

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

Unit : %

Year  
2020

## Province

New Brunswick	59.1
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## Health zones

Zone 1 - Moncton and South-East Area	57.7
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Zone 2 - Fundy Shore and Saint John Area	57.6
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Zone 3 - Fredericton and River Valley Area	60.2
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Zone 4 - Madawaska and North-West Area	57.3
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Zone 5 - Restigouche Area	55.5
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Zone 6 - Bathurst and Acadian Peninsula Area	69.1
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Zone 7 - Miramichi Area	63.0
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## Communities

Bathurst, Beresford, Petit-Rocher Area	62.6
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Bouctouche, Richibucto, Saint-Antoine Area	60.2
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Campbellton, Atholville, Tide Head Area	50.7
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Caraquet, Paquetville, Bertrand Area	60.3
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Dalhousie, Balmoral, Belledune Area	56.0
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Dieppe and Memramcook	64.5
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Douglas, Saint Marys, Doaktown Area	65.6
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Edmundston, Rivière-Verte, Lac Baker Area	56.4
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Florenceville-Bristol, Woodstock, Wakefield Area	52.7
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Fredericton	63.8
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Grand Bay-Westfield, Westfield, Greenwich Area	57.0
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	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
<b>Age</b>	
18-64	58.3

	Year 2020
65 and over	59.1
<b>Sex at birth</b>	
Female	59.6
Male	57.4
<b>Sexual identity</b>	
Minority sexual identity	61.0
Heterosexual	58.0
<b>Language</b>	
Preferred language of service: English	56.6
Preferred language of service: French	63.1
<b>Indigenous identity</b>	
Indigenous	56.1
Non-Indigenous	58.0
<b>Immigrant</b>	
Immigrants	57.8
Non-immigrants	59.1
<b>Education level</b>	
High school or less	55.0
Postsecondary	60.5
<b>Household income</b>	
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.

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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