Area	**69.1**
Zone 7 - Miramichi Area	**63.0**
Communities	
Bathurst, Beresford, Petit-Rocher Area	**62.6**
Bouctouche, Richibucto, Saint-Antoine Area	**60.2**
Campbellton, Atholville, Tide Head Area	**50.7**
Caraquet, Paquetville, Bertrand Area	**60.3**
Dalhousie, Balmoral, Belledune Area	**56.0**
Dieppe and Memramcook	**64.5**
Douglas, Saint Marys, Doaktown Area	**65.6**
Edmundston, Rivière-Verte, Lac Baker Area	**56.4**
Florenceville-Bristol, Woodstock, Wakefield Area	**52.7**
Fredericton	**63.8**
Grand Bay-Westfield, Westfield, Greenwich Area	**57.0**

	Year 2020
Grand Falls, Saint-Léonard, Drummond Area	**57.9**
Hillsborough, Riverside-Albert, Alma Area	**60.2**
Kedgwick, Saint-Quentin and Grimmer	**59.9**
Minto, Chipman, Cambridge-Narrows Area	**47.2**
Miramichi, Rogersville, Blackville Area	**61.4**
Moncton	**58.2**
Nackawic, McAdam, Canterbury Area	**50.9**
Neguac, Alnwick, Esgenoopetitj Area	**57.1**
New Maryland, Kingsclear, Lincoln Area	**60.4**
Oromocto, Gagetown, Fredericton Junction Area	**50.3**
Perth-Andover, Plaster Rock, Tobique Area	**53.6**
Quispamsis, Rothesay, Hampton Area	**64.9**
Riverview and Coverdale	**56.0**
Sackville, Dorchester, Port Elgin Area	**56.3**
Saint John, Simonds and Musquash	**52.8**
Salisbury and Petitcodiac	**47.6**
Shediac, Beaubassin East and Cap-Pelé	**52.3**
Shippagan, Lamèque, Inkerman Area	**72.7**
St. George, Grand Manan, Blacks Harbour Area	**55.0**
St. Stephen, Saint Andrews, Campobello Island Area	**56.3**
Sussex, Norton, Sussex Corner Area	**58.7**
Tracadie and Saint-Isidore	**71.5**

Age

18-64	**58.3**

	Year 2020
65 and over	**59.1**
Sex at birth	
Female	**59.6**
Male	**57.4**
Sexual identity	
Minority sexual identity	**61.0**
Heterosexual	**58.0**
Language	
Preferred language of service: English	**56.6**
Preferred language of service: French	**63.1**
Indigenous identity	
Indigenous	**56.1**
Non-Indigenous	**58.0**
Immigrant	
Immigrants	**57.8**
Non-immigrants	**59.1**
Education level	
High school or less	**55.0**
Postsecondary	**60.5**
Household income	
Less than $25,000	**56.2**
$25,000 to less than $60,000	**57.2**
$60,000 or more	**60.8**

	Year
	2020
Persons with a disability	
Without disability	**61.8**
With disability	**50.7**

About

This indicator is the percentage of citizens who reported usually sleeping for 7 hours or more each night.

Source

Primary Health Survey and Primary Care Survey

Calculations

This indicator is calculated by dividing the number of respondents who answered " 7 hours to less than 8 hours, 8 hours to less than 9 hours or 9 hours or more" by the number of respondents who answered "under 2 hours, 2 hours to less than 3 hours, 3 hours to less than 4 hours, 4 hours to less than 5 hours, 5 hours to less than 6 hours, 6 hours to less than 7 hours, 7 hours to less than 8 hours, 8 hours to less than 9 hours or 9 hours or more" to the question: How long do you usually spend sleeping each night?

Notes

The 2020 edition of the Primary Health Survey (PHS) was conducted during the COVID-19 pandemic. While the pandemic did not influence the survey's response rate, NBHC had to assess the impact of surveying during the pandemic. Accordingly, advanced statistical analyses were performed to allow for comparison between the results obtained in 2020 and those obtained in previous PHS cycles. Despite these analyses, users are advised to use the PHS 2020 data with caution, especially when creating estimates for small sub-populations or when comparing it to other PHS editions.

Unit	Interpretation	NBHC code
%	Higher is better	PH_SLE01_1

Caption
n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size