

## [DISCONTINUED] Students in grades 6 to 12 who report usually spending 8 hours or more sleeping each night

Unit : %

	Academic Year 2022-2023	Academic Year 2021-2022	Academic Year 2018-2019	Academic Year 2015-2016
<b>Province</b>				
New Brunswick	35.2	30.2	36.6	38.8
<b>Health zones</b>				
Zone 1 - Moncton and South-East Area	37.2	32.1	38.2	41.2
Zone 2 - Fundy Shore and Saint John Area	33.4	27.8	34.7	35.6
Zone 3 - Fredericton and River Valley Area	34.2	28.0	34.3	36.1
Zone 4 - Madawaska and North-West Area	37.0	34.4	43.9	44.3
Zone 5 - Restigouche Area	32.1	31.4	35.7	42.4
Zone 6 - Bathurst and Acadian Peninsula Area	37.6	35.6	40.5	45.5
Zone 7 - Miramichi Area	32.7	26.0	32.6	32.9
<b>Communities</b>				
Bathurst, Beresford, Petit-Rocher Area	34.9	32.5	37.2	43.2
Bouctouche, Richibucto, Saint-Antoine Area	34.8	30.9	40.0	42.1
Campbellton, Atholville, Tide Head Area	31.0	31.9	35.6	47.0
Caraquet, Paquetville, Bertrand Area	35.0	36.5	41.5	49.0
Dalhousie, Balmoral, Belledune Area	33.7	30.8	35.9	38.2
Dieppe and Memramcook	43.9	42.1	50.3	50.0
Douglas, Saint Marys, Doaktown Area	36.3	26.3	36.9	38.3
Edmundston, Rivière-Verte, Lac Baker Area	36.7	36.3	43.1	44.4
Florenceville-Bristol, Woodstock, Wakefield Area	36.4	29.1	39.8	36.2
Fredericton	35.4	29.2	32.2	38.3
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	36.0	53.0	53.4

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Grand Falls, Saint-Léonard, Drummond Area	37.7	32.3	47.0	46.7
Hillsborough, Riverside-Albert, Alma Area	33.7	24.4	30.7	38.3
Kedgwick, Saint-Quentin and Grimmer	35.9	30.6	43.7	36.7
Minto, Chipman, Cambridge-Narrows Area	30.2	28.9	38.0	34.7
Miramichi, Rogersville, Blackville Area	33.0	25.3	31.6	32.3
Moncton	36.1	30.0	36.9	39.6
Nackawic, McAdam, Canterbury Area	30.1	22.4	35.2	35.9
Neguac, Alnwick, Esgenoopetitj Area	30.3	31.8	41.0	39.4
New Maryland, Kingsclear, Lincoln Area	42.6	35.8	34.7	44.1
Oromocto, Gagetown, Fredericton Junction Area	30.7	25.8	33.5	30.6
Perth-Andover, Plaster Rock, Tobique Area	26.2	21.7	32.3	36.6
Quispamsis, Rothesay, Hampton Area	36.8	30.5	37.3	39.5
Riverview and Coverdale	35.1	29.5	34.2	37.4
Sackville, Dorchester, Port Elgin Area	35.6	33.3	33.7	40.2
Saint John, Simonds and Musquash	30.9	25.1	30.5	30.6
Salisbury and Petitcodiac	39.4	29.8	33.0	36.0
Shediac, Beaubassin East and Cap-Pelé	36.6	34.5	34.8	45.9
Shippagan, Lamèque, Inkerman Area	41.2	34.9	45.3	44.8
St. George, Grand Manan, Blacks Harbour Area	33.1	27.7	29.1	38.4
St. Stephen, Saint Andrews, Campobello Island Area	31.7	28.2	37.7	41.3
Sussex, Norton, Sussex Corner Area	36.2	30.9	40.0	36.6
Tracadie and Saint-Isidore	42.0	41.2	44.1	46.4
<b>School districts</b>				
Anglophone East School District	34.8	28.3	34.0	37.3

	Academic Year 2022-2023	Academic Year 2021-2022	Academic Year 2018-2019	Academic Year 2015-2016
Anglophone North School District	30.5	24.1	29.4	33.5
Anglophone South School District	33.1	27.7	33.9	35.3
Anglophone West School District	33.7	27.5	34.1	35.9
Anglophone sector	33.4	27.4	33.5	35.7
District scolaire francophone Nord-Est	38.8	38.0	43.5	47.4
District scolaire francophone Nord-Ouest	38.0	35.4	44.9	44.3
District scolaire francophone Sud	41.2	37.4	44.6	47.3
Francophone sector	39.9	37.2	44.3	46.8
<b>Grades</b>				
Grades 6 to 8	49.1	44.8	54.0	57.5
Grades 9 to 12	25.3	19.4	24.8	26.2
<b>Gender</b>				
Female	34.0	29.5	n/a	n/a
Male	38.1	32.7	n/a	n/a
Non-binary	19.0	14.3	n/a	n/a
<b>Sex at birth</b>				
Female	32.6	27.8	34.7	n/a
Male	38.0	32.8	38.4	n/a
<b>2SLGBTQIA+ status</b>				
2SLGBTQIA+	25.1	20.2	n/a	n/a
<b>Indigenous identity</b>				
Indigenous	29.6	27.3	33.5	30.8
<b>Immigrant</b>				

	Academic Year 2022-2023	Academic Year 2021-2022	Academic Year 2018-2019	Academic Year 2015-2016
Immigrants	33.3	27.0	33.2	n/a

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## About

This indicator is the percentage of students in grades 6 to 12 who report usually spending 8 hours or more sleeping each night. THIS INDICATOR HAS BEEN DISCONTINUED AND REPLACED WITH "SH\_SLEST\_1".

## Source

Student Wellness and Education Survey, Grades 6-12

## Calculations

This indicator is calculated by dividing the number of respondents who answered "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? (Do not include time spent resting)

## Notes

Users are advised to exercise caution if comparing data from the community of Grand Bay-Westfield, Westfield, Greenwich Area to other New Brunswick communities. The data for the community of Grand Bay-Westfield, Westfield, Greenwich Area is based on students in grades 6 to 8, while data from the other communities are based on students in grades 6 to 12. Survey results are assigned to communities based on the location of the school. The community of Grand Bay-Westfield, Westfield, Greenwich Area does not have any schools with grades 9 to 12.

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Unit	Interpretation	NBHC code
%	Higher is better	SH_SLE01_1

## Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size